



Quality • Longevity • Integrity

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IonShield® Manual



- Improves acid/alkaline balance
- Provides negative ions
- Increases hydration
- Reduces molecular cluster size for better absorption
- Generates negative ORP - antioxidant water
- Provides natural far-infrared ionization
- Supplies active hydrogen ions
- Increases pH
- Contains silver and anti-bacterial ceramic
- Uses only non-toxic materials
- Converts water in just a few minutes
- Easy cleaning
- Tourmaline – helps reduce surface tension, provides FIR, ionization
- Zeolite – absorbs and retains heavy metals and toxins
- Maifanshi – absorbs toxins and supplies trace minerals
- Silver – antibacterial, antifungal, anti-viral and more
- Additional minerals clean, mineralize and ionize the water
- Should be replaced in 6-12 months depending upon use

Common IonShield® Questions

1. How large is the IonShield®?

A: It is a stainless steel cylinder designed to be placed into a standard water bottle and carried with you wherever you go. It weighs 1.7 oz. It is ¾" diameter and 5-1/2" high. It only takes a few minutes for it to work its water magic.

2. How does the IonShield® work?

A: The internal mineral mix is responsible for the beneficial effects. The Healthy Habits IonShield® can transform ordinary water to alkaline water without electrification at anywhere any time desired by utilizing new materials and technologies. The core component of the IonShield® is a mineral mix consisting of state-of-the-art material designed for optimal water treatment. Formed under high temperature by melting and conjugating effective ingredients from high-energy biochemical ceramics and pumice mineral stone with potent rare earth, the IonShield® is highly catalyst-sensitive and capable of ionizing and alkalizing water. Tourmaline - helps reduce surface tension - provides FIR & ionization; Zeolite - absorbs and retains heavy metals and toxins; Maifanshi - absorbs toxins and supplies trace minerals; Additional Proprietary Ionic Mineral Blend - cleans, mineralizes and ionizes the water. The Healthy Habits IonShield® is a revolutionary device. It is a natural wonder for modern lifestyles.

What are some of the minerals in the IonShield® and why were they chosen?

Tourmaline -- A complex silicate mineral material with natural electric properties. The electricity carried by tourmaline is static direct current. Tourmaline is a polar crystal; it produces a positive electrode at one end and a negative electrode at the other end, naturally and eternally. The positive electrode and negative electrodes are usually in an unsteady state, which produces the electric potential. It is because of this electrical potential that tourmaline has static electricity. This current is only 0.06 mA, which approximates the biocurrent of our body. This is extremely important to human movement, since the 0.06 mA bioelectricity supports our health. Tourmaline starts to ionize water immediately and helps to create an alkaline nature. Alkaline water will detoxify the active oxygen radicals; activate cells to support normal metabolism; assist to purify the blood; relieve fatigue; help balance the nervous system; improve resistance to disease; ease pain and nervous conditions; support allergy immunity; help prevent premature aging and promote health. Tourmaline radiates far-infrared energy with a wavelength of 4-14 micron. This far-infrared energy is called "The Light of Life" and matches the far-infrared wave of the body, thus supporting proper microcirculation of blood and nutrients.

Maifanshi -- A mineral rich in porphyritic pea gravel. In Asia, Maifanshi has traditionally been used for bathing due to its ability to absorb toxins and supply immense trace minerals. Maifanshi helps to ionize, clean and mineralize water.

Zeolite -- In China, this stone is referred to as the "cell cleaner." As a natural healing stone, medical stone is mainly composed of silicic acid, iron, calcium, manganese, magnesium and other minerals. Water is the foundation of health and the lifeline of food and beverages. Medical stone is an ideal water purifier due to its intensive absorption to heavy metals such as lead, cadmium, hydrargyrum, arsenic and hexavalent chrome. The medical stone has the ability to absorb injurious elements and bacteria colonies and purify the by dissolving unfavorable materials. Long-term drinking can remove harmful materials accumulated in body, regulate metabolism and promote blood circulation. This stone promotes urination promoting, supports stomach function and liver protection. Zeolite is a mineral group having a four-sided honeycomb structure and a negative magnetic charge. This allows Zeolite to attract heavy metals and toxins and permanently absorb them. Zeolite absorbs carcinogens, free radicals, heavy metals, pesticides, herbicides, viral particles and other positively-charged toxins.

