

An underwater scene with a large, glowing blue sphere in the center. The background is dark blue with light rays filtering down from the top left. Numerous bubbles of various sizes are scattered throughout the scene.

# Your *Healthy Water*

"Your water should do more than hydrate. It should heal, nourish, protect, and empower."

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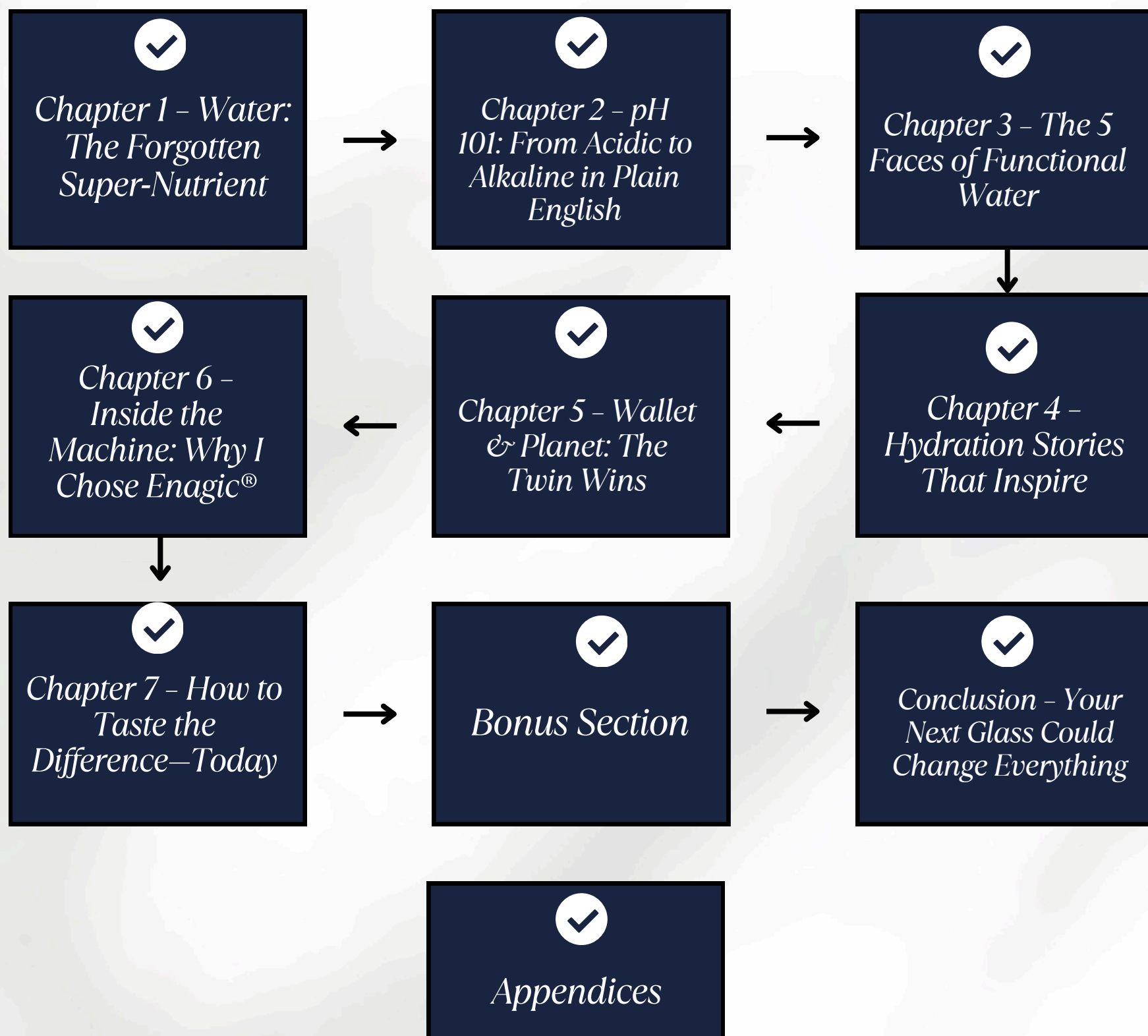
Dr. Sandra Boyo-Aruleba





# *Your Healthy Water*

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*Have a question? Send me an email: [sandra@aidacenstars.com](mailto:sandra@aidacenstars.com)*

# Introduction

## Drink to Thrive: The Ultimate Guide to Healthy, Ionized Water

Hello Beautiful Soul,

Have you ever paused to think about the water you're drinking every single day?

We often go through life focusing on food, exercise, and supplements—yet we overlook the very foundation of our wellness: water. Yes, that clear, tasteless liquid that makes up over 70% of your body and influences everything from your energy levels to your skin, digestion, mood, and even cellular repair. But here's the catch: not all water is created equal.

I didn't always know this.

In fact, for years I thought I was doing everything right—drinking bottled water, exercising, eating clean... but still feeling tired, bloated, and oddly foggy. That all changed when I stumbled upon something that completely shifted my perspective: ionized, restructured, functional water—water that doesn't just hydrate, but heals, cleans, nourishes, and protects (without making any medical claims, of course 😊).

This book is my gift to you.

It's not about selling you hype or magic water—it's about helping you discover how hydration can be revolutionary when done the right way. Inside, I'll break down complex health science into simple language, share inspiring real-life hydration stories, and introduce you to a world of wellness you never knew existed—powered by nature, backed by science, and enhanced through technology.

Together, we'll explore:

- What really makes water "healthy"
- Why your pH balance matters more than you think
- The 5 types of water and what they do for your body, skin, home, and wallet
- How this one shift can support your journey toward energy, clarity, and glow

And yes, I'll also share why I chose to partner with a 49-year-old Japanese company whose water technology has not only changed my life—but the lives of millions around the world.

This isn't just an e-Book.

It's a wake-up call.

It's your hydration breakthrough.

It's the first step in transforming how you feel, think, look, and live—one glass at a time.

So, whether you're a health enthusiast, a parent, a student, an entrepreneur, or just someone ready to feel better naturally—welcome.

**Let's drink to your wellness, your glow-up, and your unstoppable health journey.**

Grab a glass, turn the page... and let's begin.

