

How To Make E-Water

Ingredients:

Ionic SPA, Glass jar, AC/DC Converter, Tap water.

Procedure:

Fill sink or bucket/tub with tap water.

Fill glass jar with drinking water, seal with the lid.

Place glass jar into tap water.

Adjust water level so that the glass jar is not completely submerged, near the neck or less (even 1/2).

Plug in the AC/DC Converter into the wall outlet.

Connect the cable from the AC/DC converter to the ionizer.

Run the ionizer for 15 minutes.

Remove the glass jar and drain the tap.

Drink the water inside the glass jar.

What is the difference between ionized water and Energized Water? Ionized water is the tap water that has had the ionizer running. That tap water will be contaminated and is unsuitable for drinking. The E-Water was never in contact with the ionized water, the ionizer, or anything else, it was inside the glass jar.

E-Water tastes: sweeter, softer, silkier, smoother, lighter, effervescent, carbonated, and “alive.”

The same water that was not energized tastes: heavy, dead, mineralized, and has an after-taste.

Why should I drink Energized Water? E-Water has less surface tension and puts more energy into the body.

What are the benefits?

- Taste. E-Water tastes better and for people who don't like to drink water, they enjoy drinking E-Water.
- Consumption. Drinking E-Water increases the desire to drink more water.
- Minerals and Vitamin Absorption. E-Water has less surface tension and helps deliver minerals, vitamins, and nutrients more efficiently to the cells.
- Toxin Removal. E-Water is absorbed into the blood stream faster, taken to the cell quicker, enters the cell easier, and helps remove more toxins from the cells, because of less surface tension.
- Urination. Drinking only a small amount of E-Water creates the urge to urinate and completely empties the bladder using little or no muscular effort. One comment was, “free-flow.”
- Flushing the Body. The body is mostly composed of water. To remove toxins, the body needs to be flushed. The best medium to flush the body with, is water. Choose the best water to drink, but Energize the water prior to drinking.

Why glass and not plastic? The plastic bottle may be safe when filled with water with standard surface tension, but when the surface tension is lowered, the poisons and toxins in the plastic may be drawn out of the plastic and ultimately consumed.

Can I energize the water and then put it into a plastic container? That is not recommended.

Why 15 minutes, why not longer? The drinking water inside the glass jar reaches maximum velocity in about 15 minutes.

How long does the E-Water last? The greatest benefit is the first glass of E-Water, and can last 48 hours at the most.

Can I freeze the E-Water or put ice into it? You can, but it will inhibit the benefits of E-Water. Surface tension increases with cooler water.

Can I refrigerate the E-Water? Yes, but it will slow down the energy in the water. It is best at room temperature.

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