

## **AOK Portable Alkaline Ionizer (Alkamode)**

### **Hand Book**

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## 1. What is AOK Portable Alkaline Ionizer (Alkamode)?

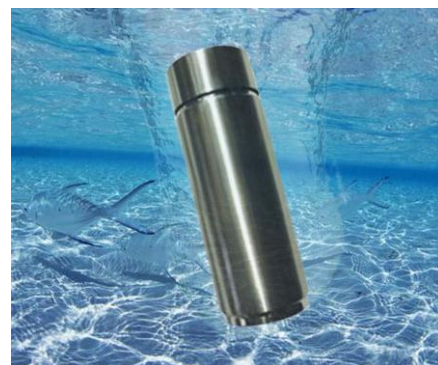
It is a portable alkaline dispenser, which can convert regular water into alkaline and ionized water that anyone can drink anywhere, anytime. Many common wellness issues which are created by an acid/alkaline imbalance can be helped by regular consumption of alkaline, ionized and mineralized water.

Your Alkamode uses 13 types of minerals in its filter including Tourmaline, Zeolite, Maifanshi stone, far-infrared stone, muyu jade, clay, nano silver powder, kaolin earth, rare earth etc. These have been scientifically combined to give the optimal effect to the source water. Simply pour normal water into the bottle and let stand for 5-10 minutes, the 13 kinds of materials will be activated and convert normal water into alkaline ionized water.

The Alkamode's design and unique internal filter are patented.

In summary your new Alkamode:

- Helps filter your water of chlorine and other contaminants
- Can help improve your systemic acid/alkaline balance
- Will provide an abundance of negative ions
- Can help increase your hydration by reducing molecular cluster size
- Has a low negative ORP – providing you powerful antioxidant potential
- Provides natural far infrared ionization
- Supplies active hydrogen ions



## 2. Benefits of your Alkamode

- Many authorities such as Dr. Robert Young (“pH Miracle” Series), Dr. Ted Baroody (“Alkalize or Die”) and Sang Whang (“Reverse Aging”) all recommend drinking water with an alkaline pH up to 9.5. Your Alkamode water ranges from pH 7.5 to 9.5.
- Increased active hydrogen effectively increases pH and helps alkalize your body.
- Regular tap or bottled water has oxidizing properties. Your Alkamode creates negative Oxidation Reduction Potential (ORP). ORP values range from approximately -50mv to -200mv (results will vary depending on the type of water treated). This means water from your Alkamode helps counteract this type of damage.
- The Tourmaline in your Alkamode produces negative ions (measured as ORP) and also reduces the size of the water molecule clusters making them smaller. Structurally smaller molecular clusters are more easily absorbed, helping the body to absorb more water and replenish water lost through dehydration.
- Helps to remove bacteria from potable water.
- Helps remove chlorine.

## 3. Alkamode Alkaline Ionizer Features and Advantages:

### Your Alkamode transforms your water!

- Creates a silky-smooth and sweet tasting water
- pH 7+ to 9.5 (typically increases pH by about 2 or more points)
- Low negative ORP, typically reducing the Oxygen Reduction Potential by at least 200mv, giving it strong

and measureable antioxidant potential

- Abundance of activated hydrogen also helps eliminate active oxygen (free radicals)
- Small water molecules create a very absorbable water
- Deoxidation process is visible — activated hydrogen bubbles are formed
- Contains silver ceramic and anti-bacterial balls

### Your Alkamode is Convenient!

- Takes only a few moments to create your own “wellness water”
- Uses only non-toxic materials (no chemical leaching as in plastic containers)
- Easy cleaning
- 12-month usage based on consumption of 2-3 liters daily
- Portability and stylish design makes it unique, convenient, and ideal for driving, travel, office, school, hiking and anywhere you need to be on the go
- No extra maintenance cost – just filter replacement when needed

