

THE WILDSOL WELLNESS HUB

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# 100 WAYS TO USE YOUR K8 MACHINE

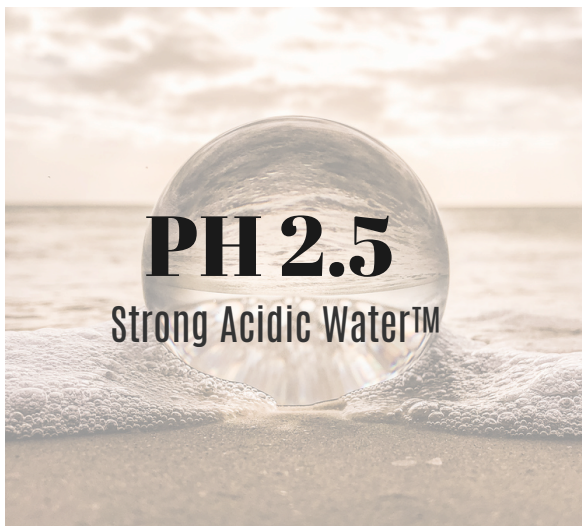
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Kangen Water replaces your household products, beauty products, health products and more... here's how



# WHAT'S INSIDE

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**PH 11.5**

**strong alkaline water**

*change your water, change your life*

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# PH 11.5 STRONG ALKALINE WATER

The 11.5 pH Strong Alkaline Water is a powerful anti-inflammatory water. Its ability to emulsify oils makes it highly effective at removing oil-based pesticides, herbicides and insecticides from your produce and a remarkable replacement for many household chemicals.

## HEALTH & WELLNESS

**Good Night Sleep** Drink 15–30 ml of 11.5 pH before bedtime to help release melatonin for a great night's sleep.

**Eye Wash** Remove the eye cup from packaging and soak in 2.5 pH for 1–2 minutes to disinfect. Rinse thoroughly with 11.5 pH then fill and wash each eye for approximately 1 minute. Follow with a 2.5 pH rinse between eyes. Maintain 1–3 times per week; up to 10 times daily to improve eye conditions.

**Grease in Eye** Spray 11.5 pH as needed to soothe and heal the eye.

**Puffy Eyes** Spray onto closed eyes to reduce puffiness.

**Allergies, Cold Symptoms & Snoring** Use as a nasal wash when sinuses are blocked. The reduction in nasal inflammation also helps reduce snoring.

**Hot Bath Soak** Add approximately 4 litres of 11.5 pH just before finishing filling the tub, replaces Epsom salts. Works even better with the Anespa DX from Enagic™.

**Bug Spray, Sunburn, Pain, Bug Bites & Swelling** Spray or apply a towel soaked in 11.5 pH to the affected area. Keep wet for a minimum of 30 minutes twice daily (1 hour twice daily for best results).

**Heartburn, Indigestion, Food Poisoning & Stomach Flu** Drink 60 ml of fresh 11.5 pH immediately followed by 740 ml of 9.5 pH. Do not eat or drink for 45 minutes. Repeat the next day only if necessary.



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# PH 11.5 STRONG ALKALINE WATER

**Arthritis, Gout, Muscle Soreness & Tissue Injuries** High alkalinity draws out acids. Soak the affected area in 11.5 pH to pull out acids associated with inflammation, injury and pain.

**Hangovers & Migraines** 11.5 pH can prevent hangovers. Drink several ounces as soon as a migraine is coming on.

**Chemotherapy** Drink 11.5 pH alongside chemotherapy to lessen side effects, reverse metabolic acidosis and benefit from antioxidant properties. Apply topically twice daily for skin burns.

**Stroke** Drink as much 11.5 pH as possible if you feel a stroke coming on, to provide potent alkalinity and overcome severe acidosis.

## FOOD & KITCHEN

**Fruits & Vegetables** Soak in 11.5pH for a minimum of 5 minutes to emulsify and remove pesticides, then rinse with 9.5 pH.

**Ice Cubes** Make ice cubes with 11.5pH to help offset the acidity of soft drinks and coffee.

**Rice, Beans & Legumes:** Soak in 11.5 pH for 5–10 minutes, then rinse with 9.5 pH. Soak dried beans and peas for 1 hour to speed upcooking.

