Kangen water is structured -- though not as coherent as it could be. What that means is that it's molecular organization has been altered to produce the liquid crystalline state of water that is very powerful for hydration, nutrient absorption, detoxification and signal transmission in the body. My testing and experience also indicate that it is not as stable (a reflection of its lack of coherence which is the ability to stay organized due to a high level of cooperativity) as it could be.

Kangen water is produced via electrolysis (electricity) which is the masculine part of the electromagnetic whole. It is the feminine (magnetism) - the creative force - that Nature uses to structure water. It produces coherent water that will last longer and is not as forceful for the body.

Having said that, remember what I told you about the nutritionist who tested herself watching the intracellular water in her own body? For 3 months, she experienced more energy and felt good and her intracellular water readings went up. But then the readings started to go down again and continued to go down until they reached the original levels. ...and she said she didn't feel as well. this is a perfect example of the short and longer term effects....and it is why people are so happy about the water - because the results are rapid and dramatic. But in the long run they are not good. They create imbalance and because the water is so agressive, they can CAUSE mineral imbalances long term. Even distilled water is good for a short time to help people detox but long term it is not good because it pulls minerals from the body. Our energetic testing indicates that a person shouldn't drink alkaline ionized water for more than about 6 weeks before imbalances start to happen.

I'm attaching 3 abstracts - studies on mice (one of the reasons mice are always studied is because their entire life cycle can be monitored in several months.) These studies focused on the changes in the heart muscle - the mice experienced heart lesions. I had another woman call me last week and ask me what what was happening to her. -she had started drinking Kangen water and immediately started to have leg cramps. She was a muscle tester and said that she had begun to need magnesium. When she quit drinking the Kangen water the leg cramps went away. Another friend of hers had potassium imbalances.

It's about balance. How can you have balance when you are only drinking the positively charged minerals in water? We have also discussed the alkaline/digestion thing and that is a long term factor too. They even admit that you shouldn't drink the water right before you eat because it dilutes the digestive acid.

**CONTROLLED STUDIES USING ALKALINE IONIZED WATER**

**Title**
Degradation of myocardiac myosin and creatine kinase in rats given alkaline ionized water.

**Author**
Watanabe T; Kishikawa Y

**Address**
Department of Veterinary Physiological Chemistry, College of Bioresource Sciences, Nihon University, Kanagawa, Japan.

**Source**

**Abstract**
Recently, the authors have shown that marked necrosis and fibrosis of myocardium were observed in rats given alkaline ionized water (AKW). To clarify the cause of myocardial lesions, the activities of myosin ATPase, actomyosin ATPase and creatine kinase (CK) in myocardium of rats given AKW at 15 weeks-old were compared with those in myocardium of rats given tap water (TPW). Furthermore, sodium dodecyl sulfate polyacrylamide gel electrophoresis (SDS-PAGE) of myocardial myosin and isoelectric focusing (IEF) of myocardial CK were performed which revealed a distinct difference between AKW and TPW groups. The activities of myosin ATPase and actomyosin ATPase in the AKW group were higher than those in the TPW group, and these elevated activities were caused by the degradation of myosin in the AKW group judging from the SDS-PAGE pattern of myosin. On the other hand, the activity of CK in the AKW group was lower than that in the TPW group, and the IEF pattern of CK showed leakage of myocardial CK. These results indicate that increases in actomyosin ATPase activity and myosin ATPase activity, plus the decrease in CK activity caused the disorder of coupled reaction in male rats given AKW at 15 weeks-old. It is concluded that this disorder of coupled reaction may cause marked myocardial necrosis and fibrosis in rats given AKW.
Abstract
We have reported that a marked necrosis and subsequent fibrosis of myocardium occurred among male rats 15 weeks old given alkaline ionized water (AKW) during gestation and suckling periods, and after weaning. In this study, it was examined whether similar lesions would occur in mother rats which were given AKW from day zero of gestation to day 20 of lactation. The myocardial lesion in the mother rats given AKW showed cell infiltration, vacuolation and fibrosis in the papillary muscle of the left ventricle, as were observed in male rats of 15 weeks old. Myocardial degeneration may cause a leakage of potassium into the blood that results in a higher concentration of potassium in the blood in the test group than in that of the control group given tap water.