



QUICK START GUIDE FOR YOUR WATER MACHINE

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Part 1- Getting started

Introduction

Congratulations on the purchase of your new machine to help you along your journey to 'be your best'. We believe that hydration is the most over looked component of people's health regime. With your new machine you've addressed this in the best way possible.

Reading this quick start guide, the owner manual and watching the installation video (that comes with your machine) will mean you get the best results and the longest life from your investment.

Expectations of results

ALL health routines should start with a good clean source of energized alkaline water as the foundation; after all you're approximately 70% water.

It is important to understand this water machine is not a cure for any sickness or disease, it is a foundational product, and an investment in your long-term health. Most owners will find the cost of buying the water machine is completely paid back within 2-3 years of ownership, then providing ongoing savings for the life of the product. These savings on average are \$700 or more per year over bottled water.

Your water machine when combined with a pre-filter will eliminate bottled water expenses from your life, replace up to 50% of toxic household cleaners, replace some skin care products you currently purchase, and contributes to a greener planet overall.



Results achieved with the water will vary from user to user. As a general guideline, those who are considered to be in excellent health before starting the water may not notice a dramatic result or feel anything at all - alkaline antioxidant water is not a drug and its effects are subtle but certain. Those in poor health may experience major changes on the water such as increased energy, vitality, better mood, and other improvements. Either way, consuming the right amount of antioxidant water daily will absolutely contribute to the best health you can possibly achieve. It's a good idea to have a checkup done by your doctor before starting to drink the water, to get baseline values of your blood pressure, cholesterol, and other health parameters. Next time you get a checkup; you can compare the two reports, and see any improvements in your health.

We also recommend live blood cell analysis as a great way to see the improvements in your blood after a few weeks of consuming the alkaline antioxidant water. If you can't locate a live blood analyst in your area please contact us for a referral.

For optimal health results we highly recommend a diet rich in raw green vegetables, nuts, seeds, and a moderate exercise program. Try to avoid soft drinks and other carbonated drinks. Optimal health is achieved through a multifaceted approach.

Your first drink

You will want to start drinking alkaline antioxidant water at the lowest pH level, usually called alkaline #1 setting. We recommend you stay at this level for a full week before moving up to level #2. We understand most clients would like to see the fastest results on the water, and it is tempting to start drinking at higher levels. Keep in mind this water is almost the complete opposite of other beverages and waters you have been consuming your entire life. Take it slow and easy, and allow your body the adjustment time it needs. It is never a good idea to shock the body with abrupt changes. If you are drinking the water at too high of a level or consuming too much, too fast, you may experience some detox symptoms such as headache, diarrhea, sore throat, joint pain, rash, cold sweat, fever, nausea, or other flu like symptoms.

If you experience any of these and are drinking at the lowest power setting, please do not stop using the water, these symptoms will go away within a few days, you may decrease the volume of water your drinking to reduce any discomforts. Most clients will not experience any of these issues and will detox slowly over time with no noticeable side effects except increased urination. At the end of week 2, increase the power setting to alkaline #2 and stay on this setting for one week.

After a week on the #2 setting you may start drinking alkaline #3 permanently. If after one month of drinking the alkaline antioxidant water, a very small percentage of users will experience "dry mouth", this is a sign that the water's pH is too high for you, and you can either reduce the power setting of the machine so the pH for #3 is lowered or you can go to setting #2.



Keep in mind, the electrical charge amounts to about 60% of the water's beneficial properties, while the micro clustering amounts to about 30% and pH amounts to 10% or less. Even at the lowest power settings your alkaline antioxidant water will be micro-clustered and electrically charged.

We do not recommend drinking the alkaline antioxidant water at pH levels over 10, even though some users do prefer it. It is our belief that consuming waters over a 10pH is not beneficial for long term health. Some users try to make up for a very poor diet and lifestyle by consuming alkaline antioxidant water at its maximum power setting - this is not a good approach for long term health. If your diet and lifestyle are very poor, then even an 8 pH is most likely 100 times more alkaline than your current intake of food and liquids.

Note: when using your water machine with a slow flowing pre-filter such as the Nano filter with a holding tank, the slower water flow will usually produce stronger water, be sure to test your water using the drops included, to be sure you are not getting water that is too strong. You may find it necessary to reduce the power setting of alkaline #3 or even use alkaline #2 to get your 9.5 pH water. Remember, slower water flow means stronger water and vice versa.

Part 2 – Warnings and Cautions

If you have a medical condition or health challenge always consult your licensed medical professional before starting on any supplements or new health routine.