### What is in Your Alkamode?

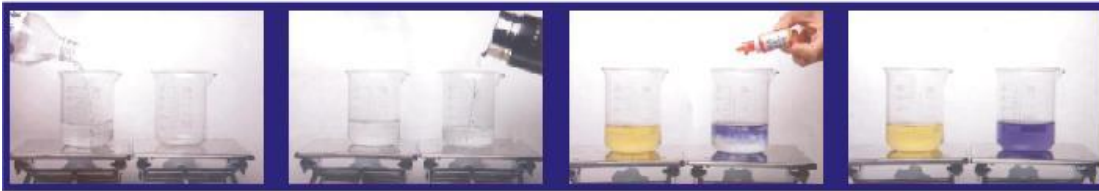
- Tourmaline stone, which introduces a natural form of FIR, helps reduce surface tension and imparts a slight ionization effect
- Zeolites are a rare group of minerals with a four-sided honeycomb structure and a natural, negative magnetic charge. Zeolite can absorb and retain heavy metals and toxins. These can then pass safely out of the body without re-absorption
- Maifanshi comes from valley streams rich in porphyritic pea gravel. Traditionally, Maifanshi has been used as a general health medicine in Asia and also for bathing, due to its ability to absorb toxins and supply many trace minerals. In the Alkamode, Maifanshi helps to clean, remineralize and ionize the water



## 4. Control Tests

### Test 1 - pH Testing

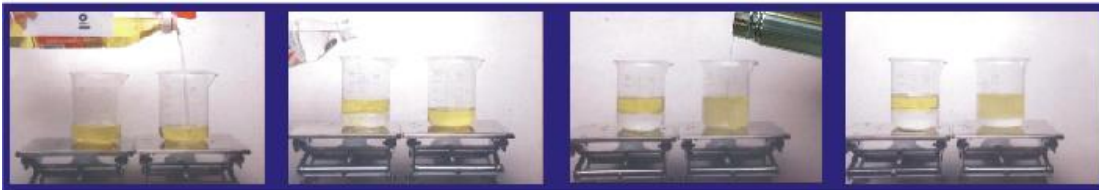
Alkaline water can help to counteract the acidic wastes in the body, improving the pH balance and overall wellness.



1. Take two clear glasses. Pour regular drinking water from the tap or a bottle into the left container.
2. Pour water from your Alkamode into the right container.
3. Add 3 drops of pH reagent into both containers.
4. Yellow color shows acidity or green shows neutral. The blue or purple color shows a strong alkaline pH.

### Test 2 - Dissolved Oil Test

Shows how well fatty substances dissolve or emulsify in the treated water from your Alkamode.



1. Pour the same amount of any type of edible oil into two clear glasses.
2. Pour regular drinking water into the left container.
3. Pour water from the Alkamode into the right container.
4. In the left container the oil and water are separated. In the right container the oil is emulsified.

### Test 3- Neutralization of alcohol acidity



1. Pour some water from your Alkamode into a container and add 3 drops of pH reagent.
2. Pour a small amount of distilled spirit into the container and see how it instantly becomes very acidic.
3. Pour some more energy water from your Alkamode into the container and see how the acid fluid is counteracted and a good pH restored.

### Test 4 - Neutralization of acidity caused by cigarette smoke



1. Simulate a healthy fluid by pouring some water from your Alkamode into a glass container then adding a few drops of pH reagent.
2. Have a smoker blow smoke into the container then swirl around so that the smoke is absorbed into the water. Notice how the pH of the water is changed into a toxic acid.
3. Pour some more water from your Alkamode into the container and see how the pH changes back to alkaline.

## Test 5 - Neutralizing Acidity from Glucose (sugar) Test



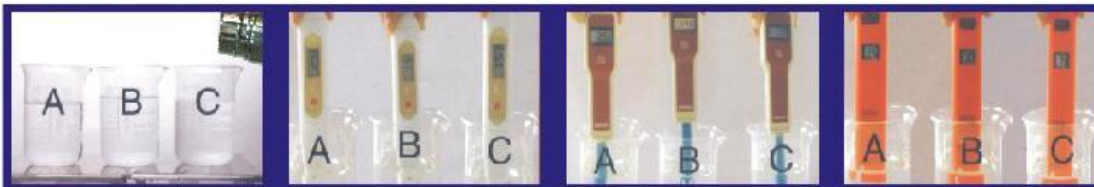
1. Pour some water from your Alkamode into a glass container and add 3 drops of pH reagent.
2. Pour some glucose into the container and see how the water becomes very acidic.
3. Pour more water from your Alkamode into the container until it converts back to alkaline state.

## Test 6 - Testing Instruments

\* ORP Meter - is used to test the Oxygen Reduction Potential. If this value is negative then water has an abundance of free electrons and can help as an antioxidant to neutralize free radical damage.

\* TDS Meter - is used to test the dissolved mineral content in the water.

\* Conductivity Meter - is used to test the water's conductive properties..



1. A : Tap water B: Pure water C: Alkaline, ionized water.
2. Typical ORP test: A value +251 B value +148 C value -138.
3. A TDS test: will show an improvement in the amount of essential alkalizing minerals.
4. A conductivity pen test: will show there is a microcircuit in the alkaline ion water.

