



ALKALINE WATER USES:

THE ULTIMATE GUIDE



There are so many ways to use Tyent Water™ throughout the day. Here is an example of the typical day of someone who owns a Tyent water ionizer as well as many other products from Tyent.

MORNING

Wake up and brush your teeth. Use turbo acidic water as a mouthwash and as a gargle to kill the germs in your mouth.

8:00A.M.



Take your morning shower and use your Shower Lux™ shower filter to remove the chlorine from your shower water. (See Tyent Tips)

8:15A.M.



Drink a glass of alkaline level 3 water to alleviate any dehydration from overnight and to start your day with an antioxidant boost. Being as little 2% dehydrated can cause headaches, sleepiness and cognitive impairment. The antioxidants in Tyent Water help fight free radicals in your body and increases energy and concentration.

9:00A.M.



Brew your morning coffee with alkaline level 3 water. The alkaline water will draw out the rich flavor of your coffee: the water molecules are smaller, so they penetrate deep into the coffee grounds.

9:15A.M.



Tip: You can even use less coffee than usual, while saving you money but not skimping on flavor!

At breakfast, soak your fruit in turbo alkaline water to remove any oil-based pesticides and insecticides. Cut up some apples and soak them in alkaline level 3 water to prevent them from browning. Now you have a healthy afternoon snack!

9:30A.M.



MORNING

Make your protein smoothie with alkaline level 3 water. The smaller cluster size of the water molecules means the powder is easier to blend and easier for your body to absorb. No more clumpy protein shakes!



10:00 A.M.

Fill up your GoodLife™ bottle with alkaline level 3 water to carry with you throughout the day. The GoodLife bottle is convenient and maintains the properties of your Tyent Water. It's especially good to have in the car and while running errands.



10:15 A.M.

Mix alkaline level 3 water with AlkaShield Waterceutical™. AlkaShield is packed with vitamins and antioxidants that increase energy and help support a healthy immune system.



10:30 A.M.

Give your pets some fresh alkaline level 1 water to drink. Pets experience the same health benefits that people do!



11:00 A.M.



11:30 A.M.

Drink two glasses of alkaline level 3 water 30 minutes before lunch to help reduce hunger.

AFTERNOON



12:00P.M.

Throw a load of laundry into the washing machine. Use our “recipe” on page 11 for an easy, money-saving and green laundry detergent. If you prefer to use your own detergent, you can add 1 quart of acidic level 1 water to the final rinse to soften your clothes naturally.



12:30P.M.

For lunch, soak your salad and veggies in turbo alkaline water to remove oil-based pesticides and insecticides. You can save money over buying organic vegetables and have the cleanest veggies in town!



1:00P.M.

Mix a glass of AlkaWake Waterceutical™ with alkaline level 3 water, which will give you a boost of energy to combat the afternoon slump!



1:30P.M.

Brew a hot cup of green tea with Tyent Water for a beverage supercharged with antioxidants. For a refreshing iced tea, there is no need to boil water! Tyent Water has a small molecular size which allows it to extract all the nutrients from your tea.



2:00P.M.

Refill your GoodLife bottle with alkaline level 3 and hit the gym! Drinking this water while exercising promotes a faster recovery time.



3:00P.M.

Water your plants with acidic level 1 water. Most houseplants love acidic water! (If you are uncertain, be sure to check with your local garden center.)



4:00P.M.

Use turbo alkaline water to soak your dinner meat for 20 to 30 minutes. The alkaline water acts as a tenderizer and improves the taste of your meat.



4:30P.M.

Steam your veggies for dinner with level 2 alkaline water to bring out their delicious flavors. The ionized water molecules are smaller, which means they take less time to steam.

EVENING



Cook pasta, rice or potatoes with acidic level 1 water for perfect flavor. They absorb Tyent Water more quickly than tap water, which results in a faster cooking time. Flavor stays in your food and doesn't get boiled out. Carbohydrate particles also stick together better in Tyent Water.



Wash your dishes in acidic level 3 water to sanitize them and get them sparkling clean. Soak pots and pans with burnt-on food in turbo alkaline water to make them easier to clean.



Clean your countertops with turbo acidic water. It's a good idea to store acidic water in a squirt bottle for convenience and ease of use.



Take a nice, relaxing bath and let the stresses of the day melt away. Don't forget to use your bath ball to filter out chlorine from the tap water. (See Tyent Tips)



Store a squirt bottle with acidic level 1 water in your bathroom. After your bath, spritz your body with this water. We call it Beauty Water! It is the same pH as your skin and leaves it feeling soft and hydrated.



When going to bed, take your GoodLife bottle filled with alkaline level 3 water with you for some final hydration before you rest in preparation for the next busy day ahead.

As you can see, there are so many different ways that you can use Tyent Water throughout your day. Not only is it great for drinking, but it's also great for using everywhere in your house!