**Meat, Fish & Chicken** Soak in 11.5pH for 5–10 minutes for cleaning and tenderising.

**Steam or Blanch Vegetables** Use 11.5pH to enhance flavour when steaming or blanching.

**Salad Dressings** Add 1 tablespoon of 11.5pH to dressings to keep the oil emulsified.

**Digestion** Drink 30 ml of 11.5pH 45 minutes before meals to enhance digestion. Avoid drinking during the meal and for 30 minutes after.

**Sprouting** Soak nuts, seeds or grains in 11.5pH for 1 hour to speed up sprouting.



# PH 11.5 STRONG ALKALINE WATER

## CLEANING & HOUSEHOLD

**Laundry Soap** Use 1–2 litres per load in place of laundry soap. Excellent for greasy smells from work clothes. Add a few drops of essential oils for freshness.

**Stains on Clothes, Rugs & Carpets** Use as a degreaser. Soak oil-based stains for 10–20 minutes then blot or wash as usual.

**Oven, Clogged Sinks & Tubs** Replaces chemical cleaners when dissolving grease and grime. Use instead of Drano or similar products for blocked drains.

**Polish Silver** Soak silver in 11.5 pH, then polish and rinse.

**Paint Thinner** After using oil-based paints, use 11.5 pH to clean up.

**'Goo Gone' Replacement** Use 11.5 pH to remove greasy, gooey, gummy or sticky residues

**Dark Clothing Dye** Use 11.5 pH to help dye dark-coloured clothing.

## WELLBEING & BEAUTY

**Make-Up Remover** Spray on closed eyes and face to dissolve and remove make-up and oils.

**Soap & Lotions** Use 11.5 pH to emulsify oils when making homemade soaps and lotions.

**Clothes & Linen Spray** Mix 11.5 pH with essential oils in a spray bottle for a refreshing linen spray.

**Detox Foot Soak** Soak feet in 11.5 pH for 20 minutes one or more times per week to support natural detoxification.

**Deodorant** Spray underarms with 11.5 pH (add a few drops of essential oil if desired) then follow with 2.5 pH to eliminate bacteria.



A stack of smooth, rounded stones of various shades (tan, grey, brown) is balanced on a beach. The background shows a blurred ocean with gentle waves. The text is overlaid on the left side of the image.

**PH 8.5 - 9.5**

**Kangen water™**

*change your water, change your life*

# PH 8.5 - 9.5 KANGEN WATER™

Kangen Water™ is rich in active molecular hydrogen and powerful antioxidant-like properties. As electrolysed reduced water (ERW), it contains extra hydrogen molecules that penetrate cells easily. Diseases cannot thrive in an alkaline environment.

*Getting Started: Begin with pH 8.5 for 1–2 weeks. Drink at least half your body weight (in kg) as litres each day. Gradually increase to 9.0, then 9.5 as your body adjusts. Increased urination is normal, your body is detoxing.*

## DRINKING & COOKING

**Drinking Water** Drink at least 3 litres of Kangen Water™ everyday. High in molecular hydrogen, antioxidants and minerals, it hydrates and repairs each cell of the body down to its DNA.

**Soups** Cook all soups with 9.5 pH Kangen Water™ for enhanced flavour and alkalinity.

**Stir Fry** Use 9.5 pH to steam when stir frying.

**Coffee & Tea** Make coffee and tea with 9.5 pH to increase flavour, colour and nutritional value, and decrease acidity.

**Cooking Grains & Legumes** Use Kangen Water™ as the cooking liquid for potatoes, grains, dried beans, peas and pasta.

**Broth** Use Kangen Water™ as the base for broths to extract maximum vitamins and minerals.

**Protein Shakes** Use 8.5–9.5 pH to make protein shakes, dissolves powder more rapidly and improves nutrient absorption.



# PH 8.5 - 9.5 KANGEN WATER™

## HEALTH & WELLNESS

**Weight Management** Drink a glass of 9.5 pH when you feel like snacking. Wait 30 minutes; most people are dehydrated and mistake thirst for hunger.