Although alkaline antioxidant water is miraculous in many ways it is still water and has a 60 year proven track record of absolute safety for its consumers. With that said there are still some general cautions to be aware of:

1. Do not take prescription medications with the alkaline antioxidant water. Alkaline antioxidant water causes all things to absorb better and faster, so medications are best not taken 20 minutes before or after consumption of alkaline antioxidant water. Use the “filtered” or “purified” setting on your ionizer to take with medications. Taking natural supplements with the alkaline antioxidant water is recommended and advantageous.
2. Try to never consume more than 1 litre of alkaline antioxidant water in any given hour; this rule applies to all types of water unless you are in the midst of strenuous exercise such as running or in the gym. For strenuous exercise sessions do not exceed 2 litres in any given hour.
3. We prefer that expectant mothers not start alkaline antioxidant water during pregnancy, this is because the water will cause the body to detox, and it is our belief this is not good during pregnancy. Either start drinking the water before becoming pregnant or wait until you are finished nursing.
4. Never leave the salts in the salt insert basket. You may remove the basket after making the salt enhanced water, and store it in a cupboard for future use. Salt should **ONLY** be



used on the Strong acidic (Acid 4) setting for cleaning & disinfecting OR Alkaline 1 for electrolyte water.

5. NEVER, add any powders or salts into the machine that are not recommended by the manufacturer (it could void your warranty).
6. Avoid consuming the water over a pH of 10 and under a pH of 6.
7. It is not necessary to feed babies the alkaline antioxidant water; babies are born alkaline and energized. It is fine, however, to soak fruits and vegetables in the water before feeding them to your baby. Generally children should start on the water around age 3-5 – age 3 if the child has a poor diet that is high in sugar.
8. Do not store alkaline antioxidant water in metal containers as most metal will remove the electric charge from the water. Use **glass** (Elite Water has double walled glass bottles with a protective silicon sleeve available for this purpose), ceramic, or BPA free plastics. Some stainless steel containers have a good metal combination that does not affect the alkaline antioxidant water. The only way to know if your metal container is ok is to check the water's ORP with an ORP meter after it has been poured into the metal container. If the water loses ORP points immediately, then this is the wrong metal.
9. Never run water over the water machine or faucet, or use a dripping wet cloth to clean them.
10. Use only a soft damp towel to clean your water machine followed by a dry soft towel such as a microfiber towel. Do not use wet towels or sponges or any abrasive cleansers. If there are hard water stains on the finish of your machine you can use a solution of 50% vinegar and 50% water to remove them, followed by wiping with a clean towel to remove any vinegar residues.
11. Do not run hot water through your machine. During ionization, hot water will not hurt the ionizer, but the filter may release some of its filtration properties pre-maturely if hot water is run through it. If this does happen, flush cold water through the system for 5 minutes before taking your next drink.
12. Never open or alter the machine in any way; your warranty will be voided.
13. Make sure to service your machine as recommended by the dealer.
14. Make sure to thoroughly read all cautions and warnings in the owner's manual.



Part - 3 Daily Usage Tips

These are suggestions to get the best possible results from your water machine:

Alkaline water:

The alkaline water has five general uses,

1. Drinking
2. Reviving fruits and vegetables with electrons (energy)
3. Cooking
4. Grease removal (strong alkaline only)
5. Joint inflammation reduction

For drinking, the absolute best time to drink the alkaline antioxidant water is first thing in the morning. This is when your body will receive the water at its best. Try to drink at 1 litre straight out of the water machine. This may seem like a lot of water, but you will notice the alkaline antioxidant water is not heavy on the stomach nor will it bloat you. In the beginning you may need to force yourself to drink this water, but within days you will develop cravings for the water, and drinking large amounts will become very easy and enjoyable.

General guidelines for the amount of water you should consume daily are:

An absolute minimum 30ml per kg of body weight daily. So a 70kg person would need 2.1litres of water. This is not your goal, but an absolute minimum. More is better. We recommend cycles during the year; drink a standard amount of water for 60% of the year like 30ml per kg, and then higher amounts for 40% of the year like 40-50ml per kg.

The body is made for variances and variety; it is not necessary for long term health to consume the same exact amount and level of water day in, day out, and year round.

For example, if you are living in the wild, drinking from a river or spring, the pH, mineral ratios, and ORP of that water would be changing constantly. You would also drink different amounts of water daily based on outside temperature, and physical exertion levels.