Nano-Silver -- Nano-Silver strongly inhibits pathogenic micro-organisms. It also supports the repair of damaged epithelial cells. When exposed to water its anti-bacterial effect enhances and improves water quality.

Mineral Pod Mix -- The above elements and the rest of the proprietary mineral mix has the effect of adjusting the water pH value and conductivity of water to make the water be more alkaline. It also reduces the water molecular chain to form small clusters of water (microwater), which improves its penetrability, solubility and diffusion. This increases cellular efficiency and metabolism by increasing the

exchange of water inside and outside the cell membrane. It creates a favorable environment for the excretion of injurious acid metabolites and waste, which promotes greater immunity and longevity.

3. Is the IonShield® just as effective on distilled water or reverse osmosis water or soft water as on tap water?

A: The IonShield® may be used with any type of water. Distilled water will take longer to treat due to its lack of minerals and acidity. You should never drink soft water, no matter if in IonShield® or from the tap. It is our opinion that no one should drink tap water, but treating it with the IonShield® is certainly a much better option than drinking from the tap.

4. How do I use the IonShield®?

A: Simply place it inside a standard water bottle and drink as desired. Depending upon your source water it may take several minutes to generate the positive pH and negative ORP desired. The change is exponential with time. It also helps speed up the process if you oscillate the water bottle top over bottom a few times.

5. Can I use my IonShield® to treat the water and then pour the treated water into another container for storage?

A: No.

6. Is the IonShield® metal or plastic?

A: It is made of high-quality Stainless Steel #304.

7. How do I get more information regarding the Kangen water generator?

A: Contact Dr. Martin at 800-604-6766 or DrMartin@Longevity-Formulas.com or visit: <http://longevity.H2Origin.com>

8. Why does my IonShield® water taste bad after sitting for day or longer?

A: The IonShield® continually treats the water. The longer it sits, the stronger the anti-oxidizing, anti-aging, alkalizing, micro-clustering effects. After a few hours, this can produce a slight "hydrogen peroxide" taste, but not always. The pH rises and the ORP decreases as the water is exposed to the IonShield. This is the benefit of having several IonShields® for storage. If your water is tasting "bad" after minutes instead of hours, it could be that the quality of your source water is more alkaline than average, or, your IonShield® may need to be cleaned. When reporting such cases to us, please be sure to define "bad" when describing the taste so we have the information we need to assist you.

9. How much IonShield® water should be consumed daily?

A: An average adult body in a sedentary condition is designed to take around 64 oz water per day or one can follow the more specific formula of 1 oz water per 2 lb body weight. Those with health issues should gradually increase the volume to more than 3 qt daily.

An average adult body in a sedentary condition is designed to take around 64 oz water per day or one can follow the formula of 1 oz water per 2 lb body weight. Those with health issues should gradually increase the volume. Do not suddenly start drinking this much water daily if you are not accustomed to it. Also, consult your doctor. You could have health issues at odds with sudden increased water intake. See Question #11 of the IonPod® Manual for the "water formula."

10. Are there certain minerals that are increased by the action of the IonShield® on water?

A: Yes. Alkaline minerals such as Calcium, Magnesium, Sodium, Potassium are increased. Magnesium is a natural tranquilizer. It is often referred to as the "anti-stress" mineral. It is effective in relaxing nerves, relieving tension, assisting digestion, activating enzymes important for protein and carbohydrate metabolism and modulating the electrical potential across cell membranes. Magnesium is helpful for the production and transfer of energy, muscle contraction and nerve conduction. Magnesium induces restful sleep, purifies and purges body tissues and can lower a fever. Magnesium stored in the bowel, nerves and ligaments is necessary to keep vertebrae properly positioned. Green vegetables and chlorophyll also contain large amounts of magnesium.

