

THE WATER STATION

How To Use Acidic Water

Acidic water is recognized for its astringent effects.

- ✓ **Face Wash** – The astringent properties of acidic water are effective in toning and firming your skin. Pat the skin and leave to dry. This water is also excellent as a toner after shaving.
- ✓ **Hair Care** – Use this water instead of rinse after shampooing. Reduces annoying tangles and brings out a radiant shine. Keep in a spray bottle and spray your hair and face when you're out and about.
- ✓ **Bath Water** – Add acidic water to your bath to keep your tub free of bathtub rings. Bathing in this water gives your body a warm and comfortable feeling.
- ✓ **Pet Care** – Spray your pet with this water and brush afterwards to obtain soft and shiny fur. Great for grooming your pet!
- ✓ **Rinse Cycle** – Soaking in acidic water, before the spin cycle, will soften your clothes.
- ✓ **Cooking Beans** – Various types of beans, such as kidney beans and green peas, will cook to perfection. Just be careful not to overcook your beans. Acidic water will speed up the cooking time! This is energy saving water!
- ✓ **Washing Vegetables & Fruits** – Keep the vivid colors of strawberries, red cabbage, asparagus, and eggplants. And, remember, this water is free of chlorine!
- ✓ **Fried Food** – Fried food comes out nice and crispy! [Article was unclear about when to use acidic water in the case of fried foods. Obviously, oil and water are immiscible. Therefore, any use of water would occur *before* frying.]
- ✓ **Frozen Food** – Spray foods with acidic water when freezing so that the food (including fish and shrimp) does not lose its flavor when thawed.
- ✓ **Stains** – To remove stains, grime and grease, leave to soak in acidic water for 24 hours.
- ✓ **Dishes** – Dishes and glasses come out sparkling clean.
- ✓ **Polishing** – Polish mirrors, eyeglasses, glass objects and windows to a high sheen.
- ✓ **Housecleaning** – Remove dirt from hardwood floors, ceramic tiles, etc., without leaving a sticky residue.

SOURCE: http://veryhealthywater.info/usage_acidic.html