You need to realize that your tap water is forever changing, and so will the alkaline antioxidant water produced at each level. Do not be concerned if your pH test shows different results on the same level each day. This is a good and desirable effect and is closer to what nature would provide.

Try to always stay within the listed parameters of water consumed daily, and unless you are into heavy sports activities, try not to exceed the max of 60ml per kg of body weight.



A good tip for getting the proper volume of water in daily is to consume larger “drinks” than normal, for example, drinking an 10-12 ounce (285-350ml) glass in one shot makes getting larger volumes of water in very easy.

Try to refrain from adding ice cubes to the alkaline antioxidant water at least for the first few weeks. You can make ice with the alkaline antioxidant water and it will hold some of its charge, but not all of it. To get the best results from the water, it is better not to add ice, or any other flavorings such as sweeteners. After a few weeks of drinking the alkaline antioxidant water, most people couldn't care less and less about the temperature of the water, or if it has any flavorings added. Many begin to actually crave the electrical properties of the water. You may pour the water into a pitcher with a lid and put it in the refrigerator to make it colder, but make sure to drink it within 8 hours, or it will lose its electrical charge. Again, fresh is best. Empty wine bottles are an excellent storage container if you want to chill the water. Make sure you fill them to the absolute top so there is no air in bottle.

Drinking alkaline antioxidant water with meals is fine; however we highly recommend that you limit your total volume of liquids during your meal to 100ml. This goes for any liquid consumed with meals. If you must drink larger volumes of liquid with your meal then switch to the “filtered/purified” setting on your water machine until you are able to reduce the volume of water with meals. Too much of any liquid with a meal can interfere with digestion and absorption of nutrients. Drinking 500mls of alkaline antioxidant water 30 minutes to 1 hour before a major meal can assist with weight loss by creating some fullness before your meal. It is a good idea to wait for at least 1 hour after meals to start consuming the alkaline antioxidant water in large amounts again.

Feeding pets: All animals will get the same benefits from the alkaline antioxidant water as we do. A general rule of thumb is the smaller the animal, the lower level of alkaline antioxidant water used. A bird for example, always uses the lowest pH setting, and larger animals such as dogs and horses can use the 9.5 level.

Feeding plants: Plants will love the water from your water machine. Potted and outdoor plants thrive on mild acidic (Acidic level 1). Cut flowers usually last longer on alkaline level 3. When the machine is self-cleaning, you can collect the combination of both acid and alkaline waters as a great green plant food.

Storing the drinking water: Alkaline antioxidant water is best stored in colored **glass** containers, like the blue or amber glass. Elite Water has double walled glass bottles with a protective silicon sleeve available for this purpose. Some people keep empty wine bottles with twist on caps for daily storage and transport of the water. Next to glass we like the new BPA free polycarbonate bottles - as of now there are no known problems with their safety.



When taking the water with you, always fill containers up to the very top to keep air pockets to a minimum. This allows less room for the water to be shaken or agitated which will diminish the charge of the water.

In general, water made in the morning will hold its negative charge and micro-clustering properties for about 8-10 hours. pH will last for up to 2 weeks, so even when the water is no longer negatively charged, it is still superior to most bottled water sources. Alkaline antioxidant water will last longer if kept in a lunch box with ice or cooler. It is better not to consume alkaline antioxidant water that has been in a container for more than 5 days.

For cooking and making drinks: It is fine to make coffee, tea, or any beverage with the alkaline antioxidant water, but you may experience more of a stimulation from those or other caffeinated beverages due to the higher absorption rate of the alkaline antioxidant water. For coffee and tea, making soups or boiling rice, pasta, beans, and others the alkaline #3 level (9.5) is plenty strong enough. If possible, use a cooking pan with a non-stick coating so the water does not contact metal directly, this will allow the negative charge to hold even through the heating process.

For reviving and preparing vegetable and fruits: If you suspect contaminants on your fruits or vegetables, you may fill a container with acid water (from acid #2, 1.8 Lpm flow rate on display, for a water with 3-4 pH) and immerse the fruit or vegetable in the acid water for no more than 30 seconds; 5-10 seconds should be fine. Then put them directly into a container of the Strong Alkaline (10.0) pH level water and let soak for 5 minutes. Remove and consume as normal. Soaking the fruits and vegetables in the alkaline antioxidant water will replenish natural electrons (energy) that were lost after harvesting.

Note: If you are using the water machine with a slow flowing filter like the Nano, please check your pH levels with the included drops and make sure alkaline #3 is not too strong, remember, a slower flow means stronger water, you may need to lower the power setting or use a lower alkaline level, to achieve 9.5 (dark blue to light purple with the drops).

