



## PRACTICAL USES FOR ACIDIC WATER

### ASTRINGENT EFFECTS

#### *Ionizer Setting: Lowest Acidic Water*

**Skin Breakouts** – Helps minimize acne and skin discoloration, bumps, or rashes.

**Washing the Face** – Helps to make the skin smooth, and helps to improve the overall sheen and condition of your skin.

**Hair Care** – Rinse your hair with acidic water before and after shampooing to help minimize hair loss, dandruff, itchy scalp, and improve overall condition of hair.

**Shaving** – A great natural aftershave. Helps minimize rashes caused by shaving.

**Bathing** – Add 2 - 3 gallons to your bath to improve skin condition.

### SKIN CONDITIONS

#### *Ionizer Setting: Lowest Acidic Water*

**Athlete's Foot and Nail Fungus** – Use as a warm water soak 20-30 minutes daily to speed recovery.

**Burns** – May help alleviate pain associated with burns and speed recovery.

**Chapped Hands** – Speed recovery.

**Eczema** – Keeps skin clean and minimizes itching, and accelerates recovery.

**Insect Bites** – Relieves itch and sting.

**Minor Cuts, Scratches, Abrasions** – Helps clean wounds and accelerate recovery.

**Sunburn** – Reduces redness and pain, and accelerates recovery.

### ECO-FRIENDLY

#### *Ionizer Setting: Lowest Acidic Water*

**Water Plants** – Use for acid-loving house plants and outside plants.

**Fresh Cut Flowers** – Dip the stems in acidic water to extend the time they stay fresh.

**Clean Glass** – Substitute for glass cleaner for glass, mirrors, metallic surfaces and utensils.

**Bleach** – Acidic water has a natural bleaching action.

**Cleaning** – Clean your house without chemicals. Remove dirt and grime, reduce odors, clean any surface.

**Hand Sanitizer** – Wash your hands and keep it in a spray bottle to keep hands clean.

### DISINFECTING PROPERTIES

#### *Ionizer Setting: Highest Acidic Water*

**Food Preparation** – Rinse fresh fruits and vegetables, meat and fish to help prevent contamination from e-coli and other types of bacteria.

**Odors** – Neutralizes strong odors, e.g. onion and garlic, on your hands. Use as an air freshener.

**Dish Washing** – Keep cutting boards, countertops, and sinks clean. Rinse dishcloths and sponges to slow bacteria growth and odors.

**Dental Hygiene** – Brush your teeth, massage your gums, use as a mouthwash, or gargle with acidic water.

**Pet Care** – After bathing, rinse your pets in acidic water for an overall healthier coat.