## 5. The Benefits of Alkaline Water



### A. pH Balance in the Body

Alkaline water can neutralize the acidity of the body caused by stress, modern diet, air pollution, and many bottled waters. A higher pH in the body reduces the need for fat and cholesterol to protect the body from damaging acids.

### Create an alkaline body with AOK Alkamode

Unhealthy foods, dehydration, pollution, and stress all contribute to increased acidity in your body, which creates an imbalance with your body's acid alkaline system. This can consequently lead to a poor immune system, obesity, and pre-mature aging. The cells that make up our bodies are supposed to be naturally alkaline, but outside factors like those mentioned above are constantly at war with your body's attempt to maintain a balanced pH level.

## **B. Weight Loss**

### **The body creates fat cells to trap and neutralize acids in the system.**

- The modern diet of meats, grains, and beverages such as coffee, tea, soft drinks and alcohol is extremely acidic.
- Some acids are voided through urination, defecation, and perspiration, but many acids remain in the system.
- Excess acids in the body break down healthy tissue, so the body protects itself by creating a natural buffer of fat.
- Fat cells bind to acids. Some fat cells are voided from the system, but many fat cells are stored in the body, resulting in weight gain.

### **Traditional weight loss methods are doomed to fail.**

- Reducing portion size of meals only minimally decreases acid intake.
- Reducing calories will not decrease the acidity of the body-and may increase it if large amounts of acidic beverages are included.
- Reducing fats in the diet will not reduce the acidity of the body or result in weight loss.
- Increasing the intake of meat will increase the acidity in the body.
- Exercise increases the production of acids, such as lactic acid. Many acids are released through perspiration, but some are retained by the system, causing pain in muscles.

### **Drinking alkaline water releases fats and creates weight loss.**

- Alkaline water can reduce the body's acidity and stop fat storage.
- Micro-clusters of ionized water help flush acid and toxins from the system.
- Once fat cells are no longer needed, the body will eliminate them-the fat melts away.

### **A healthy body causes weight loss, not the other way around.**

- A healthy, non-acidic body will return to its natural, ideal weight.
- Freed of toxins, the body's cells, tissues, and organs achieve a healthier state.
- A detoxified, non-acidic body has more energy and vitality.

## **C. Anti-Oxidizing**

Alkaline water is negatively charged and an "antioxidant." Antioxidants reduce cellular and DNA damage caused by free radicals.

### **Getting older and aging is not the same thing.**

- Getting older relates to the passage of time.
- Aging relates to the breakdown of tissues in the body.
- The outward signs of aging include wrinkles, sagging, and gray hair.
- Getting older by itself does not cause aging.

### **Aging is the result of damage to bodily tissues by organic acids and by active oxygen (free radicals).**

- Organic acids in the body break down tissues, causing aging and age-related diseases.
- Common waste products in the body include acetic acid, carbonic acid, fatty acids, lactic acid, and uric acid.
- Free radicals are associated with a numerous diseases, including cancer, arthritis, atherosclerosis,

Alzheimer's disease, and diabetes.

### **Drinking ionized alkaline water can help neutralize acids and scavenge free radicals in the body.**

- Drinking ionized alkaline water causes the stomach to produce bicarbonates, which are absorbed into the blood stream and can neutralize acids.
- A proven scavenger for active oxygen is active hydrogen.
- Active hydrogen is produced in water using electrolysis, the process used to ionize drinking water.

### **D. Detoxifying**

Drinking Alkaline Water can Flush Toxins and Neutralize Acidity in your body. Alkalized water has gone through a special electrolysis process that changes the pH of the water to ALKALINE and more. It describes water returned to the state in which water was often found in nature before the earth became polluted.

Too much acidity in the body is like having too little oil in the car. It just grinds to a halt one lazy Sunday afternoon. There you are – stuck. The body does the SAME thing.

### **AOK Alkamode Keeps your Body Young by Neutralizing Free Radicals.**

"**Free radicals**" is a term used to define the unstable oxygen atoms that cause oxidation, which results in the aging process. Just like metal that begins to rust when left out in the harsh elements, the same can be said of your body when it is exposed to a high saturation of free radicals. Drinking anti-oxidant water will go a long way in keeping your body free of those harmful elements.

Luckily, **AOK Alkamode water** is an extremely potent anti-oxidant that can neutralize these free radicals and keep your body young and in optimal health.

