

Directions for Use of Ionizer



- 💧 Turn on Ionizer: middle (ON/OFF) button on Ionizer touch screen.
- 💧 Once on, Ionizer may be in cleaning mode; water will flow.
- 💧 Allow cleaning process to complete the cycle.
- 💧 Choose either the Alkaline button (left side of touch screen) or Acidic button (right side of touch screen) or Purified (bottom left of touch screen).
- 💧 Choose desired level of either Alkaline (1-4) or Acidic (1-3) by tapping button until level is noted on the touch screen. The Purifier setting is a neutral 7.0 pH.
- 💧 Once desired level of Alkaline, Acidic or Purified water is flowing, fill your vessel.
- 💧 Turn Ionizer off by tapping the middle (ON/OFF) button on touch screen.
- 💧 Ionizer may go through another cleaning process, then shut off automatically.

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Begin by drinking 1/2 gallon of level 1 alkaline water for 7-10 days.



You may notice slight headaches, body aches or body acne as your week progresses and you begin to detox, but it should be minimal. You may also notice more frequent urination and slight changes in bowel movements. These things are fairly typical. Should these symptoms feel "unmanageable," back off on the volume of alkaline water intake for a short period before continuing on.



After drinking 1/2 gallon of level 1 per day for 7-10 days with little or no negative symptoms of detoxing, begin drinking 1/2 gallon per day of level 2 for 7-10 days. Again, should "unmanageable" symptoms occur, back off on the volume of water consumed each day or mix 1/4 gallon of level 1 and 1/4 gallon of level 2 (to equal 1/2 gallon per day) for several days before stepping back up to level 2 completely.



After drinking 1/2 gallon of level 2 per day for 7-10 days with little or no negative symptoms of detoxing, begin drinking 1/2 gallon per day of level 3 for 7-10 days. Again, should "unmanageable" symptoms occur, back off on the volume of water consumed each day or mix 1/4 gallon of level 2 and 1/4 gallon of level 3 (to equal 1/2 gallon per day) for several days before stepping back up to level 3 completely.



Remain drinking 1/2 gallon or more of level 3 each day consistently to enjoy tremendous health benefits.



Drinking level 4 alkaline water is reserved for people with chronic conditions such as cancer or leukemia. You may also cook rice and pasta utilizing level 4.



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OPTIMAL HEALTH FROM THE INSIDE OUT

PLEASE NOTE

Alkaline water **SHOULD NOT** be ingested within 30 minutes of meals (before or after).

Additionally, sustained release medication or enteric-coated medication should not be consumed with alkaline water.

In both instances, purified water would be optimal.

QUESTIONS?

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