



FAQ's – Drinking & Using Ionized Water

How much ionized water should I drink? At the very least you should be drinking eight 8-ounce glasses of water a day. Some recommend drinking half your body weight in ounces per day. On average about two liters per day is recommended. The body is made up of about 70% water so the more you drink the better.

Can I take my prescription medication with ionized water? No – you should only use water at the H2O setting of your water ionizer when taking prescription medications – and you should allow a 45 minute window both before and after taking prescription medications. Ionized water is very effectively absorbed by the body and can interfere with the speed at which prescription medications are released into your body.

Can I take my vitamins and other nutritional supplements with ionized water? Yes – taking most supplements with ionized water will help your body absorb them better so you get more out of them. Some people claim that they have reduced the dosage of nutritional supplements because they seem to work better with ionized water. The only exception is Niacin. When taking Niacin most people will notice a slight flush as it enters the bloodstream – the high absorption rate when taking supplements with ionized water can make this flush uncomfortable and even a little scary.

If I make coffee or cook with ionized alkaline water does that mean that my coffee or whatever I cook with it is going to be alkaline? That's a good question but the answer is no. The benefit of making coffee with ionized water is the water's ability to draw the flavor from the coffee grounds more effectively while neutralizing some of the acidity. Your coffee will likely have a bolder, smoother flavor – many people find they

need to use less coffee when using ionized water – but in the end, your coffee will still be acidic. Richer and more flavorful but still acidic.

What happens if I accidentally drink water from one of the acidic levels? You'll probably notice the difference in taste right away and won't drink too much. Even if you do drink a full bottle of acidic water, it is chemical free and will cause less damage than drinking an eight ounce glass of soda.

If I'm not supposed to drink that really strong alkaline water, why do I need to get a water ionizer that will make water that strong? Higher pH levels are used for removing dirt, pesticides and preservative on the surface of fresh produce. It can also enhance the flavor of foods like tomatoes and strawberries. The high absorption properties of the water make it ideal for getting more out of your teas or coffee while enhancing the flavor. It can also be used to replace chemical cleaners used to remove stains from carpet and upholstery without leaving behind chemical residues that can be harmful or that actually attract more dirt to the area.

If I can't drink alkaline water close to meals or with medications, won't I still need to buy bottled water for that? No – Tyent water ionizers have an H2O setting that filters the water but does not ionize it or significantly change the alkalinity. This setting was included specifically for use at mealtimes, when taking prescription medications or for mixing baby formula.

If ionized alkaline water is so good for me, why do I want to have acidic water? Acidic water can be used to treat common skin conditions like athlete's foot, eczema, acne and bed sores. It is also effective for treating mouth ulcers, bleeding gums and as a first aid treatment for minor cuts, scrapes, burns and insect bites and stings. At the strongest levels it can be

used to disinfect surfaces – in fact, many companies are now turning to acidic ionized water for cleaning as an alternative to chemical disinfectants.

Can I drink water that comes from the drain hose? Yes and no! When your Tyent water ionizer is set to produce acidic water, the water that comes from the drain hose is alkaline and, depending on the pH level of the water coming out there, it can be saved for drinking. When your Tyent water ionizer is set to produce alkaline water the water coming from the hose will be acidic and should not be used for drinking – but it is ideal for watering plants or cleaning up spills in the kitchen and around the house.

What am I supposed to do with the water that comes out of the drain hose? It seems like a waste. The water that comes from the drain hose can be collected and used for watering plants or just put into a spray bottle for quick cleanups around the house. It can also be used as a skin toner both the face and body. It is also effective as a hair rinse making hair softer, smoother, shinier and more manageable.

I have an elderly relative living with me and she's on a lot of medications – is it safe for her to drink ionized water? Yes – just be sure not to let her have ionized water 45 minutes before or after she takes prescription medication.

Is it okay to give ionized water to my children? Yes but smaller children only need the lower levels of alkaline water. When they are sick or dehydrated from illness or excess physical activity, a few ounces of stronger alkaline water will help too.

Is it okay to give ionized water to my pets? Yes – but most pets only need the lower level of alkaline water – and you don't want to give it to them at or near mealtimes. If your pet is sick or old and suffering from a chronic illness, giving them some alkaline water at the stronger levels every day can be beneficial as well.

How long will ionized water last if I store it in a bottle or some other container? It depends on how and where you store the bottle. If the bottle is well insulated then the properties of the water can last up to several weeks – however every time you open the bottle you are exposing the water to free radicals and toxins in the environment and it will begin to break down. If you are storing the water in a regular BPA-free plastic bottle and keep it out of direct contact with heat and light, it can take up to 7 days for the water to lose its alkalinity – just remember, every time you open the bottle you are letting in free radicals that speed up the loss of alkalinity. Taking a bottle or two of ionized alkaline water to work with you will be just fine. But the water has the strongest benefits when it has just been produced by your water ionizer.

Can I drink ionized water all day?

Yes – except at or near mealtimes or when taking prescription medication – other than that, by drinking ionized alkaline water throughout the day you are providing your body with consistent hydration and a steady supply of antioxidants.

What pH level should I be drinking? When you first start drinking ionized water it's a good idea to start at around an 8.5 pH. After you've been there for a few days and any detox symptoms you may have experienced have passed, move up to the 9.0 pH level. Again, give your body a few days to adjust to the new level and then move up to the 9.5 pH level when you're ready and you can drink at that level any time – except at or near mealtime or when taking prescription medications.

Is there anyone who shouldn't drink ionized water? Yes – anyone who is being treated for chronic or severe kidney problems or on dialysis should not drink ionized water.