### **E. Hydrating**

#### **Super-Hydrate your Body with AOK Alkamode**

Any type of water can quench your thirst, but only Alkaline ion water can offer you an optimized level of hydration. This is accomplished by the Alkaline ionizer's ability to minimize the size of water molecule clusters so that they can be better absorbed into the body. Super-hydration is a wonderful benefit to anyone wanting to improve their health, and is especially important to athletes seeking to enhance their performance.

### **F. Anticancer**

How it works

Alkaline water has a high redox potential (i.e. it is a good antioxidant because its ORP value is very negative), and it has water molecules in smaller clusters than normal water. All of these things help inhibit the spread of cancer and aid in killing cancer cells, directly or indirectly. However, there is not enough evidence to categorize it as a stand-alone treatment plan.

It is a good antioxidant, meaning it has a very negative ORP value (Oxidation Reduction Potential), it neutralizes free radicals (i.e. ROS - Reactive Oxygen Species), making many oxygen molecules available to the cancer cells; either to slow the growth of cancer or to kill the cancer cells. This is done with the hydroxyl ions in the ionized water.

Unlike hydrogen peroxide, which adds oxygen molecules to the body (i.e. they don't already exist in the body), ionized water makes existing oxygen molecules, already in the body, available to the cancer cells by giving them electrons. This actually has advantages because it removes damaging free radicals at the same time.

**Ionized water is also very alkaline. Cancer cells do not thrive in an alkaline environment.**

### **G. Improve Energy**

Our metabolic process is dependent on balance. Our 75 trillion cells are slightly acidic on the inside, while our outside inner sea should be alkaline. Without this acid/alkaline relationship, no chemical or energy interchange could happen because there would not be any pH balance. There needs to be polarity between our cells and inner sea or else the energy of the cell has difficulty flowing into the surrounding tissues. Thus, we do not get the energy from the food we eat. In fact, if it is too acidic, it will make us tired, the opposite result of what we need!

## **6. FAQ**

### **(1). Can I store the water? For how long?**

Do not keep the water in the bottle overnight, and don't drink this water as it will become too strong. Due to the special technology and patent right, the energy from this product stronger than conventional bottle 6 times.

### **(2). Can I cook with alkaline ionized water?**

Yes, in fact your food will taste better and your body will assimilate the nutrients more readily. You will notice the difference especially at the most alkaline settings (higher pH): your greens will be greener, rice fluffier, tea and coffee tastier.

### **(3). Who should drink it?**

Any one and everyone, young and old, human or animal. It is beneficial to some degree to nearly everyone and everything it comes in contact with.

### **(4). Is there anyone who should not drink Ionized Water?**

No. However, some people must start by drinking very small amounts of Ionized Water, such as 8 oz. of low pH level ionized water per day. This is especially true of the elderly who often have unfortunately allowed heavy metals and other toxins to accumulate in their bodies. Sometimes years of medication has accumulated in them. Toxins and heavy metals that have accumulated in people over decades can lead to diseases such as Alzheimer's disease, Lewy Body Dementia and a host of other mental disorders and psychiatric diseases.

### **(5). Can a pregnant woman drink alkaline water?**

Pregnant and lactating women, please consult with your physician. Under normal circumstances, there is no need for infants or young children to use the Alkamode.

### **(6). Can patients with kidney weak, heart weak, liver cirrhosis drink alkaline water?**

Patients with weak kidneys heart issues, liver cirrhosis, allergy or stomach problems should consult with your



physician if unsure.

**(7). Are there any cautions about drinking alkaline ionized water?**

You should start slowly, assuming the water agrees with you, increase the amount you drink and the level of ionization intensity. High levels of alkalinity -- up to 8.5-9.5 -- are best for drinking water; the highest levels can be used for cooking. In a few individuals, the detoxification effects from drinking alkaline ionized water can cause headaches and diarrhea for a short time. And for some older people, ionized water can tend, at first, to open the bowels. This is why a slow start is advised. Use the "Purified Water" setting for taking any medications that your doctor advises not to be taken with alkaline water.

**(8). Wouldn't excessive drinking of alkaline water cause the body to become too alkaline?**

No. Our body has a natural homeostasis which acts as a balancing agent and maintains normal pH regardless of the amount of alkaline water consumed. Alkaline water maintains normal pH of blood, which may have been oxidized through stress and excessive consumption of fat.

**(9). How often and how much to drink Alkaline water?**

You can drink our alkaline water everyday, and 8 bottles/day.