Reduction of joint pain or inflammation: This is one of the most amazing abilities of the alkaline antioxidant water. Use the “strong alkaline setting” and slow flow to 1.8 Lpm on display, wait 20 seconds then fill a small container with the strong alkaline water, (should be testing dark purple with the pH drops), put a wash cloth in this water and put the soaking wet wash cloth on the injured joint or inflamed body part, even a pimple that was just irritated by being popped will show immediate benefits from this. Let the wet cloth stay on the injured area for 30 minutes, remove and re-wet the cloth and re-apply for another 30 minutes for extreme cases.

You should notice reduced pain and inflammation immediately upon removing the cloth. Even fighters with swollen faces see fast results with this method.



Cleaning and grease removal: Make the alkaline antioxidant water on Strong Alkaline setting (or alkaline #4, whichever is your machine's top level), slow the water flow by 50% or until you see 1.8Lpm on the screen; pH drops should turn dark purple. Use this water to help clean oily greasy messes or to remove grease based stains on clothing.

Acid water:

The low pH acid water is in many ways far more miraculous than the alkaline water. The acid water has hundreds of uses whereas the alkaline has about five.

The low pH acid water has been independently lab tested to kill E. Coli and staph bacteria on contact. In university testing, acid water has shown to be one of the most powerful natural anti-bacterial sources ever found, and it is safer than 99% of the products available today. Acid water has been approved as safe and non-toxic by the U.S. EPA (Environmental Protection Agency), and approved for food grade sanitation by the U.S. FDA (Food & Drug Administration).

There are two main strength levels of low pH water, Mild (3.0 to 6.0 pH) and strong (2.5 to 3.0 pH).

For more details on low pH water please refer to included document titled "Low pH Beauty Water Uses & Benefits".

Mild low pH water is really good for skin care and gargling - our general rule with the low pH water is "start strong first." If any irritations occur then raise the pH. Low pH water, even at its strongest levels, can go into the eyes and ears. The strongest level of low pH water is far safer than a soda!

We recommend amber glass spritzer bottles for spraying the low pH water on the skin; Elite Water has these available if you cannot locate them. We recommend pump spray bottles for storing the acid water as a cleaner and sanitizer.

For skin care, the low pH Elite Beauty Water is second to none, producing better results than skin creams that cost over \$200 an ounce! Low pH water will exfoliate and soften your skin, and it will reduce the appearance of fine lines and wrinkles. Low pH water will improve your skin and cause it to renew faster. Try this water for any skin issue before trying other treatments - you will be amazed. Start with strong acid water made by using the Acid #2 setting (MAX) or "strong acid" setting of other machines. Slow your normal water flow by about 50% (it should say 1.8 Lpm on the flow display, if your machine has this display). Always wait 20 seconds before filling bottles.



pH drops will only turn yellow no matter how strong the acid water, yellow is usually fine, if there is a light odor of chlorine then this is a sure sign the water is in the 3 pH range although there may be no smell at all. This smell is not chlorine, but hypochlorous acid, a safe active component of the acid water.

Low pH water is best sprayed on skin after bathing and skin is dry. Spray the low pH water on the skin and let it air dry. For severe cases of acne, it is best sprayed every 2 hours daily or at least 3 times per day. For general skin use two times daily is fine.

One staff member cured ingrown toenails by pulling back on the toe skin and revealing the area where the nail is growing into the skin. They then put the acid bottle spray head right there and did 2-3 sprays, letting the low pH “jet into the skin” with the spray head action. Do this 2-3 times daily and the pain should disappear quickly. Again, low pH water is not a cure for anything. Always consult your licensed physician for medical advice.

Low pH water will maintain full strength in the bottle for up to 90 days. For antibacterial usage, we feel safer recommending 30 day expirations.

Using calcium powders and other minerals formulas: Unless you have a Reverse Osmosis filter or low mineral water, and have added the Nano filter, there should be more than enough minerals in your source water for ionization. Do not add store bought mineral powders to the machine. These powders are not designed for water filters and break down in seconds under water, this is not good for the ionizer or for you. Only use authorized mineral pellets. If you cannot achieve desired results with your pH test even after making all power adjustments it may mean you need to add some minerals to your source water. Contact Elite Water for expert advice.

Minerals used in the salt basket usually last 30-40 days. To determine when mineral powders are running out, do a pH test. pH levels will usually be lower when powders run out.