11. Why does the pH of the tap water and the pH of the IonShield® water, the same? Is my IonShield® not working?

A: It sounds like you are using the wrong test strips or reagent to test the water. You cannot use all pH test strips on water. You must use the liquid pH reagent that is designed for water testing or the special Healthy Habits pH strips that are designed for urine & saliva & water. The test result you are presently reading is bogus if you are using strips not designed for water testing.

12. Can I use IonShield® water for my contact lens cleaning?

A: No! Contact lens solution is much different than water. IonShield® water has high solubility and may ruin the lens.

13. Where can I get the correct pH reagent to test my IonShield® water?

A: The correct pH strips are now available from Healthy Habits since many of you live in areas where pools are not common. Those of you who have ready access to pool supply stores should purchase the liquid pH reagent that measures approximately 5.0 - 10.0 or use the special pH strips from Healthy Habits. **NOTE:** If the pH strips that come from Healthy Habits do NOT specifically say for water & urine & saliva, then they are NOT for water testing.

17. Does the IonShield® remove chlorine?

A: No, the IonShield® does not remove chlorine. The proprietary mineral pod mix alkalizes the pH and lowers the ORP of the water. The nano-silver provides anti-fungal, anti-bacterial and anti-viral properties.

IonShield® User Tips

Water is involved in all biochemical reactions and living functions of human body. Quality wholesome water is the essence of well-being and longevity!

In order to maintain health of living body, we must drink quality wholesome water. Yet what kind of water is considered quality wholesome water? Based on extensive research, the WHO (World Health Organization) specialists have discovered that quality wholesome water must be weak alkaline by nature, micro cluster in composition, have negative potential and high level of oxygen.

The Healthy Habits IonShield® can transform ordinary water to alkaline water without electrification at anywhere any time desired by utilizing new materials and technologies.

The core component of the IonShield® is a state-of-the-art material designed for optimal water treatment. Formed under high temperature by melting and conjugating effective ingredients from high-energy biochemical ceramics and pumice mineral stone with potent rare earth, the IonShield® is highly catalysis-sensitive and capable of rapidly ionizing and alkalizing water.

1. **First Use:** Clean the IonShield® prior to the first use. Place the IonShield® in boiling water, or into a water bottle. Shake the bottle to release any loose minerals from the IonShield®. Repeat until the water is clear.
2. **Cleaning:** Clean the IonShield® with citric acid or white vinegar after one month continuous use. If water quality is poor, cleaning should be conducted every two weeks. White vinegar cleaning method: Place the IonShield® in 2-3 tablespoons of white vinegar and 4 oz water. Shake the IonShield® for 10 seconds and pour out the liquid. Repeat (no need to replace the white vinegar) until the white particles, if any, disappear. Then cleanse with large amount of clean water.
3. **Cold Water:** Place the IonShield® into water and drink after three minutes (the longer the better). Wait for only one minute before drinking during the first few days of use. (Due to its acidity and/or high ORP, tap or purified water may take more than three minutes to process). To increase ionization, oscillate by turning it top to bottom before drinking.
4. **Hot Water:** Place the IonShield® into the water. Wait until the water naturally cools down to around 122°F before drinking. Oscillate before drinking.

5. **Making Tea:** Place the IonShield® into boiled water. After three or more minutes, pour out the water to make tea. It is not recommended to place the IonShield® into the tea with leaves as the tea leaf remnants could interfere with the normal function of the IonShield®. Placing it into tea made with a tea bag is acceptable.
6. **Lifespan:** The expected lifespan of the IonShield® is 6 months (based on half-gallon per day per person). Since it is inexpensive, we encourage all users to replace annually or when water tests weak.
7. **Examination Methods:** 1) Take one cup (approximately 8 oz) of freshly made IonShield® water; add 2-3 drops of pH reagent or use water testing pH strips and compare the result with the color plate. If the pH reads 8.0 or more, it means the IonShield® is working properly.
8. **Stored Water:** The water could become very strong after 8 hours. Consider diluting this water or disposing of the water and starting over.
9. **Potency:** Use one IonShield® for a 16 oz bottle. Use two IonShields® for a quart or more for faster, stronger ionized drinking water.