

From Cleaning your Grains, Fruits, Veggies, Seafood, Poultry & Meats . . .



With special tips for Berries, Mushrooms, Shellfish & Root Vegetables

TO PREPARING HEALTHY MEALS . . .



... EVEN TIPS FOR MAKING THE BEST COFFEE AND TEA



This is Your Guide To Using
Ionized Water in the Kitchen
by Doctors Curt Eastin and Peggy Parker

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Using Ionized Water in Food Prep

Introduction

Once technology had advanced enough to produce a water ionizer that was both effective and small enough to fit on a kitchen countertop, curious people have been experimenting with ways to utilize it.

One of the problems we have encountered over and over again is the general misunderstanding of the actual chemical properties of each of the waters produced by high quality units. The general lack of understanding has both limited the widespread uses of high quality ionized water and led to many misuses of it. This booklet is an attempt to provide some guidelines, hints and tips to using it in your kitchen. *Bon Appétit!*

Why use ionized water to clean my food?

Most of the food that is available for us to purchase in our local supermarkets and even fruit stands and organic food markets has been picked, packaged, shipped and stored for several days, weeks or months before we purchase it and bring it home. With each hour that passes your food is exposed to the ravages of oxidation.

Even if you are fortunate enough to find fresh, locally grown produce, your food has been handled by several people from the fields or orchards to your kitchen, increasing its exposure to bacteria, viruses and parasites.

This makes cleaning your food imperative. However, most traditional cleaning methods utilize harmful chemicals that are not safe to ingest, strip your foods of even more nutrients and increase their exposure to oxidation, leading to faster spoilage.

The great news is using ionized water can effectively clean and revitalize your foods, reverse some of the effects of oxidation and retard spoilage. You simply need to know which settings to use to produce optimal results.

On each page of this guide you will find helpful hints and tips to clean and store your foods to optimize their nutrition, preserve their freshness and provide your friends and family with the best tasting meals you can prepare. You will even find tips for cleaning your kitchen and kitchen tools.

It is our sincere hope that you find this guide useful in your own kitchen . . .

Doctors Curt Eastin and Peggy Parker

Cleaning & Storing Fruits and Veggies

Properly cleaning your fruits and veggies when you bring them home from the market has several side benefits. One benefit is that they are more convenient to just grab and go saving a lot of time during meal prep time. Another thing to consider is that many hands have handled your produce leaving behind the possibility of multiple strains of bacteria, so proper cleaning reduces the possibility of food borne pathogens. And one of the other great benefits is that proper cleaning with ionized water can dramatically extend the life of your fresh foods! Since fresh, organic produce can be quite expensive to purchase, it only makes sense to extend its freshness a bit longer.



When you are ready to clean your produce, place in a small basin, bowl or sink and fill with pH 11.5 ionized water and allow to soak for about 20 minutes, drain, place in storage containers and refrigerate. This soaking process reverses much of the oxidation that has taken place since the produce was picked. Reducing oxidation is the key to retaining the fresh qualities of your produce. If you are planning to use the produce immediately, using pH 9.5 ionized water is fine.



While all other greens like kale, chard, cabbages and head lettuce should be washed and stored to

extend their life, the opposite is true when it comes to baby lettuce and spinach. These should be kept dry until ready to use. The introduction of any type of water will increase the rate of decay or breakdown in these fragile leaves. Instead wash them in pH 9.5 ionized water just before use and spin or pat them dry.



Leeks are a special case. Slice the leek into rings. Place them in a colander that will easily fit into a bowl. Place the colander into the bowl and fill with pH 9.5 water so that the sliced leeks can float. Gently stir a bit to loosen any dirt in between the growth layers. Carefully lift the colander out of the water and drain tossing out the dirty water. Repeat this as many times as necessary until there is no more dirt in the bottom of the bowl. These are best used right away, but can be stored for several days.

While it is a great idea to spray down your work surfaces & cooking utensils with it, DO NOT use pH 2.5 or 5.5 water on your fruits and vegetables. This water is highly oxidizing in nature and will result in a much faster breakdown of your produce. While it does kill or retard the growth of bacterial forms, it does that through oxidation, the very same thing that causes your foods to break down quickly.