Using Salts: (Only Miracle MAX model is authorized to use with salts) Most customers will not need to use salts at all for cleaning and disinfecting. The settings Acid 2 (MAX) and strong acid (all other models) will usually make acid water more than strong enough for sanitizing and cleaning. The MAX model has an additional salt basket for adding mineral salts. When mineral salts are added, the acid water has a much higher concentration of hypochlorous acid, the water's main active ingredient. This is excellent for medical professionals or home owners that need absolute sterilizing waters regardless of pH levels. The MAX has a special setting called the “strong acid” setting that is made especially for salt use. The salt we recommend is the nutritious Himalayan Rock salt, and we supply it in the correct rock size for proper breakdown rates. NEVER put loose small grain salts in the salt basket. They will break down too fast and cause strong water for a short time, and then no results after that. Please always use recommended salts provided by Elite Water.



Never force salt rocks into the salt basket. This will rip the membrane, which must be intact for the process to work properly and to protect the machine. If the salt chunk is too big, trim it with sharp scissors.

The strong acid water is coming from the main spout and the opposite water is coming from the drain tube. The drain water may reach pH levels as high as 13, and is great for treating joint injuries or removing grease stains. You can collect this water in a dark bottle and store it in the refrigerator for up to one week.

Salt generated acid water is far better for sanitizing but some may find it irritating to the skin. Acid water made without salt is almost never irritating to skin. Salt based acid water has a shorter life in the bottle than naturally made acid water. **For medical facilities and places that need absolute sterilization, strong acid water should be made every other day.** You will find the process of making this water is no more difficult than dropping a salt rock in the basket and hitting a power button.

Nutritional salts such as Himalayan rock salt can also be used for the alkaline #1 drinking water, if and only if you have low mineral content in your source water, such as water from a reverse osmosis or Nano filter (Nano filter will only leave you with low mineral content if your source water already had low mineral content before reaching the Nano filter). There is never a reason to add salts to your ionizer if you have sufficient mineral levels in your source water. This mineral level can be partially expressed by a measurement called TDS (total dissolved solids). You can call your local water company and they can usually give this number to you. TDS is measured in PPM (parts per million) - water with 80ppm to 200ppm will generally not need mineral or salt additives.

If you are using the salts for electrolyte drinking water, **never use above alkaline #1** or the water will be too strong to drink. If the water tastes like salt, remove some of the salt from the basket. **One** good sized rock salt chunk is all that is needed to add minerals to the water.



Part 4 - Care and maintenance of your machine and filters

All water machines will eventually undergo mineral buildup inside. Those in very hard water areas will have the fastest buildup. Here are some tips to reduce mineral buildup in your water machine.

1. Use the ionizer armor; it not only slows mineral buildup, but improves the micro-clustering and vibration energy of the water.
2. Always hit the Filtered/Purified button after making strong waters with slow water flow, this will flush the electro-bath out (MAX has this function built in). It is a good idea to do this even after using alkaline #3, especially if your source water is very hard. The filtered/purified flush only needs to run for 5 seconds.
3. Always hit the cleaning button when prompt is shown onscreen (Only for Bench top models that have the cleaning button). Not applicable to Miracle MAX.
4. Do periodic citric acid flushes, once a year for moderate use in moderate hard water, twice a year for heavy use in hard water. Once every 2 years in soft water moderate use.

There are some areas of Australia where waters are considered super hard. In these areas we recommend a Nano filter, which will reduce hardness by up to 90%.

Do not use Vinegar or cleaners like CLR. Use Citric acid powder only.

All filters should be changed after 12 months of usage. Even if you have hardly used the product, the filter can only stay under water for so long before it starts to break down. One year is the time all filters should be replaced. If the water machine is used heavily, the filter may need to be replaced sooner. The MAX ionizer will track liters run through it, and this value is displayed on the screen. Use this value to determine when the filter should be replaced. Other Chanson models give the filter life as a percent countdown. In general, filters last about 9000 liters or 2,250 gallons. That's about 25 litres of drinking water used daily. Most families will not use that amount in a year, but filters will need replacement at 12 months regardless.

That's it! Keep the unit itself clean, do your annual citric acid wash, and change filters yearly. It is extremely low maintenance for the benefits that the product provides, and far more than worth the small time investment to keep your prized water machine performing at its best for years to come.

If you have questions that were not covered here, please refer to the user's manual, installation DVD and FAQ section (frequently asked questions) of our website. You may also contact us by phone with any questions you have.