**Grey Hair** Drinking 9.5 pH Kangen Water™ can often return hair to its original colour as cells begin to repair.

**Vision** Consistently drinking 9.5 pH can improve eyesight over time.

**Spider Veins** Drinking Kangen Water™ supports cell repair; spider veins may improve over time.

## HOME & GARDEN

**Aromatherapy Spritzer** Add herbs like rosemary or lavender to a spray bottle of 9.5 pH. Let steep for a couple of hours and use as a room spritzer and air freshener.

**Pets** Use Kangen Water™ as drinking water for pets, start at 7.0 pH and gradually increase.

**Seedlings & Sick Plants** Water seedlings or struggling plants with 9.5 pH Kangen Water™ to support healthy growth.

**Cut Flowers** Use Kangen Water™ in vases to extend the fresh appearance of cut flowers.





**PH 7.0**

**clean water**

*change your water, change your life*

# PH 7.0 CLEAN WATER

pH 7.0 Neutral Clean Water is safe for infants, children, pets and anyone taking time-sensitive or time-release medication. Although it is not high in pH, it still contains powerful antioxidant properties and active molecular hydrogen.

**With Meals** Drink with meals only if necessary. It is not recommended to drink water 30 minutes before a meal or for up to 45 minutes after eating, to allow for proper digestion.

**Baby Formula** Use Clean Water™ 7.0 pH for preparing baby formula.

**Medication** Take fast-dissolving medication with Clean Water™ 7.0 pH. Kangen Water™ would dissolve them too quickly and could reduce their effectiveness.





**PH 6.0**

beauty water

*change your water, change your life*

# PH 6.0

# BEAUTY WATER

pH 6.0 Beauty Water™ has a similar pH to rainwater, and to our own skin. This makes it easily absorbed by our pores, acting as a powerful natural toner and moisturiser. Plants thrive when watered with it too.

## SKIN & HAIR

**Facial Cleanser** Use 6.0 pH to cleanse the face twice daily in place of soap. Spray onto the face after cleaning.

**Hair Conditioner** Rinse hair with 6.0 pH after showering to soften without coating it. Makes hair soft, shiny and healthy. Many users report significant hair regrowth.

**Skin Toner** Use as the final rinse in the shower or bath to tone and firm skin. Spray face and skin multiple times daily to refresh.

**Lines & Wrinkles** Mix 6.0 pH with essential oils, spray on skin to hydrate, reduce lines and wrinkles, and produce younger, healthier-looking skin.

**Rashes & Nappy Rash** Spray 6.0 pH on skin to soothe and heal rashes, including nappy rash

**Pets** Bathe pets in 6.0 pH Beauty Water™ for a more lustrous coat.

## FOOD & COOKING

**Eggs & Pasta** Use 6.0 pH to boil eggs and pasta.

**Freezing Food** Spray 6.0 pH on food before freezing, including fish and seafood, so it doesn't lose flavour.

**Anthocyanin-Rich Produce** Use 6.0 pH to wash plums, grapes, cherries, strawberries, red cabbage, eggplant, soy beans and asparagus.



# PH 6.0 BEAUTY WATER

## HOME & GARDEN

**Plants** Water indoor and outdoor plants with 6.0 pH for vigorous growth. Can revive dying plants.

**Fabric Softener** Use 1 litre of 6.0 pH in the rinse cycle during laundry as a replacement for fabric softener.

**Eyeglasses** Use 6.0 pH to clean lenses.

**Glass & Mirror Cleaner** Replace all window and mirror cleaners with 6.0 pH Beauty Water™. Streak-free and chemical-free.

**Hardwood Floors & Ceramic Tiles** Use 6.0 pH for polishing and housecleaning on hardwood floors, ceramic tiles and similar surfaces.



A glass sphere sits on a sandy beach, partially filled with water. The sphere reflects the sky and the ocean. The text 'PH 2.5' is written in large white letters across the middle of the sphere, with 'strong acidic water' written in smaller white letters below it. The background shows a sunset or sunrise over the ocean with a cloudy sky.

**PH 2.5**  
strong acidic water

*change your water, change your life*

# PH 2.5 STRONG ACIDIC WATER

pH 2.5 Strong Acidic Water forms hypochlorous acid, a highly effective, non-toxic disinfecting agent used in the medical and food industries for decades. Proven to work better and faster than bleach at eliminating bacteria and viruses.