**(10). Isn't the bottle a general water purifier? Does it can make clear water from dirty water? Or can make mineral water from normal water?**

It is not a general water purifier, can't make clear water from dirty water. our Alkamode uses 13 types of minerals in its filter including Tourmaline, Zeolite, Maifanshi stone, far-infrared stone, muyu jade, clay, nano silver powder, kaolin earth, rare earth etc. These have been scientifically combined to give the optimal effect to the source water.

**(11). When do filters have to be replaced?**

The filter should be replaced after using 12 Months, you can according to your local water quality and use times for decide to replace the filter or not. Usually, people should drinking 8 bottles water per day, so the filter almost can generate almost 3000 bottles of alkaline ionzer.

**(12). Can I boil alkaline water with the Alkamode directly?**

Do not use in a microwave or heat up on a stove. Keep away from fire. But you can pour the alkaline water from bottle and can boiled within other container.

**(14). Why do some people have flu like symptoms when first drinking Ionized Alkaline Water?**

If you start drinking Ionized Alkaline Water at to high strength level (high pH level) then you might notice flu like symptoms. The Ionization process creates water molecule clusters that are half the size of regular water molecule clusters. This is why Ionized Alkaline Water is sometimes referred to as "reduced water" because it has become reduced in size from a 12 water molecule cluster to 6 water molecule cluster. This makes the water much more hydrating because it flows through our body tissue more easily, thus pushing toxins out of our system. It is this detoxifying effect that sometimes gives people headaches and diarrhea and why there are 4 levels of strength.

**(15). Should I take medication or supplements with Ionize Alkaline Water?**

To avoid any possible complications do not take medication or prescription drugs with water from your Alkamode.

## 7. Notice

1. In order to maintain the living energy from the internal molecular surfaces do not pour carbonated drinks, milk, coffee, tea or other similar liquids into the Alkamode. Doing so will reduce the life of your ionizer.
2. Do not keep the water in your Alkamode overnight, and don't drink this water as it will become too strong.
3. Do not use in a microwave or heat up on a stove. Keep away from fire.
4. To avoid any possible complications do not take medication or prescription drugs with water from your Alkamode.
5. Those with a weaker constitution are advised in the early stage of use to remove the water from the Alkamode as soon as possible. Also it may help to mix the Alkamode water in the beginning with ordinary water to reduce the potency.
6. Patients with weak kidneys, heart issues, liver cirrhosis, allergy or stomach problems should consult with their physician if unsure.
7. Pregnant and lactating women, please consult with your physician. Under normal circumstances, there is no need for infants or young children to use the Alkamode.
8. If any unusual symptoms arise please stop use and consult with your physician.

## 8. Reference

### A. How Alkalinizing the Body Promotes Detoxification

Today's common diet which is rich in proteins from meat, dairy products and processed grains has been shown to create what is called metabolic acidosis.

Let's first look at the consequences of what produced the acidic urine. Metabolic acidosis most often results from the over ingestion of the above mentioned food groups. The break down of these proteins creates acidic byproducts which must be eliminated by the kidneys, thus producing acidic urine. This problem is further complicated by the ingestion of tap water which itself has been found to be at best neutral or a pH of 7 and often acidic or below a pH of 7. When the body is in a chronic state of metabolic acidosis our liver detoxification mechanisms are compromised. The liver enzymes which are involved in detoxification are referred to as phase I and phase II detoxification liver enzymes. These very same enzymes are enhanced by alkalinizing the urine to a pH of 7.1 to as high as 8.3. This very process is performed every day in emergency rooms to accelerate the excretion of ingested poisons.

In the acute medical setting intravenous sodium bicarbonate is used to alkalinize the urine to a pH of 7.5 to 8.3. The method by which urine alkalinization works to enhance toxin elimination is called ion trapping, which in turn is the ability to enhance urinary excretion of weak acids in alkaline urine. Most poisons and toxins are acidic and weak acids. Therefore by creating a more alkaline physiological environment we can enhance and accelerate the detoxification process on an ongoing daily basis. It is this chronic acidification process of metabolic acidosis that is hindering everyone's ability to detoxify. This brings us to what can we do to alkalize our bodies?

Drinking alkaline water daily would greatly enhance the physiological processes responsible for attaining and maintaining a relative blood and urine alkalinity. Everyone today is aware that we need to drink more and higher quality water. The issue of the body's pH though has not been emphasized enough. Why not enhance the body's alkalinity by drinking 6-8 glasses of alkaline water daily? How can this be accomplished?