PRODUCTS YOU CAN IMPROVE OR REPLACE WITH TYENT WATER



Hair detangler
– Acidic level 1

Bathroom cleaner
– Turbo acidic



Mouthwash
– Turbo acidic

Fabric softener
– Acidic level 1



Stain remover
– Turbo alkaline

Carpet cleaner
– Turbo alkaline



All-purpose cleaner
– Turbo acidic

Hardwood floor cleaner
– Acidic level 1



Window cleaner
– Turbo alkaline

Saline nasal spray
– Turbo acidic



Dish soap
– Turbo alkaline

Jewelry cleaner
– Turbo alkaline



Laundry soap
– Turbo alkaline

Facial toner
– Acidic level 1



Furniture polish
– Acidic level 1

SAVING MONEY WITH THE TOUCH OF A BUTTON

Amount of money spent yearly on household supplies*



By switching all these products to Tyent Water, you could save an estimated grand total of \$2,015 every year. You'll save approximately \$40,300 in 20 years!

*Based on average Google prices accessed 4/19/2013

*Based on a family of four drinking two bottles/day

Drinking Tyent Water can improve your health in many ways. Here is a list of ways you and your family can benefit from the touch of a button.



Increases energy – Due to an abundance of hydroxyl ions in Tyent alkaline water.

Promotes weight loss – Helps neutralize and release acidic waste, which encourages fat loss.



Makes skin radiant – Skin is more hydrated, and Tyent Water helps flush out toxins to promote a clear and healthy complexion.

Speeds recovery time after exercise – The smaller molecular size of the water allows it to be absorbed more easily into your cells, helping to neutralize lactic acid.



Boosts immunity – An abundance of antioxidants support overall well being.

Is eco-friendly – No more plastic bottle waste.



Supports green cleaning – The sanitizing properties of ionized water eliminates the need for many cleaning supplies.

Saves money on produce – Alkaline Turbo water helps break down and wash away oil-based pesticides and insecticides on produce.





Saves money – Replace everyday products with ionized alkaline water.

Promotes clearer skin, weight loss, and a healthy immune system -- Ionized alkaline water is packed with antioxidants.



Anti-aging properties – Antioxidants in ionized alkaline water fight free radicals, which accelerate the process of aging.

Sanitizes surfaces – With the germ-fighting properties of turbo acidic water.



Promotes better, more restful sleep.

Helps heal minor skin irritations – Due to the antiseptic properties of turbo acidic water.



Supports overall wellbeing and promotes strong bones – Tyent Water contains calcium and magnesium.

Promotes good hygiene – Acidic turbo water has sanitizing properties that can be used in a multitude of topical skin applications.



Keeps skin soft – Spritzing acidic level 1 water on your body keeps your skin hydrated because it has a pH of 5.5, the same pH as your skin.

Offers super-charged hydration – Smaller water molecules are more easily absorbed by your cells.



TYENT TIPS

It's a good idea to use the Shower Lux filter and bath ball in your shower and tub. You don't want to drink chemicals, so why would you shower and bathe in them? The Shower Lux Filter and Bath Ball help filter out dangerous chemicals such as chlorine and chloramine. During a steamy shower or bath, you can absorb these chemicals through your skin and inhale their fumes. The Shower Lux Filter and Bath Ball keep your family safe and clean.



Shower Lux Filter and Bath Ball

Taking your water ionizer machine with you when you travel is not always an easy option, even though you would love to bring it along! The TYgo™ is the perfect option for those times when you want the benefits of alkaline water on the go. The TYgo remineralizes and alkalizes ordinary tap water when you're away from your water ionizer machine.



TYgo

Tyent Water All-Purpose Cleaner

- 4 cups of turbo alkaline Tyent Water
- 5 tbsp castile soap
- 50 drops of tea tree oil



Mix all ingredients together and store in a spray bottle.

Tyent Water Dish Soap

- ½ cup of turbo alkaline Tyent Water
- ½ cup vinegar
- 2 cups liquid castile soap
- 1 tbsp lemon juice
- 5 drops of lemon essential oil



Mix all ingredients together and keep in a bottle next to your sink.

Tyent Water Laundry Detergent

- 6 cups of turbo alkaline Tyent Water
- ½ cup washing soda
- ½ cup Borax
- 1/3 bar of Fels-Naptha soap
- Few drops of favorite essential oil



Grate Fels-Naptha and put into a large pot. Add 6 cups of turbo alkaline Tyent Water and heat until melted. Add washing soda and Borax. Stir until dissolved. Pour mixture into a bucket and add 4 cups of hot turbo alkaline Tyent Water. Stir. Add enough turbo alkaline Tyent Water to fill up the rest of the bucket. Stir. Cover and let sit overnight. Stir again and then transfer mixture to smaller containers. Make sure to give the container a good shake before using.

Now that you've seen just some of the ways you can use Tyent Water throughout the day, we encourage you to give us a try and see how your life can change for the better. If you already use Tyent products, we hope to have given you some new ideas you may never have thought of before. Whether you're new to the Tyent family or already a part of our family, it's easy to see that Tyent Water is water for your life!

MMP-9090 Turbo

Shower Lux Filter



Replacement Filters



GoodLife Bottles



TYgo



UCE 9000T

Ready to learn more?

Ask your **Tyent Authorized Distributor** who gave you this booklet for more information.

Contact:



Connect with us now for the latest alkaline ionized water health information and ionized water uses.