## HEALTH & FIRST AID

**Kill All Microbes** Pre-rinse or spray all fruits, vegetables and meat with 2.5 pH and let sit for 1 minute before soaking in 11.5 pH. Eliminates all microbes, including MRSA and infections.

**Open Wounds, Burns, Infections & Bleeding** Hypochlorous acid kills candida, bacteria and pathogens. Use to disinfect cuts, scrapes and burns. Clean twice daily until healed. Do not use ointments, they attract microbes.

**Infected Sinuses** Spray in each nostril twice daily for 2 days. Wait 2 minutes, then flush with 11.5 pH Strong Alkaline Water.

**Nail Fungus** Spray or soak in 2.5 pH twice daily until healed.

**Pink Eye** Spray on the infected eye several times throughout the day to aid healing.

**Sore Throat, Strep & Cough** Gargle 3–4 times per day, or spray directly into the throat.

**Poison Ivy** Spray on the infected area as often as needed to slow itching and dry up the rash faster.

**Fever Blisters & Canker Sores** Spray or gargle to stop and dry up both.

**Moles & Warts** Soak a gauze pad in 2.5 pH and apply over the area using a bandaid. Change daily. Results may take 30–60 days.

**Vomiting** Take 1–2 tablespoons of 2.5 pH to help stop vomiting.

**Acne** Apply 2.5 pH directly on pimples to eliminate bacteria and speed up healing.



# PH 2.5 STRONG ACIDIC WATER

## ORAL & PERSONAL CARE

**Teeth & Gum Health** After brushing, gargle with 2.5 pH for 1 minute (do not swallow), then rinse with 9.5 pH for 30 seconds. Prevents and resolves periodontaldisease, thrush and root canals.

**Anti-Bacterial Hand Soap** Use 2.5 pH in place of anti-bacterial soap for a chemical-free clean.

**Hand Sanitiser** Carry a small spray bottle of 2.5 pH for on-the-go sanitising.

**Deodorant** After spraying with 11.5 pH, spray underarms with 2.5 pH to eliminate odour-causing bacteria.

**Menstrual Cup** Soak in 2.5 pH for a few minutes, then rinse with Clean Water 7.0 pH to disinfect and eliminate odours.

## FACIAL CARE

**Facial Lifting & Tightening** Spray face and neck (avoid eyes) with 2.5 pH and rub skin upward until dry. Finish with 6.0 pH Beauty Water™ to tone.

**Disinfecting Surfaces** Use 2.5 pH to disinfect any surface, proven more effective and faster-acting than bleach.

## LAUNDRY & FABRIC

**Clothes & Linen Bleaching** Soak in 2.5 pH overnight instead of chemical bleach. Put through a rinse cycle before continuing with regular laundry.



# PH 2.5 STRONG ACIDIC WATER

## CLEANING & HOUSEHOLD

**Hard Water Spots & Rust** Spray 2.5 pH on hard water spots and ringsthen scrub with a soft brush. Removes rust from metal.

**Soap Scum** Spray 2.5 pH on tiles to remove soap scum.

**Limescale** Remove the shower head and soak in a basin of 2.5 pH for at least 30 minutes, then scrub with a medium-bristle brush.

**Protein-Based Stains** Use 2.5 pH to clean protein-based stains. For oil-based stains, use 11.5 pH.

**Beds & Mattresses** Mist mattress, pad, blankets and pillows as an anti-microbial spray. Allow to dry fully, then follow with a light mist of linen spray.

**Rugs & Carpets** Eliminate pet odours without removing colour. Use a steam cleaner with 11.5 pH for an overall clean, then add essential oils to the final rinse for fragrance.

**Coffee & Tea Stains** Use 2.5 pH to clean coffee and tea stains from cups and surfaces.

**Babies' Items** Clean and disinfect toys, high chairs, nappy-changing surfaces and cot rails safely, without chemicals.