Cleaning & Storing Berries and Mushrooms

Like baby field greens and spinach, berries and mushrooms need to be kept dry to retard breakdown. So it is best to clean them just before use. Before freezing, use the same procedure.

Berries—Since each type of berry is different here is a basic guide: Gently place the berries in a colander that will easily fit into a bowl. Place the colander in the bowl and fill with pH 11.5 ionized water for 3-5 minutes. Remove the colander from the bowl and drain berries. Gently place the berries on an absorbent towel to dry completely.



Mushrooms—There are so many types but they do have something in common, they act like sponges, absorbing water, oil, stock, etc. So NEVER wash a mushroom. Instead, place fresh pH 11.5 water in a spray bottle, lightly mist the mushrooms and wipe with a soft cloth. Or you can use pH 11.5 water on a soft cloth, just enough to make it damp, not wet, and wipe the mushroom. This can be done just before using them or a day in advance. Whatever you do, be certain not to get them wet!



Cleaning & Storing Root Vegetables

DO NOT CLEAN OR SOAK ROOT VEGETABLES UNTIL YOU ARE READY TO USE THEM! Root vegetables are the equivalent to seeds or nuts in the rest of the plant world. To produce a new potato plant you simply plant a portion of a potato. So they sprout roots very easily. Within hours after washing and soaking carrots, yams, potatoes, beets and the like in either pH 9.5 or pH 11.5 water they will start growing roots!

To clean them, simply fill a large bowl or small sink with the root veggies you are about to cook and allow them to soak in pH 9.5 water for about 20 minutes. Then scrub away any remaining dirt or debris, and rinse one more time with pH 9.5 water. Cook as usual in pH 9.5 water.

Root vegetables like onions, garlic and shallots have protective papery layers that are peeled away before use so they do not need to be cleaned.

Cleaning & Soaking Beans and Grains

Experimenting with beans and grains is one of the best visual examples of how effective using ionized water can be at reversing oxidation, and removing dirt & debris from your foods. It will also significantly shorten the cooking time by speeding up the rate they are rehydrated.

Both beans and grains have been harvested, processed, dried and then stored for many months or years in large containers before they are even packaged, warehoused and delivered to your grocer, the rates of oxidation on their outer coating is very high. Removing this oxidation allows them to taste and digest more like they have been freshly harvested.

According to current scientific data, oxidation, which is caused by free radical activity, is the root cause behind aging, disease and death. Consuming foods that are highly oxidized contributes to the overall load of oxidation in our bodies. So reversing the oxidation on these common foods, elevates their healthy properties, makes them taste better, easier to digest, faster to cook and easier to digest.

Basic Directions: Start by placing the beans or grains you want to use in a colander that will fit down into a bowl. Rinse thoroughly with plenty of pH 9.5 ionized water. Check out that rinse water—it will be brown to yellowish with a foam on top. Now cover with pH 11.5 ionized water and allow it to soak for at least 10 minutes. Pour out the soaking water, and rinse with more pH 9.5 water until it remains clear.



Beans of every variety should be sorted before they are rinsed. Once you have completed the steps in the Basic Directions, place the beans in a bowl and pour in enough pH 9.5 water to cover with 2 inches of water. Soak for at least 2 hours, drain and

allow to sprout overnight, rinsing 1-2 more times. If you are short on time, you can begin the cooking process after the 2 hours of soaking. However sprouting dramatically increases the protein content and makes them much more nutritious and easier to digest. Put the beans and the cold 9.5 water in the pot and slowly bring to a low rolling boil. Finish cooking according to recipe directions.



Grains while all grains really benefit from this process, it is especially important with quinoa and amaranth since they have a slightly bitter taste if not properly cleaned before cooking. Sprouted grains are also much more nutritious, so if you have the time, allow them to sit overnight, rinsing once or twice with pH 11.5 or 9.5 water. Cook grains in pH 9.5 water and it will make the rice more fluffy and it will taste fresh longer.