With all my love,

**Dr. Sandra Boyo-Aruleba**

Public Health Enthusiast | Certified AI Trainer | Certified Business Consultant | Life & Health Insurance Broker



# DR. SANDRA BOYO-ARULEBA



Dear Friend,

I'm so thrilled you're here—and I don't believe it's by accident. A few years ago, I found myself exhausted, dehydrated (though I drank "a lot" of water), spending way too much on skincare products, and constantly looking for natural ways to boost my energy and wellness. I thought I was doing all the right things... until I discovered something so simple, yet so powerful—it completely changed my life: the right kind of water.

Yes, water. But not just any water—functional, ionized, antioxidant-rich water.

I still remember my first sip. It tasted smoother, felt lighter, and within a week, I noticed real changes: less bloating, clearer skin, deeper sleep, and even my meals started tasting better. It wasn't magic—it was science. That aha! moment sent me down a path of research, education, and now, advocacy. That's what led me to write this book—for you.

In these pages, you'll learn:

- 🧠 Simple, science-backed health tips to help you feel and function better
- 💰 How to save money on bottled water, cleaning supplies, and even skincare
- 🌱 How switching your water can reduce your carbon footprint and support a healthier home and planet

My goal is to empower you with knowledge and invite you to experience the same transformation I did.

I'd love to personally invite you to a Free Virtual Water Demo, where you'll see exactly how this water works, how it's made, and how it can help you thrive—from the inside out.

Let's take this journey together. I'm cheering you on.

Warmly,

Dr. Sandra Boyo-Aruleba

# **Disclaimer: Health & Pricing Notice**

## **Health Disclaimer**

The content in this eBook is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Statements regarding health benefits of ionized or alkaline water have not been evaluated by the U.S. Food and Drug Administration (FDA). Individual results may vary, and no medical claims are being made.

Always consult with a licensed healthcare professional before making any health-related decisions or changes to your hydration routine.

Enagic® machines are medical-grade water ionizers manufactured in Japan and approved as medical devices by Japan's Ministry of Health, Labour and Welfare. However, usage and claims must adhere to FDA and FTC guidelines in the United States and other regions.

## **Pricing Disclaimer**

Prices listed in this guide are based on current U.S. retail pricing provided by Enagic® as of 2025 and are subject to change without prior notice. Regional pricing, promotions, taxes, or distributor-specific offers may vary depending on location and payment plan eligibility.

Please contact an authorized Enagic® distributor (like myself, Dr. Sandra Boyo-Aruleba) to receive the most accurate and up-to-date pricing, financing options, and support tailored to your specific needs.





# Chapter 1

## Water: The Forgotten Super-Nutrient

When we think of nutrients, our minds often go straight to proteins, vitamins, minerals, or maybe even superfoods like spirulina or chia seeds. But what if I told you that **the most essential, life-giving nutrient you need daily isn't a food at all... it's water?**

Water is the original super-nutrient.

And yet, it's the one we constantly underestimate.

### Did You Know? Hydration Trivia to Blow Your Mind

- Your **brain is about 75% water**—meaning even slight dehydration can mess with your focus, memory, and mood.
- Your **blood is over 90% water**, and it carries nutrients, hormones, and oxygen to your entire body.
- You can survive **weeks without food**—but only a few **days without water**.
- Studies show that just **1-2% loss in body water** can lead to fatigue, headaches, and poor concentration... even before you feel thirsty.

•  
Still sipping just any water and calling it a day? Let's dig deeper.





# Hidden Dehydration vs. True Vitality

Most people walk around chronically dehydrated and have no idea.

That midday crash you blame on a heavy lunch? Could be dehydration.

The tight, dry skin you cover up with expensive cream? Might be hydration, not just skincare.

Those headaches, brain fog, and irritability? Often, water is the missing piece.

Let's talk symptoms.

## ***Signs of Hidden Dehydration:***

- Dry mouth or chapped lips (obvious)
- Constant tiredness even with enough sleep
- Sugar cravings (yup, thirst can feel like hunger)
- Digestive issues like constipation or bloating
- Dull, dry skin that loses its glow
- Difficulty focusing or remembering details
- Bad breath (your mouth needs moisture to fight bacteria!)

Now, contrast that with someone experiencing **True Vitality** through proper hydration:

- Glowing, supple skin
- Natural energy that lasts throughout the day
- Better digestion and regularity
- Clear thinking and sharp memory
- Fewer sugar cravings
- Better workouts, better recovery
- A sense of lightness and internal balance

**The difference is not always medication or supplements—it's hydration. But not just “any” water.** And that's where this journey really gets exciting...






## **SELF-QUIZ: Are You Running on Empty?**

*Answer Yes or No to the following:*

1. Do you often reach for coffee or energy drinks by 2pm?
2. Do you pee less than 4 times a day—and is your urine often dark yellow?
3. Do you notice dry skin, lips, or scalp often?
4. Do you feel sluggish after meals?
5. Do you forget things easily or lose focus quickly?
6. Do you experience headaches more than twice a week?
7. Do you feel bloated or irregular in digestion?
8. Do you crave salty or sweet snacks even after eating a full meal?

### **Scoring:**

- **0–2 YES:** Great! You may be well hydrated (but there's still more to discover).
- **3–5 YES:** You're likely experiencing mild to moderate dehydration.
- **6+ YES:**  Your body is screaming for better hydration!

### **The Good News? You're Just a Glass Away from Change.**

In the next chapter, we'll uncover why the type of water you drink matters more than you've ever been told. Not all water hydrates at the cellular level. Not all water fights oxidation. And not all water helps your skin, digestion, and body heal.

You're about to unlock the **power of functional water**—hydration that does more.

Ready?

Let's flow forward. ➡



# Chapter 2

## pH 101: From Acidic to Alkaline in Plain English

You’ve probably heard the term “alkaline water” floating around wellness circles, health blogs, or even on bottled water labels—but what does it really mean?

Let’s break it down *without the jargon*, so you finally understand how pH affects your body, your energy, and your overall health. This is the science that *sells itself*, once it’s made simple.