## GARDEN & PETS

**Fleas** Spray 2.5 pH on pets' fur. If needed, spray and clean the home with 2.5 pH to eliminate fleas.

**Plant Insect Repellent** Spray plants with 11.5 pH first, let dry, then spray with 2.5 pH as a chemical-free insect repellent.

**Acid-Loving Plants** Water acid-loving plants with 2.5 pH three times during the growing season for vigorous growth and more blossoms.



A person is lying on their back on a concrete pool deck, holding a glass of pink drink with a strawberry garnish. They are wearing a white bikini top and a green bikini bottom. A large, light-colored straw hat is placed on the deck in front of them, and a pair of sunglasses is nearby. The background shows the blue water of the swimming pool.

# SKIN

conditions & protocols

*change your water, change your life*

# SKIN CONDITIONS & PROTOCOLS

The multi-water protocol below combines all pH levels of the K8 machine for a comprehensive, chemical-free approach to managing a range of common skin conditions.

## ACNE, ECZEMA, PSORIASIS, RASHES & BURNS

Follow this routine twice daily, morning and evening:

1. Rinse with 11.5 pH Strong Alkaline Water to remove excess oils from the skin.
2. Cleanse with a non-soap cleanser and 6.0 pH Beauty Water™.
3. With a cotton swab, dab 2.5 pH Strong Acidic Water on any active blemishes or broken skin.
4. Tone with 6.0 pH Beauty Water™ using a fine-mist glass spray bottle.
5. Repeat morning and evening. Tone multiple times throughout the day to keep skin
6. hydrated.

## NAPPY RASH

Nappy rash occurs when urine and faeces are too acidic. To prevent rashes, keep your baby well hydrated with 8.5–9.5 pH Kangen Water™. Replace commercial baby wipes with soft cloths or unbleached paper towels dampened with 6.0 pH Beauty Water™.

Follow this protocol after every nappy change:

1. Cleanse the nappy area with a non-soap cleanser and 6.0 pH Beauty Water™. Pat dry.
2. With a cotton swab, dab 2.5 pH on any broken skin and allow to dry.
3. Apply a fine mist of 6.0 pH Beauty Water™ to balance and hydrate the skin.
4. Repeat after every nappy change.





**GUIDE TO**  
getting started

*change your water, change your life*

# GETTING STARTED

## DAILY WATER INTAKE

Start by drinking 8.5 pH water. Drink at least half your body weight in kilograms as litres each day. Increase gradually to 9.0 pH, then 9.5 pH over 2 – 4 weeks as your body adjusts.

Athletes, people doing physically demanding work and those recovering from illness should aim for 75% of body weight in kg as litres daily.

*To calculate your daily target: convert weight to pounds → divide by 2 → this is your minimum in ounces per day. Example: 70 kg (154 lbs) = minimum 77 oz (~2.3 litres) per day.*

Continue drinking the suggested amount of water at this setting each day for at least 2 more weeks. After successfully drinking the suggested amount of 9.0pH Kangen Water™ without experiencing any discomfort while drinking the water other than frequency of urination, then you may choose to increase the water pH level up to 9.5pH

## CLEANSING SYMPTOMS

Occasional symptoms, such as headaches, skin eruptions, loose bowels, and coughing, are caused by the body releasing stored toxins. If this occurs, increase your water intake rather than stopping. If symptoms persist, step back to the previous pH level and increase volume.

## THERAPEUTIC PROTOCOL

45 minutes before meals: drink 30 ml of 11.5 pH followed by 600–950 ml of 9.5 pH Kangen Water™.

With the first bites of food: swallow 2–4 tablespoons of 2.5 pH.

Wait at least 30 minutes after meals before drinking additional liquids.

Sip the remaining water throughout the day.





# THE WILDSOL WELLNESS HUB

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## GET IN TOUCH

To trial or experience the water, please direct message the person from WildSol that shared this link with you

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\*Document created from the following sources:  
- '68 Uses of Kangen Water'  
- 'Your Home...A Chemical Free Sanctuary' by Dr. Peggy Parker  
- 'Kangen Water Therapies' by Dr Peggy Parker  
- User Testimonies

TM

\*All references to Kangen Water are references to Kangen Water  
\*The author of this document makes no therapeutic or medicinal claims whatsoever.  
All information within is a compilation of the above sources