This is simply accomplished by utilizing a home water filtration system that not only filters the water, but adjusts the pH as well. In addition, the unit micro-clusters the water - this means that the large 15 molecule cludsters of water are reduced to 5 molecules in size. This process actually makes water “wetter” and allows for better hydration and delivery of nutrients to the cells. There is even another positive aspect to the function of these machines – they create negative ions, which are natural anti-oxidants. That’s right... your water will help neutralize free radicals and slow down the aging process.

### **Alkaline Water Provides Superior Hydration and Nutrition at the Cellular Level**

- Negatively charged alkaline water neutralizes free radical positive ions.
- Ionization breaks cludsters of water molecules into smaller micro-clusters, reducing the size of the clusters from the 11-16 molecules in standard water to just 5-6 molecules in ionized water. Smaller clusters pass through cell walls more easily and hydrate the cells more quickly.
- Faster hydration allows the body to regulate its temperature more efficiently.
- Micro-clusters of mineral-bearing ionized water also deliver nutrients more efficiently to the cells.

### **B. pH Balance Energy & Diet Drinks**

Originating in Japan in the early 1960s, energy drinks such as Red Bull are sold in 134 countries worldwide. Global sales have surpassed \$5 billion a year and are projected to hit \$10 billion by 2010. The popularity of diet soda continues to grow amid concerns about obesity, with 59% of Americans saying they drink diet soda and worldwide sales surpassing \$20 billion a year. Sales of sports drinks, which originally were designed to help athletes rehydrate, total \$3 billion a year. Each of these beverages offers some benefits, but all contribute to acidity in the body.

#### **Energy drinks cause dehydration and increase bodily acid.**

- The key ingredient in most energy drinks is caffeine often from guarana or yerba mate.
- Caffeine is the source of much the energy boost, but it also causes dehydration. To rehydrate, you need to drink two cups of water for every cup of energy drink consumed.
- Energy drinks are extremely acidic. For example, Red Bull has a pH level of 3.26, almost 10,000 times more acidic than pH neutral water.

#### **Diet soda has been linked to weight gains and acidity.**

- A 2008 study at Purdue University found that rats on diets containing the artificial sweetener saccharin gained more weight than rats given sugary food, 2 perhaps because the body does not receive a signal to “rev up” the metabolism.
- An eight-year study with 1,550 participants conducted at University of Texas Health Science Center, San Antonio, found that drinkers of diet soft drinks had a greater risk of gaining weight than drinkers of regular soft drinks.
- Diet soda is even more acidic than energy drinks. Diet Coke has a pH level of 2.97, more than 10,000 times more acidic than pH neutral water.

#### **Sports drinks are designed for athletes exercising more than two hours.**

- Sports drinks contain electrolytes, carbohydrates and other nutrients burned up through extended periods of

exercise.

- Most sports drinks have between 13 and 19 grams of sugar per eight ounce serving. Drinking sports drinks without working out increases caloric intake.
- Sports drinks are even more acidic than energy drinks and diet soda. Gatorade has a pH level of 2.95, more than 10,000 times more acidic than pH neutral water.

Americans are spending billions of dollars each year on beverages that may provide a short-term boost but also increase the likelihood of gaining weight and increasing acidity in the body. A better solution is to hydrate frequently with ionized alkaline drinking water, which hydrates better than diet soda and energy drinks and helps to neutralize the acidity of the body.

## **9. Certificate**

Your Portable Alkaline Ionizer (Alkamode) has got the STC test, the test proved your Alkamode advantages :

1. Your Alkamode tested Extractable Heavy Metal of the submitted sample were found complied respective requirements for the tested items as stated in the German Food & Feed Acts LFGB and Regulation (EC) No. 1831/2003 (Material in contact with food regulation).
2. Your Alkamode Ionized water passed the World Health Organization (WHO) Guidelines for Drinking water Quality.
3. pH of your Alkamode Ionized water turned alkaline when compared to the original tap water.
4. Your Alkamode Ionized water will increase the Magnesium content, the test report: Magnesium content of the treated tap water increased from 2.1 mg/L to 4.7 mg/L.

## **10. pH Food Chart & Bottled Water pH Pocket Chart**

Disclaimer:

The statements enclosed herein have not been evaluated by the Food and Drug Administration. The products mentioned here are not intended to diagnose, treat, cure or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of your family doctor.

[www.abtwater.se](http://www.abtwater.se)