### What is pH, Anyway?

**pH** stands for "**potential of hydrogen**"—a measurement of how acidic or alkaline (basic) a substance is. It’s scored on a scale from **0 to 14**:

 Visual pH Scale (Imagine a colorful cartoon):

pH Level	Type	Examples
0-3	Very Acidic	Battery acid, stomach acid
4-6	Acidic	Coffee, soda, tap water
7	Neutral	Pure water (lab standard)
8-9.5	Alkaline	Most healthy drinking water
10-14	Very Alkaline	Soap, bleach, household cleaners





## Why It Matters to You


Your body does an amazing job keeping your internal pH balanced—especially your blood (around 7.35–7.45). However, your **choices can either support or stress your body** in maintaining this balance.

Here's the kicker:

Most modern lifestyles—filled with processed food, stress, poor sleep, sugar, and soda—push our systems into **acid overload**. That's where **alkaline water** becomes a *supportive ally*.

### ORP: “Anti-Rust for Your Cells”

Now, let's talk about something you've probably never seen on a water bottle label: ORP, or **Oxidation-Reduction Potential**.

 Think of oxidation like **rusting**—it's what happens to a cut apple left in the open air. The same process happens in your body every day, causing cell aging, inflammation, and disease.

 ORP measures a liquid's ability to **fight or promote oxidation**. It's measured in millivolts (mV).

- Positive ORP (+): **Bad news**. Oxidizing, aging. Found in tap water, soda, bottled water.
- Negative ORP (-): Great news. Antioxidizing, cell-repairing. Found in fresh ionized water.

 For comparison:

- Tap water: **+200 to +400 mV** (oxidizing)
- Bottled water: **+150 to +250 mV**
- Ionized, alkaline water: **-300 to -800 mV** (antioxidizing powerhouse!)
- 

In simpler terms:

**High ORP = aging fuel**

**Negative ORP = youth fuel**

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## **MYTH-BUSTING BOX**

*“Alkaline Water vs. Alkalizing Foods — What’s the Difference?”*

*Let’s clear this up because many people confuse the two.*

### Alkaline Water

Has a higher pH level (8.5–9.5)

Works through cellular hydration

Instantly absorbed and hydrates faster

Great for on-the-go hydration & detox

### Alkalizing Foods

May have low pH but produce alkaline effect

Works through digestive metabolism

Takes time to digest and assimilate

Great for meal planning and overall health

Both are important. But only ionized alkaline water combines hydration + antioxidant + detox + cleansing in one glass. 

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## ✓ Why pH + ORP = Hydration That Heals

When your water has the **right pH and ORP**, it's no longer just water. It becomes a gentle yet powerful tool your body uses to:

- Reduce inflammation
- Improve nutrient absorption
- Detoxify naturally
- Boost energy
- And even support better digestion, immunity, and skin health

## ➡ SOON What's Next?

Now that you understand **why the right water is so powerful**, let's dive into what different types of functional water can actually do in your daily life. From facial toners to produce wash, from digestion boosters to chemical-free cleaning—one machine, multiple miracles.

Get ready for Chapter 3: **The 5 Faces of Functional Water** – You're about to be amazed!

**Get Your Own Machine Here!**



# Chapter 3

## The 5 Faces of Functional Water

### One Machine. Five Waters. Unlimited Possibilities.

Imagine if your water could do more than just quench your thirst. What if it could **brighten your skin, clean your veggies, replace household chemicals**, and **even sanitize your kitchen surfaces**—all from the same device?

Welcome to the world of **functional water**.

In this chapter, you'll meet five different types of water your home hasn't met yet—but absolutely needs.

#### 👩 1. Beauty Splash (~pH 6.0)

##### "Turn Tap Water into a Toner"

This slightly acidic water is the best-kept secret of radiant skin and glossy hair.

It closely mirrors the skin's natural pH, making it an ideal addition to your beauty routine.

##### ☀️ Top Uses:

- Use as a **natural facial toner**—just spritz and pat
- Restore shine to your **hair after shampooing**
- **Soften towels and fabrics** when added to the rinse cycle
- Refresh **puffy morning eyes** with a soaked cotton pad

💡 *How-To: Fill a spray bottle and keep it in your bathroom or purse. Say goodbye to pricey toners filled with alcohol and preservatives.*



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## 🍼 2. Neutral Sip (pH 7.0)

### "The Perfect Pill Partner"

This is clean, neutral water—no charge, no acidity, no alkalinity. It's exactly what you need when purity matters most.

#### ☀️ Top Uses:

- **Mixing baby formula** (gentle on little tummies)
- **Taking medications** (ensures accurate absorption)
- **Washing wounds** when mild cleaning is needed
- **Safe for pets** with sensitive stomachs

💡 *How-To: Keep a jug handy for medicine time. It's also a great reset for your taste buds after consuming stronger pH waters.*

## 🏃 3. Daily Boost (pH 8.5–9.5)

### "Hydrate Like an Athlete—Sans Sugar"

This is the superstar water for daily drinking and peak performance. It's smooth, satisfying, and highly absorbable—thanks to its restructured, micro-clustered molecules.

#### ☀️ Top Uses:

- **Daily hydration** for energy, clarity, and wellness
- Brewing **coffee and tea** that taste smoother (and use less beans/leaves!)
- Mixing **green juices or smoothies**
- Helping your **body recover post-workout**

💡 *How-To: Start your day with 500 ml of this “living water” on an empty stomach. Your cells will thank you.*



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## 🛡️ 5. Acid Shield (pH ~2.5)

### "Goodbye, Store-Bought Sanitizers"

This powerful, low-pH water is your natural disinfecting hero. It's gentle on your hands but tough on germs—perfect for when you need clean and safe.

#### ☀️ Top Uses:

- **Disinfect surfaces** like doorknobs, counters, toilets
- **Sanitize kitchen utensils** and cutting boards
- Rinse **raw fish, chicken, or meat** before cooking
- Use as a **hand sanitizer alternative**

💡 *How-To: Pour it into a travel spray bottle and use it while out and about—schools, flights, grocery stores, etc.*

### ✨ Final Thoughts: One Machine. Endless Wellness.

Who knew water could wear so many hats?