Cleaning Fish & Poultry

Recently there has been some discussion in which it has been suggested that washing fish and especially poultry can actually spread salmonella and may be unwise.

However, using pH 2.5 ionized water can actually kill those microorganisms! Make fresh 2.5 water and pour it into a spray bottle. Spray a bit on your cutting board to disinfect it. Place the fish or poultry on the cutting board and spray all sides with the 2.5 water. Allow it to sit for about 1 minute. Now thoroughly rinse the fish or poultry in pH 9.5 water.

Be sure to thoroughly wash your cutting board then spray with 2.5 water to kill any remaining bacteria. Place the fish or poultry back on the cutting board, pat the surface dry with a clean kitchen towel, season or marinate and cook as usual.



Cleaning Shellfish



Shellfish cleaning and storage is a bit of a challenge especially if you are dealing with live creatures like clams and mussels. There is a bit of a technique to making them taste much better that professional chefs use . . . Fill a bowl with pH 9.5 ionized water, 1/2 cup organic corn meal. Add the shellfish and store about an hour. As they consume the cornmeal it pushes out any of the dirt they may have ingested.

The water works to dispel dirt, sand, excess salt and the cornmeal, and it also loosens any debris on the shells which dramatically shortens the scrubbing time. When you are ready to cook them, scrub the shells with a small scrub brush

with stiff bristles. Remove the beards from the mussels and place in a bowl of clean pH 9.5 ionized water. If you are not quite ready to cook them, store in a dry bowl in the refrigerator. Discard any casualties before cooking.

Why use ionized water to cook my food?

The two best answers to this question are that it makes your food taste better and more importantly it helps to extract all the important nutrients locked in the food to make them more available to your body!

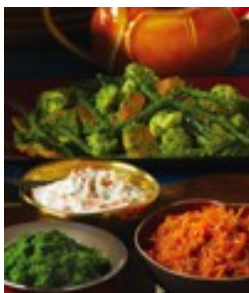
Making Stocks and Soups

The vegetable, fish, poultry or meat stocks are the most important part of any soup. They are made primarily from water with added flavorful vegetables, herbs and spices. The best way to extract the most flavor from these basic ingredients is to use cold pH 9.5 ionized water in a large stock pot, add the vegetables, herbs and spices, cover and allow to sit for 30 minutes. During this time period the water will begin to draw out, or extract the nutrients from the cut vegetables.



Next, turn the heat on to the lowest setting and allow to bring the temperature up very slowly. Maintain that setting and never allow to boil, if possible. Low, slow cooking will allow the stock to extract the vitamins and minerals without losing them in the steam. The optimal cooking time is 8-12 hours. This produces extremely flavorful stock and the more flavorful the stock the more flavorful the soup or stew.

Steaming Vegetables



Gently steaming vegetables in ionized water has many nutritional rewards. It maintains most of the vitamins and minerals and enhances the colors of the vegetables.

The best way to steam veggies is in an expandable steamer basket or a bamboo steamer basket. Fill the bottom of the bottom pot with about 1-1.5 inches of pH 9.5 ionized water. If you are using an expandable basket be sure that the water is below the bottom of the basket. Bring the water to a slow boil add the veggies to the steamer basket and steam until crisp-tender.

Cooking Pasta

This is one subject where more misinformation has been passed along than most. Traditionally literature distributed with ionizers recommend cooking both pasta and grains in

pH 5.5 water. However, as stated earlier, this adds to the considerable oxidation present in any dried foods, including pasta. Additionally, it seems to make pasta rather tough.

However, using pH 9.5 ionized water actually produces a more tender pasta that cooks much faster. The shortened cooking time is important to keep in mind to keep from over cooking.

Many of you have already switched to healthier varieties of pasta like whole grain spelt, or rice. These pastas are already a bit trickier to cook, however when using pH 9.5 ionized water the results are far better than with tap or filtered water.



Making Salad Dressings, Marinades



Using even a small amount of pH 11.5 ionized water in a salad dressing or marinade works wonders! Because it so effectively emulsifies oil, just a teaspoon or two will go a long way to keeping your oil and vinegar from separating.

