

# Vitalizer Plus – Frequently Asked Questions

**What kind of water should I use in the Vitalizer Plus?** Since the Vitalizer Plus helps the body absorb anything in the water faster, we suggest you use a good clean water source such as, distilled, reverse osmosis, filtered water, spring water or good well water.

**Can I use city tap water?** You need to ask your city water district what they add to the water. If they fluoridate or use chloramines, you will need to filter the water first. If they use chlorine only, the chlorine that is in the water will gas off through the agitating vortex action.

**How long will the hexagonal water last?** Once spun, the vitalized water will usually hold its hexagonal shape for approximately 22 days.

**Is it necessary to refrigerate the water?** You may leave the water out for a couple of days, but beyond that it should be kept refrigerated. You also may want to keep the vitalized water in a covered container.

**What is the difference between the various time cycles?** When beginning, it is best to use the 9-minute cycle for at least 60-90 days. This will allow sufficient time for the body to slowly cleanse. The 18-minute cycle is for light therapeutic cleansing and sports endurance. The 27-minute cycle is for major health challenges and strong therapeutic cleansing. The average person would fall into the 18-minute range on a permanent basis after the first 3 months.

**How much water should I use?** Your goal should be to drink enough hexagonal water to equal half your body weight in ounces. For example, if you weigh 150 pounds, you would drink 75 ounces or a little more than nine 8 ounce glasses of water per day. Keep in mind that you can work your way to that level. So begin slowly, replacing your regular fluids with hexagonal water over a few weeks.

**You say to start slowly but I seem to crave more, why is that?** This is very common. Your body is responding to something it needs. But due to the cleansing power of the water you must gradually build up to it. We have found the slower you go, the more enjoyable the journey. Once you're on the water 100%, your body will be satisfied and the cravings will cease.

**Can hexagonal water be used for cooking?** Absolutely! Hexagonal water will just help you assimilate everything better.

**Should I leave the water in the Vitalizer pitcher after spinning it?** No, moving the water to another pitcher will prevent your mineral cube from dissolving too quickly. Storing the water in glass is the best but a hard plastic would be ok, too.

**How should I clean the water pitcher and the mineral cube?** After spinning your water, the best way to care for your Vitalizer is to remove the mineral cube and shake it over the sink getting as much of the water out as possible and then set it on its side on a paper towel or dish strainer. Then dry out your pitcher and cover. When you're ready to spin some water again, put your mineral cube and spinner in and you're ready to go.

**Why is the water foaming?** We have found two conditions that can cause water to foam: first, it could be your source of water, the softer the water the greater the foaming. Second, it has to do with the calcium in the mineral cube. Some batches may have a little more of the calcium, when this happens you will get some foaming with a little residue left after the foam settles. This will usually diminish after a few pitchers and will have a little stronger taste. If this condition persists give R-Garden a call.

**Can I use the Vitalizer Plus with milk or juices?** Not in the Vitalizer itself. You can use the spun water in milk or juices but spinning anything other than water will ruin the integrity of your mineral cube.

**Are the minerals organic or inorganic?** Inorganic. With the power of the vortex, these minerals are released in an ionic form into the water.

**What is the amount of minerals present in the water after vitalizing?** The amount of minerals will be close to the amount one would find in spring water.

**What kind of minerals are in the mineral cube?** Calcium is the most predominant mineral occurring in two different forms, Coral Sand and Calcium Sulphite. Calcium structures and alkalizes the water to give it a better taste. Tourmaline, which adds negative ions, balances oxidation-reduction potential and adds far infrared (FIR). Then there are trace amounts of magnesium for regulating nerve function and blood pressure, phosphorus for softening the water, sodium for electrolytes and potassium for balancing blood pressure.