These 5 waters, all produced from one eco-conscious system, allow you to **hydrate smarter, clean safer, beautify naturally, and live more consciously**—while saving money and reducing waste.

No pills. No potions. Just powerful, purposeful hydration.

Ready to own yours?

👉 **[Click here to get your own now.](#)**



# Chapter 4

## Hydration Stories That Inspire

Sometimes, the best proof isn't found in science—it's found in stories.

Here are three real-life snapshots of everyday people whose wellness transformed simply by switching the water they drank and used daily.

Let these stories meet you where you are—and remind you what's possible.

### “I’m a Mom of 2—And I Finally Beat the Afternoon Crash”

*“I’m Jamila, a working mom of two. My afternoons used to be a blur of brain fog, yawns, and reaching for yet another coffee. I honestly thought that was just the ‘mom life.’*

*Everything changed when I swapped my regular water for functional, alkaline-rich water. Within the first week, I noticed something wild—I wasn’t reaching for sugar or caffeine after lunch anymore. I felt awake... naturally. Even my 6-year-old commented, ‘Mommy, why are you dancing in the kitchen?’*

*Now, my energy stays steady throughout the day. I’m more present, more playful, and way less cranky by dinner time.”*



#### ✓ Try-It Tip:

Start drinking 500ml of alkaline water **first thing in the morning**, then another glass **20 minutes before lunch**. Give it a week and notice how your afternoons feel!

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## “How I Shaved 3 Minutes Off My 10K Time—Without Changing My Training”

*“I’m Tasha, a recreational runner training for local races. I take my fitness seriously, but I hit a frustrating plateau. No matter how clean I ate or how hard I trained, my endurance wasn’t improving.*

*A friend suggested I start hydrating with ionized water instead of bottled water. I was skeptical—but within days, I noticed I didn’t get winded as quickly, and my recovery time was faster. My muscles weren’t screaming the next day like they used to. After three weeks, I shaved three minutes off my 10K time. The only thing I changed was my water.*

*That was my game-changer.”*

### ✓ Try-It Tip:

Drink alkaline water **30 minutes before your workout** and within **15 minutes post-workout**. Bonus: Add a pinch of Himalayan salt for natural electrolytes.

## “This Water Helped Me Cut My Produce Costs by 30%”

*“As a chef and small restaurant owner, I go through a lot of fresh produce. I used to get so frustrated with how quickly fruits and veggies spoiled—even when refrigerated. I’d throw away wilted herbs, slimy strawberries, and soft cucumbers way too often.*

*A friend introduced me to high-pH water for washing produce. I gave it a try—and wow. Not only was I removing dirt and pesticide residues, but my produce stayed fresh so much longer. I’m saving hundreds every month now.*

*Even better, my customers noticed the flavor difference. Cleaner ingredients really do make better meals.”*



### ✓ Try-It Tip:

Soak your fruits and vegetables in high-pH water for **10–15 minutes** before refrigerating. You'll see the difference in freshness and taste!

## **Get Your Own Machine Here!**

● *Disclaimer: Individual results vary. Water alone does not treat, cure, or prevent any disease. All testimonials reflect personal experiences.*






# Chapter 5

## Wallet & Planet: The Twin Wins


Drink smarter. Spend less. Waste nothing.

While most people switch to functional, ionized water for health benefits... they stay for the savings—and the way it transforms their **impact on the planet**.

Let’s explore how just one system can make your home richer and greener at the same time.

 **Infographic Breakdown: Bottled Water vs. Functional Water (5-Year Cost)**  
*(Imagine this as a side-by-side visual in your eBook layout—here’s the content for it.)*

Category	Bottled Water (Average)	Ionized Water System
 Initial Cost	Low (per bottle)	\$4,980 (once, lifetime unit)
 5-Year Cost	\$7,300+ (\$3/day per household)	\$0 – Refillable tap source
 Waste Generated	9,125 plastic bottles	0 plastic bottles
 Health Contribution	Neutral to acidic, oxidizing	Alkaline, antioxidant-rich
 Maintenance	N/A	~\$100/year filters
 Return on Investment	None	Break-even in 18–24 months

 *Imagine saving \$7,000+ in just five years—while upgrading your family’s health and eliminating plastic waste.*

## 🌍 CO<sub>2</sub> Calculator: How Many Plastic Bottles Will You Delete?

Let's do the math:

- One household drinks 4 bottles/day × 365 days = **1,460 bottles/year**
- Over 5 years = **7,300 plastic bottles**
- Each plastic bottle emits **82.8g of CO<sub>2</sub>** during its lifecycle
- That's **604,440 grams (≈ 604 kg / 1,331 lbs) of CO<sub>2</sub>** you can avoid with a single switch!

✨ Switching to an ionizer is like planting **10–12 trees per year**, without touching a shovel.

Let that sink in. Your hydration habit can become a **climate action plan**.

### 👩🍳 Café Spotlight: How One Local Chef Slashed Her Cleaning Costs

*“We run a cozy vegan café in downtown LA, and we used to spend hundreds monthly on industrial degreasers and fruit washes. But those cleaners were harsh, and customers with sensitivities started complaining.*

*After switching to functional water—especially the high-pH ‘Power Clean’ water—we not only reduced chemical usage by 90%, but our produce lasts longer, and our equipment stays cleaner with less effort.*

*We cut over \$3,000 in cleaning supply costs within a year, and our staff prefers the switch. Plus, our ‘eco-conscious kitchen’ story has brought in more customers!”*

*— Chef Malika, owner of Green Fork Café*

💡 **Business Bonus:** Functional water helps cafés, salons, gyms, and households alike reduce recurring costs and increase eco-friendly branding.



**Get Your Own Machine Here!**

## 🌱 The Bottom Line: Save Green While Going Green

Investing in a home ionizer isn't just about health—it's about making a smarter, long-term decision for your **wallet** and **the world**.

- ☒ Slash grocery waste & cleaning supply costs
- ☒ Eliminate plastic bottle expenses
- ☒ Reduce your carbon footprint
- ☒ Support a zero-waste, toxin-free lifestyle
- ☒ Become a water steward and wellness advocate

● Want to Own Yours Now?