Simply add vinegar, spices, herbs in a bowl or a blender, then add oil and water in a slow steady stream. The results are remarkable!

Ionized Water in Raw Food Prep

There are few other places that ionized water can make such a big difference in shortening the prep time. Any dedicated "raw foodie" knows the time and labor involved in soaking and sprouting grains, beans, and seeds. For all of you who are already dedicated to the pursuit of creating these healthful foods and for those of you who would like to give raw foods a try, ionized water will revolutionize your recipes!

Short Cut Sprouting

Sprouting used to take days but with ionized water it only takes hours! Sprouting used to have a 60-70% germination rate but with ionized water germination rates are 80-90%!

Basic Cleaning Directions: Start by placing the beans, seeds or grains you want to use in a colander that will fit down into a bowl. Rinse thoroughly with plenty of pH 9.5 ionized water. Check out that rinse water—it will be brown to yellowish with a foam on top. Now cover with pH 11.5 ionized water and allow it to soak for at least 10 minutes. Pour out the soaking water, and rinse with more pH 9.5 water until it remains clear.



Basic Soaking & Rinsing Directions: Now place the cleaned seeds, grains or beans in a jar, cover with enough pH 11.5 ionized water to cover + 50% more. Soak for 3-4 hours,

drain (reserve for soup stock or cooking rice or beans) cap jar with a sprouting lid or multiple layers of cheesecloth securely attached with a rubber band. Turn the jar upside down and tilt to ensure all water drains out of the jar.

Rinse with pH 9.5 ionized water every 2 hours. Often sprouts will begin to appear before first rinse. Most seeds sprout within 3-4 hours, most beans within 4-6 hours and most grains within 7-9 hours.

Smoother Smoothies

Making smoothies with ionized water boosts the bio-availability of the nutrients, fully incorporates the essential fatty acids and enhances the flavor.

Place fruits and veggies in the VitaMix or other powerful blender, add protein powder of your choice, 1 –3 teaspoons of oil, then cover with pH 9.5 ionized water. Blend and serve!



Making Coffee & Tea

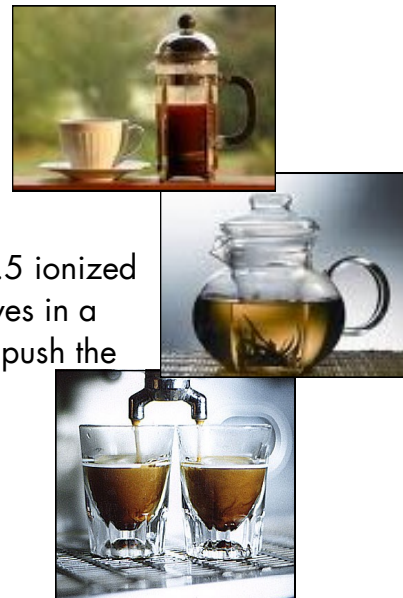
Both coffee and tea contain varying amounts of antioxidants on their own. When they are prepared with ionized water those values increase rather dramatically. Plus you get a much smoother cup. Here are some ideas . . .

Making a Single Cup or a Pot of Tea or Coffee

To make a single cup or pot of tea or coffee using a French Press or Tea Pot is preferable. While boiling does reduce The antioxidant capacity of ionized water, the pH factor is Still somewhat useful. The clean, crisp taste of the water produces a very smooth end result.

In a very clean tea pot, bring desired amount of fresh pH 9.5 ionized water to a full boil, pour over the coffee grounds or tea leaves in a French Press. Stir and allow to brew for at least 5 minutes, push the plunger down and you have a perfect cup of coffee or tea.

When using an espresso machine or an electric drip pot, Follow the manufacturers directions substituting pH 9.5 ionized water. Since water is the main component of all coffee and tea drinks, the better quality the water the better everything tastes.





Making Coffee and Tea Concentrates

Making concentrates of your favorite coffee, green, black, rooibos or herbal tea is a great way to create a more healthful drink with less time and effort! While some of the basics are the same, there are enough differences between coffee and tea that the directions are listed separately.