**What is the purpose of the Tourmaline?** Tourmaline is used to naturally transform water into a mild alkaline state, reduce water clustering, and reduce bacteria. In addition, Tourmaline generates FIR that purifies the

water and acts like a ‘supercharger’ enabling the water to ionize and alkalize. Researchers have found that Tourmaline helps to

- Activate animal & plant metabolism.
- Provide a powerful surfactant effect on water (makes water wetter).
- Reduce cluster size
- Enhance taste
- Assist alkalization
- Minimize water odor
- Increase DO (Dissolved Oxygen)

The far infrared energy that Tourmaline naturally emits causes a resonance in the body at the same frequency as the water, which can be seen through Kirlian Photography (page 7 of the Vitalizer Plus brochure).

**What is the cost of the mineral cube and how long does it last?** The cost of a mineral cube is \$85. Spinning your water at the 9-minute setting, one pitcher a day, your mineral cube will go almost a year. If you do two pitchers a day at 9 minutes, it will last about six months.

**Why isn’t my Vitalizer forming a vortex?** First, check to see if the spinner is in the mineral cube, and then check to see if the notch in the base of the pitcher lines up with knob on the Vitalizer base. Next, remove the spinner and press firmly with your thumb on the ceramic button that the spinner sits on (sometimes this will slightly loosen up during shipment) and start the Vitalizer again (repeat if necessary). If these three steps still don’t produce a vortex, then call R-Garden.

**How will the Vitalizer affect the pH of the water?** Your Vitalizer will always be moving the water toward an alkaline state. Distilled and reverse osmosis units create pure water void of minerals, which makes it pretty acidic. Depending on what type of water you use, your Vitalizer will move the pH upward approximately .6 to .8 on the pH scale per 9 minutes of spinning. To accurately test pH in water, one needs to use a BTB pH Water tester. R-Garden has them available for \$3, just ask for one on your next product order or purchase one at a water store (pool supply store).

**What are some of the cleansing reactions that a person might experience?** Please understand that each person is different and that each one has different life experiences to deal with. Keeping this in mind we have found some common reactions. Most common is a headache that persists for an hour or more if you try to go too fast. Next would be a colon cleanse and with some people the opposite, constipation. In the event of constipation, drinking several glasses in a short period seems to get things flowing. Next would be skin blemishes, such as pimples, acne, cold sores, etc. And in extreme cases would be skin cleanses over larger sections of the

body. In any of these cases, stop consuming the water for three days. Then, start consuming the vitalized water at a slower pace for a more pleasant experience. Always feel free to give R-Garden a call to get a second opinion.

**Why do I feel agitated / depressed?** Some people have experienced an agitation or emotional edginess from the water. This emotional release sometimes occurs when one has been exposed to chemical toxins that begin to flush out at the intercellular level. These feelings should pass in a day or two but going slowly is the preferred method. The same is true with a feeling of depression. If one has been exposed to mold toxins, they may begin to flush out of the intercellular level causing an emotional down feeling. Again, going slower should be your preferred method. In some cases, stopping the water for three days and starting again much slower will help you handle the reaction better.

**I have been taking R-Garden's Vitamin O, will the Vitalizer Plus replace my use of Vitamin O?** No, Vitamin O is a very different product. Even though Hexagonal water holds more oxygen, it is in gas form. The human digestive system does not digest gases very efficiently. If it could, we would all be dead from drinking soft drinks, which use carbon dioxide to carbonate them. Vitamin O works on a different level.

**It says not to use around medical devices, what about implanted medical devices?** The Vitalizer Plus uses a strong electromagnet that creates a strong magnetic field when running. We recommend that you consult your professional medical advisor before using.

**Can children or pets take the water from the Vitalizer Plus?** Absolutely! They need to start slowly with one ounce a day—increasing by one ounce every three to six days. Watch for any reactions physically or emotionally and if any occur hold at that level of consumption until the reactions disappear. Keep in mind that you are addressing a smaller body and probably a smaller amount is needed.

**How important is it to change the mineral cube?** The mineral cube is instrumental in creating hexagonal shapes as it releases structure-building minerals in an ionic form. Your Vitalizer Plus will flash a “CC” across the led screen when you are within about three weeks of depleting your mineral cube. Without the mineral cube, hexagonal water has no stability. Checking periodically your time on the Vitalizer Plus will help you plan ahead for mineral cube replacement.