👉 [Click Here to Get Yours Now.](#)







# Chapter 6

## Inside the Machine: Why I Chose Enagic®

By now, you've seen what functional water can do. But how is it made?

What kind of machine creates water that hydrates, cleans, sanitizes, and beautifies—all from the same faucet?

Let me take you behind the curtain to show you **why I trust only one brand** with something as essential as my family's water: **Enagic®**.



**Born in Japan. Trusted Worldwide. Get Your Own Machine Here!**

Enagic® is a 49+ year-old Japanese company and the **only water ionizer company globally** with:

-  **ISO 13485:** Medical-grade device manufacturing certification
-  **WQA Gold Seal:** The highest certification for water quality assurance
-  Recognition as a **certified medical device manufacturer** by Japan's Ministry of Health, Labour and Welfare

This isn't some trendy, pop-up product. It's **hospital-grade technology** used in thousands of homes, clinics, restaurants, and wellness centers across the world.





## ⚡ How It Works – A "Mini Power Plant" on Your Countertop

At the heart of each Enagic® machine is a 8-plate medical-grade titanium electrolyzer, dipped in platinum. Sounds high-tech? Let's simplify it.

### 🧠 Think of it like this:

Imagine you have a tiny, clean-energy **power plant** sitting on your kitchen counter.

You feed it ordinary tap water...

It runs the water through a process called **electrolysis**, separating the acidic and alkaline parts...

And it delivers you **ionized, antioxidant-rich, micro-clustered water** ready to hydrate you better and cleanse your home.

All of this happens in **seconds**—with no chemicals, no additives, and no filters you replace monthly.

🔄 *Tap in. Power out. That's the magic of electrolyzed water.*

**Get Your Own Machine Here!**

## Enagic® Timeline: Legacy That Lasts

[Get Your Own Machine Here!](#)

Year	Milestone
1974	Enagic® is founded in Okinawa, Japan
1988	Kangen Water® machines begin hospital use in Japan
2000s	Global expansion: USA, Europe, Africa & more
2005	Launch of the flagship SD501 model
2010s–Present	Over 1 million units sold worldwide; global community of users, health professionals, and home wellness advocates

 *Enagic® continues to lead in quality, customer service, and long-term sustainability.*

### ? FAQ Sidebar: Is Kangen Water® the Same as Generic Alkaline Water?

Short answer: No. Here’s why.

Feature	Generic Alkaline Water	Kangen Water® by Enagic®
Made with minerals added?	✅ Often added manually	❌ Naturally restructured
Real-time ionization?	❌ Pre-bottled	✅ Electrolyzed on-demand
ORP (antioxidant level)	❌ Usually positive	✅ Strongly negative
Bottled in plastic?	✅ Yes	❌ Delivered fresh at home
Multi-functional waters?	❌ No	✅ Yes (beauty, cleaning, disinfecting)

**Kangen Water® is not just alkaline—it’s structured, energized, and antioxidant-rich, straight from the source. It’s hydration with a mission.**



# ⚙️ Meet some Common Enagic Products: Choosing the Right Enagic® Product & Model for You

*Discover the system that fits your lifestyle, family, and wellness goals.*

*\*All prices exclude shipping and taxes. USA prices only. [Check the website for country specific prices.](#)*

## 1 Kangen® K8 – Most Popular & Most Advanced

💰 **Price: \$5,480 USD\***

**Best for:** Health-conscious families, wellness influencers, chefs, home business owners

- 8 platinum-coated titanium plates (medical grade)
- Multilingual touchscreen voice guide (English, Spanish, French, etc.)
- Produces all 5 water types
- Most powerful antioxidant water output
- Energy efficient, user-friendly, and modern

✅ *Ideal for high-usage households or anyone who wants top-tier water performance and design.*



## 2 SD501 – Platinum

💰 **Price: \$4,480 USD\***

**Best for:** Elegant homes, wellness studios, spa-inspired kitchens

- Same power and function as the SD501
- Sleek silver casing, fits beautifully in modern interiors
- Multilingual voice guidance

✅ *Power meets polish—designed for users who value both performance and aesthetics.*



## Anespa DX – The Home Spa System

 **Price: \$3,180 USD\***

Best for: Skin and hair health, sensitive skin, beauty enthusiasts

- Filters out chlorine, rust, and sediment
- Adds hot-spring grade minerals to your shower water
- Softens skin and hair with every rinse

✓ *Imagine a hot spring in your bathroom—every single day.*



## Ukon™ Sigma – Okinawan Turmeric Wellness Line

 **Price: \$2,580 USD\* (1-Year Supply)**

Best for: Immune support, internal cleansing, skincare routines

- Includes capsules (internal), soap (external), and tea (detox)
- Organic turmeric grown in Enagic's own farms in Okinawa, Japan
- Seasonal subscription model

✓ *Wellness support from the inside out. Can be added on to any hydration journey.*



 **Want to see other machines and products?**

 **[Click here to see the different options and get your own!](#)**

Experience the product. Taste the difference.





Enagic

# ENAGIC USA

## PRODUCT PRICE LIST



	LeveLuk K-8	LeveLuk SD501	LeveLuk SD501 Platinum	LeveLuk Super 501	LeveLuk JRIV	SD501 U
	Electrolyzed Water Ionizer with 8 Platinum-Coated Titanium Electrode Plates	Electrolyzed Water Ionizer with 7 Platinum-Coated Titanium Electrode Plates	Electrolyzed Water Ionizer with 7 Platinum-Coated Titanium Electrode Plates	Electrolyzed Water Ionizer with 7 + 5 Platinum-Coated Titanium Electrode Plates	Electrolyzed Water Ionizer with 4 Platinum-Coated Titanium Electrode Plates	Under Counter Version of Electrolyzed Water Ionizer with 7 Platinum-Coated Titanium Electrode Plates
	5 Year Warranty	5 Year Warranty	5 Year Warranty	3 Year Warranty	3 Year Warranty	5 Year Warranty
Product Price	\$5,480	\$4,380	\$4,480	\$6,580 *E8PA members save \$1,000	\$3,280	\$5,480

\*Discount price for existing E8PA members only.