Coffee Concentrate—Utilizing freshly roasted organic coffee beans is always a great place to begin when making coffee concentrates. Since coffee bushes are heavily fertilized and many pesticides are used as well. The oils in the coffee retain many of these fat soluble sprays, organic is the best option. Grinding them yourself is the next step in creating a wonderful concentrate.

You will want to select a coarse grind for your coffee beans. In a large French Press place 3 tablespoons of coffee grounds per cup of water the pot holds. Fill pot with fresh cold pH 9.5 ionized water, cover and allow to steep overnight. In the morning push the plunger down and transfer coffee concentrate to a glass jar. Remove plunger and fill again with pH 9.5 ionized water and allow to steep for 8-12 more hours. Plunge, pour coffee concentrate into the glass jar and store in the refrigerator. This concentrate is similar to espresso in strength.



To make a cup of coffee, pour 1/4 cup concentrate into a warm coffee cup or mug, then pour 3/4 cup boiling water into the cup. Feel free to adjust the ratios to create your own perfect cup of coffee.

To make cappuccinos or lattes froth your favorite soy, almond or rice milk, place concentrate in the bottom of the cup, slowly add hot, frothed milk.

Tea Concentrate—Choose your favorite green, white, black, red or herbal tea and place 1 heaping tablespoon per cup of water your French Press will hold. Fill pot with fresh, cold pH 9.5 water, cover and steep for 4-6 hours. Plunge and pour the concentrate into a clean glass jar and refrigerate until ready to use.

For hot tea pour 1/3 cup concentrate into a warmed cup or mug. Fill with boiling pH 9.5 water.

For iced tea fill glass with ice, fill with 1/3 concentrate and 2/3's fresh pH 9.5 ionized water.





Kitchens

Kitchens are often referred to as “the heart of the home.” Our families and friends always seem to gather here. So it makes sense that we want to make this area of food preparation, eating and entertaining a safe and comfortable area.

As in the case of bathrooms, kitchens are often filled with hazardous cleaning chemicals. And just as in the case of cleaning and disinfecting bathrooms, every kitchen surface can be effectively cleaned with high quality ionized water.

Solid Surface Countertops like granite, laminate, tile, glass, stainless steel and even butcher block surfaces all benefit from disinfection with pH 2.5 Strong Acid Water. Begin by removing all debris and spills. Oil based spills can be easily cleaned with pH 11.5 Strong Alkaline Water while protein based spills can be easily cleaned with pH 2.5 Strong Acid Water. Wipe all surfaces down and then apply a light spray of Strong Acid Water to all surfaces. If you have chosen a very fine mist no drying is necessary.

Stainless Steel Appliances often show lots of fingerprints and readily streak when cleaned with typical kitchen cleaners. The soapy residue left from these cleaners dulls the surface and attract even more oils. The best way to keep your stainless appliances shiny and resistant to fingerprints is to spray them first with pH 11.5 Strong Alkaline Water to remove any traces of oil, dry thoroughly, then mist with pH 2.5 Strong Acid Water to disinfect, then spray with pH 5.5 Mild Acidic Water and dry thoroughly with a lint free cloth. This process works well for both small and large stainless kitchen appliances as well as stainless steel sinks.

To remove stains from **Porcelain Sinks** liberally apply pH 2.5 Strong Acid Water to the stains, cover with a cloth saturated in Strong Acid Water and allow to sit overnight. If any stain remains, create a mild abrasive paste by mixing sea salt or baking soda with just enough Strong Acid water to dampen. Apply to the stain and scrub with a medium bristle brush.

Wash down your **Cabinets, Brushed Nickel or Chrome Faucets, Exhaust Fan, Oven and Walls** with pH 11.5 Strong Alkaline Water. Its amazing ability to break down fats and oils, dirt and grime makes fast work of these jobs.

Clean, disinfect and deodorize your **Refrigerator and Freezer** with pH 2.5 Strong Acid Water. Spray the surface down, wipe with a clean cloth and dry with a towel!