UPDATED July, 2, 2024



Enagic

# ENAGIC USA

## PRODUCT PRICE LIST



	Anespa DX	**UKON DD	**UKON Σ NEW	UKON TEA	UKON SOAP	UKON CAPSULES
	Mineral Ion Water Spa Activator with Twin Cartridge System	Turmeric Supplement 10 Boxes 4-Month Supply	Turmeric Supplement 30 Boxes 12-Month Supply	Made with Autumn Ukon (Turmeric) 60 Tea Bags	Made with Turmeric and Honey 1 Bar	Turmeric Supplement 100 Capsules per Boxes
	3 Year Warranty	Auto-Ship Program	Auto-Ship Program	One-Time Purchase	One-Time Purchase	One-Time Purchase
Product Price	\$3,180 *E8PA members save \$700	\$880 *E8PA members save \$100	\$2,580	\$90	\$25	\$90

\*Discount price for existing E8PA members only.

\*\*UKON products are available in a variety of combination packages.

UPDATED July, 2, 2024



## 💬 Why I Chose Enagic® (And Never Looked Back)

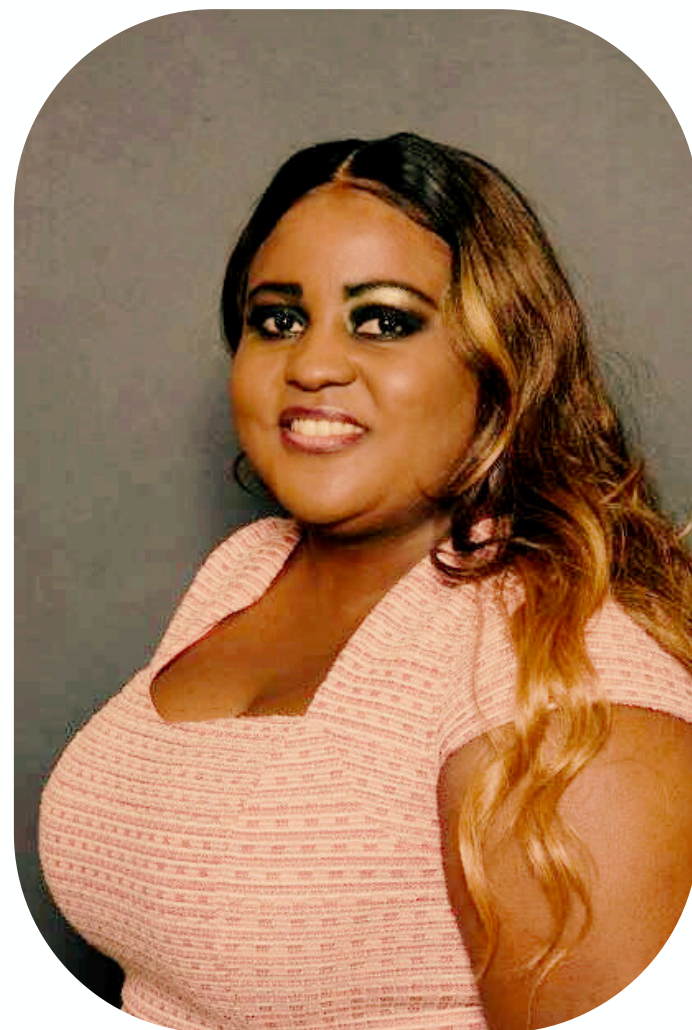
As a public health professional, wellness educator, and mom, I don't take health tools lightly. I did the research, I tasted the difference, and I experienced the benefits first-hand.

There's a reason hospitals in Japan use this water.

There's a reason top athletes, chefs, and even skincare professionals love it.

And there's a reason I've made it a cornerstone of my wellness mission.

Because I believe that **healthy water is foundational to a healthy life**—and Enagic® delivers that without compromise.



🔗 **Want to get your OWN NOW?**

👉 **Click here to get your own!**

Experience the machine. Taste the difference. Ask all your questions.





# Chapter 7

## How to Taste the Difference—Today!

**Seeing is believing. But tasting? That's life-changing.**

By now, you've learned the science. You've read the stories.

But nothing compares to **experiencing this water for yourself**. So before you invest, commit, or even fully believe me—**let your taste buds decide**.

Here's how you can feel the difference, one refreshing sip at a time.

**Get your own Machine Here!**

### **The 3-Step Lemon Test**

Want a fun way to **experience the magic of functional water** instantly? Try this simple test during your demo:

#### **Step 1: Slice a lemon.**

Cut a fresh lemon into two halves. Keep a straight face—no sugar allowed yet!

#### **Step 2: Taste it with regular tap water.**


Take a sip of plain tap water. Then bite the lemon. Oof—**that pucker!** Harsh, right? Your mouth reacts instantly to the acidic clash.

#### **Step 3: Taste it again—this time with functional alkaline water.**

Now, take a sip of **freshly ionized alkaline water**.

Pause. Then bite the lemon again.

You'll be amazed—the same lemon suddenly tastes sweeter, milder, and brighter.

 *Why? Because functional water has a smoother texture, higher pH, and better absorption—which balances acidity in your mouth and enhances flavor perception.*

 It's not magic. It's **cellular-level hydration you can actually taste**.

## 💰 Let's Talk Cost: "Less Than a Latte"

Most people don't realize this machine is a long-term investment, not a recurring expense. With financing options, you could own a life-changing system for as little as:

**\$20-\$35/week** — That's less than your weekly Starbucks run ☕.

- ✓ No interest (depending on the lender).
- ✓ 15–25 year lifespan
- ✓ Family-safe, chemical-free, money-saving

You're not just buying water.

You're buying **wellness, convenience, savings, and legacy**—one glass at a time.

## 🎯 Take the First Sip Toward a Healthier Life

### [Click Here to Own Your Own Machine](#)

The most powerful option, Enagic offers in-house financing—transform your home into a hydration hub for your family, friends, pets, and even your produce.

**You'll taste the difference, learn about your local water, and walk away empowered.**

👉 **Don't wait. This one decision could transform your family's health.**







# Bonus Section

**Build the habit. Feel the shift. Glow from within. Get your own Machine Here!**

Congratulations! You’ve made it this far, and now it’s time to take everything you’ve learned and **put it into practice.**





























This simple 7-Day Hydration Challenge is designed to help you reset your body, boost your energy, and begin to truly experience the difference functional water can make. Whether you’re using a sample, refilling from a station, or have your own machine—**this challenge is your breakthrough.**

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## Daily Habit Tracker (Printable)

Print or screenshot this tracker and tick each box as you complete the actions each day:

Day	Morning Glass (500ml)	Midday Sip (500ml)	Evening Cleanse (300ml)	Try One Functional Use	Mood/Energy Check
1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	 Produce Wash	  
2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	 Face Mist	  
3	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	 Dish Degrease	  
4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	 Pill Partner Water	  
5	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	 Hand Spray/Sanitize	  
6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	 Coffee/Tea Brew	  
7	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	 Facial Ice Cubes	  

 *Tip: Keep your water in a labeled bottle or jar so you stay consistent and mindful. Bonus points if it’s pretty!*



# Simple Recipes to Supercharge Your Sips

Make your hydration fun, functional, and flavorful!



## Antioxidant Berry Spritzer

- 1 cup alkaline water (pH 9.5)
- A handful of fresh berries (strawberries, blueberries, raspberries)
- Juice of ½ lemon
- Mint leaves + ice
- → Let it infuse for 10 minutes and sip throughout your morning.



## Alkaline Green Tea Energy Booster

- Brew organic green tea using alkaline water (pH 9.0)
- Add a slice of ginger and a squeeze of lime
- → Naturally calming, metabolism-boosting, and gut-friendly.



## Beauty-Water Facial Ice Cubes

- Fill an ice cube tray with pH 6.0 water
- Add 1 slice of cucumber per cube
- → Freeze and use one in the morning to de-puff your face, tighten pores, and refresh your skin.



**[Get your own Machine Here!](#)**

## ➡️ **Join the Movement: #DrinkToThrive**

Share your progress, recipes, before/after skin glow, or a simple “cheers” selfie using the hashtag:

### ☞ **#DrinkToThrive**

Let’s build a ripple effect of healthier hydration habits worldwide.  
Tag me @sandraboaruleba and I will cheer you on! 💙

🌟 P.S. Want to go beyond 7 days?

**Check out the different device options** and get your own for your home NOW. This could be the first of many wellness breakthroughs for you and your family.

☞ **GET YOUR OWN MACHINE NOW!**







# Conclusion

## Your Next Glass Could Change Everything

Let's pause for a moment.




You started this journey with curiosity. Maybe even skepticism.

But now... you've seen the science. You've read the stories. You've explored the savings, the sustainability, and the power of water that does more than just hydrate.

The truth is simple yet profound:

 **One decision. One machine. One glass... can change everything.**

Here's what this journey offers you:

-  **Health:** More energy, better digestion, glowing skin, and hydration that your cells can actually absorb.
-  **Home:** A toxin-free environment, less reliance on chemicals, and a simplified wellness lifestyle for your entire family.
-  **Hope for Our Planet:** Fewer plastic bottles, less waste, and a commitment to cleaner living—one household at a time.

This isn't hype. It's habit. It's healing. It's hydration with a purpose.

**Get your own Machine Here!**



# Let's Chat One-on-One

Curious about owning your own wellness fountain at home?

Let's connect for a **free, no-pressure 20-minute hydration clarity session**, where I'll help you:

- Understand your household's needs
- Explore your budget and financing options
- See how the machine fits into your lifestyle

👉 Call/ text me for your One-on-One Free consultation.

Because your next glass could be the one that changes your life, your home, and your health—forever.

With love and wellness,

**Dr. Sandra Boyo-Aruleba**

Wellness Advocate | Public Health Specialist | Enagic® Partner

## Social Media Platforms:

**Facebook:** [@sandraboyoaruleba](#)

**Instagram:** [@sandraboyoaruleba](#)

**Youtube:** [@sandraboyoaruleba](#)

**Telegram:** [@sandraboyoaruleba](#)

**Email:** Sandra@aidacenstars.com

**Call/Text:** (657)-422-9598

**Office Address: (BY APPOINTMENTS).**

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Suite 4061,  
Santa Ana, CA, 92703.

**Get your own Machine Here!**



# Appendices

**Get your own Machine Now!**

## A. Scientific References & Further Reading

For readers interested in exploring the scientific studies related to alkaline and electrolyzed water:

- **Effect of Kangen and Reverse Osmosis Water on Dental Plaque:** Kusumakar, A., Akram, Z., Khairnar, M. R., Jadhav, S. K., Sabharwal, H., Priyadarsini, S. S., & Kumar, N. P. G. (2023). Effect of Kangen and reverse osmosis water on dental plaque, salivary pH and salivary Streptococcus mutans counts: a randomized-controlled trial (A preliminary study). Journal of Water and Health, 21(9), 1257–1263. <https://doi.org/10.2166/wh.2023.143>. Access the full study: [Journal of Water and Health](#)
- **Electrolyzed–Reduced Water: Review II: Safety Concerns and Effectiveness as a Source of Hydrogen Water:** LeBaron, T. W., Sharpe, R., & Ohno, K. (2022). Electrolyzed–Reduced Water: Review II: Safety Concerns and Effectiveness as a Source of Hydrogen Water. International Journal of Molecular Sciences, 23(23), 14508. <https://doi.org/10.3390/ijms232314508>. Access the full review: International Journal of Molecular Sciences

## B. Machine Care Checklist

To ensure optimal performance and longevity of your Enagic® machine, follow this maintenance schedule:

- **Daily Use:**
  - Avoid using hot water to prevent filter damage.
  - After selecting the desired water type, wait until the indicator light stops blinking before collecting water (Enagic, n.d).
- **Every 2–4 Weeks:**
  - Perform an E-cleaning using the provided cleaning cartridge to prevent mineral buildup (Best Water Blog, 2012).
- **Annually or Every 3,000 Gallons:**

Replace the internal filter to maintain water quality (Kangen Singapore, 2013).