Cutting Boards

Whether you choose plastic or wood, cleaning and disinfecting your cutting boards is essential to safely kill food borne pathogens.

If your cutting board has not come into contact with raw meat, poultry, fish, tofu or eggs, there is no need to disinfect. However thoroughly cleaning them is still very important. For this you need only soapy water, a thorough rinse with hot water then spray them with a medium to heavy mist of pH 2.5 water and allow to air dry.

If your cutting board has come into contact with raw meat, poultry, fish, tofu or eggs, another step is essential. Saturate with pH 11.5 ionized water to remove the fat from the board, rinse with hot water, wash with soapy water, rinse thoroughly then spray with pH 2.5 ionized water to kill any remaining pathogens.



Knives

Contrary to what many people think, the most accidents in the kitchen involving knives happen with a dull blade, not a sharp one. As a knife gets dull more pressure is applied which can cause the food to slip resulting in a small cut, a gash or even a trip to the emergency room. The best way to keep knives sharp longer is to clean them thoroughly. Another reason to keep them pristinely clean has to do with the very small grooves in the knives that happen as the edge is sharpened. These tiny grooves provide great breeding grounds for unwanted pathogens.

Start by spraying the blade and handle with pH 11.5 ionized water to remove any greasy residue. Now wash thoroughly in soapy water with a brush, rinse with hot water, spray with pH 2.5 ionized water and allow to air dry. A professional never washes knives in a dishwasher, it can dull the blade and result in loose handles.



Pots and Pans

Stainless steel cookware is a great investment. To protect it, keep it looking its best and to thoroughly clean it here are a few tips. Immediately soak any greasy or baked on foods in pH 11.5 ionized water. This will save a great deal of time during clean up. Always



wash in hot soapy water, rinse well, and air dry. A mist with pH 2.5 water disinfects, follow with a spray of pH 5.5 water and a lint free towel to shine the inside and outside of the pot or pan. Stubborn stains, burn marks and discoloration are all handled well with a mixture of coarse sea salt and baking powder with just enough pH 11.5 water to create a paste.

Physicians, international lecturers and published authors, Curt Eastin and Peggy Parker broke the code . . . The code that can activate your body's natural healing potential!



Curtis Eastin, DDS, ND operates a highly successful medical-dental practice in Coeur d'Alene, Idaho. With degrees in both Dentistry and Naturopathic Medicine he is a uniquely qualified Dental Physician.

He earned a B.S. degree with honors in Chemistry and Zoology from the University of Washington, a doctorate with High Honors from the University of Washington School of Dentistry and a second doctorate with high honors, this time in Naturopathic Medicine, from the National College of Naturopathic Medicine. Dr. Eastin has also completed residency programs in both dental medicine and naturopathic medicine and served as officer in charge of oral surgery at USAF Hospital Beale.

Dr. Eastin is credited as being the first to discover the true source of antioxidants found in high-quality ionized water . . . These antioxidants provide this water with its uniquely and profoundly powerful qualities. Dr. Eastin's understanding of the chemistry and physics of ionized water, completed the story told by Dr. Parker's ground-breaking clinical research.



As a traditionally trained Naturopathic Physician and internationally renowned lecturer, Dr. Peggy Parker has earned a well-deserved reputation for progressive thinking and innovative therapies in the field of natural medicine.

Dr. Parker, former Medical Director of Fusion MediSpa, has studied with some of the finest herbalists, homeopaths, naturopaths and medical doctors in the world, culminating with her doctorate in Naturopathic Medicine and a Biological Medicine Diploma through the prestigious Paracelsus Biological Medicine Network. Her colleagues regard her as the foremost expert in world on the subjects of pH, cellular hydration, cellular oxidation and transport of minerals across cell membranes.

After years of clinical research, Dr. Parker made an amazing discovery that explains the root cause of most modern illness . . . a discovery that points directly down the path to healing and optimal health.

Dr. Parker discovered that by correcting oxidation of the cell membrane with high-quality ionized water; the healing power of the cell becomes activated. This profound discovery will change the face of medicine.