- **After Producing Strong Acidic or Alkaline Water:**
  - Run Beauty Water (pH 6.0) for 1–2 minutes to flush the system and prevent mineral buildup. (Best Water blog, 2012)





# References

Best Water Blog (2012). Daily usage guidelines. Retrieved from: <https://www.bestwaterblog.com/sites/default/files/Kangen%20Guidelines.pdf>.

Enagic (n.d). Support Center. How to use the E-Cleaner. Retrieved from: <https://www.bestwaterblog.com/sites/default/files/Kangen%20Guidelines.pdf>.

Kangen Singapore (2013). Are there Health Benefits to Alkaline Water? Kangen Singapore. Retrieved from: <https://kangensingapore.com/alkaline-water>.

Kusumakar, A., Akram, Z., Khairnar, M. R., Jadhav, S. K., Sabharwal, H., Priyadarsini, S. S., & Kumar, N. P. G. (2023). Effect of Kangen and reverse osmosis water on dental plaque, salivary pH and salivary Streptococcus mutans counts: a randomized-controlled trial (A preliminary study). Journal of Water and Health, 21(9), 1257–1263. <https://doi.org/10.2166/wh.2023.143>.

LeBaron, T. W., Sharpe, R., & Ohno, K. (2022). Electrolyzed–Reduced Water: Review II: Safety Concerns and Effectiveness as a Source of Hydrogen Water. International Journal of Molecular Sciences, 23(23), 14508. <https://doi.org/10.3390/ijms232314508>.

## **Get your own Machine Now!**

# 70+ WAYS TO USE

## *Kangen Water*



**Get your own Machine Now!**

## 11.5PH STRONG KANGEN WATER

1. Good nights sleep
2. Eye wash
3. Make up remover
4. Puffy eyes
5. Foot + bath soak
6. Allergies
7. Cold symptoms
8. Detoxify
9. Bug spray + repellent
10. Heartburn, Indigestion, Acid Reflux
11. Muscle Soreness
12. Arthritis
13. Hangovers
14. Migraines
15. Chemotherapy
16. Fruit + Veggie Wash
17. Pesticide Removal
18. Food Preservation
19. Laundry Detergent
20. Degreaser
21. Meat Tenderizer
22. Stain Removal
23. Unclog Drains + Sinks
24. Sprouting Seeds
25. Paint Thinner
26. Soap + Lotion
27. Digestive Aid
28. Rash, Burns + Skin Conditions

## 8.5 – 9.5 PH KANGEN WATER

1. Soup + Broth
2. Cooking
3. Weight Loss
4. Coffee + Tea
5. Diffuser + Aromatherapy
6. Pets
7. Sick Plants + Flowers
8. Vitamins + Supplements
9. Drinking Water

**Get your own Machine Now!**



## 7.OPH CLEAN WATER

- 1.Meals
- 2.Prescription Medication
- 3.Baby Formula

## 6.OPH BEAUTY WATER

- 1.Face Wash
- 2.Toner
- 3.Soap
- 4.Leave-In Conditioner
- 5.Detangler
- 6.Rash
- 7.Acne
- 8.Eczema + Psoriasis
- 9.Pets
- 10.Plants
- 11.Food Preservation
- 12.Fabric Softener
- 13.Lens Cleaner
- 14.Polish Floors + Glass
- 15.Botox In A Bottle

## 2.5 PH STRONG ACIDIC WATER

- 1.Hypochlorous Acid
- 2.Disinfect + Sanitize
- 3.Kill Germs + Microbes
- 4.Anti-Bacterial Soap + Hand Wash
- 5.Face Lift + Tighten
- 6.Mouthwash
- 7.Cold Symptoms
- 8.Food Poisoning
- 9.Wounds, Burns + Infections
- 10.Sinus Infection
- 11.Foot + Nail Fungus
- 12.Pink Eye
- 13.Poison Ivy
- 14.Cold Sores
- 15.Moles + Warts
- 16.Deodorant
- 17.Fleas
- 18.Plants

**Get your own Machine Now!**

# ADDITIONAL REMEDIES



## Acne

Wash your face in 6.0 beauty water then use a pad to wipe off any dirt and grime using the 11.5 strong Kangen Water. Using a separate, clean pad, wipe down with 2.5 to kill any acne-causing bacteria. Spray 6.0 beauty water as a toner to finish and set.



## Rash, Eczema + Psoriasis

On clean skin, dab and soak 11.5 strong Kangen Water to reduce inflammation. Follow up with 2.5 strong acidic water to kill bacteria. Then spray with 6.0 beauty water to hydrate the skin. Repeat as many times as needed.



## Dental Protocol

After brushing, use 2.5 strong acidic water as mouthwash to kill germs and bacteria. You may also soak your toothbrush in 2.5! Finish by rinsing with 11.5 strong kangen water to reduce inflammation.

# GETTING STARTED WITH KANGEN WATER:

**It is recommended to everyone who chooses to drink Kangen Water start with 8.5ph water.**

The more water you drink, the better you will feel. It is recommend to drink at least half your bod weight in ounces. For those who are sick, ill, participate in strenuous activities, or sports, it is recommended to drink your body weight in ounces.

For quickest results, drink 3/4 to 1 ounce per pound.

After drinking the 8.5 Kangen water for 1-2 weeks without experiencing cing discomfort or detox symptoms, feel free to move up to the 9.0 Kangen water. You may choose to start at 9.5ph (if you are below the age of 55!), just do so at your own risk. If the detox is too much, feel free to go back down in ph.

Detox Symptoms - it is normal and common for people to detox and cleanse when they start drinking Kangen Water. If you experience detox symptoms such as headache, frequent urination or bowel movements, fatigue, skin irritation or acne, or bloating, you may choose to reduce the ph.



## **Things to Note:**

- 1.The slower the flow, the stronger the water
- 2.No hot water through the machine

\*Disclaimer: I am not a doctor & this is not medical advice. The author of this document does not make any health claims whatsoever. Consult with your doctor.



**CHANGE YOUR WATER**



**CHANGE YOUR LIFE.**

**Get your own Machine Now!**

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