



A REAL-LIFE GUIDE TO CLEANER LIVING

Clean Home, Clear Head

A simpler home, fewer products, and the five waters I
actually use. Real family. Real mess. Real routines.

Kay

INDEPENDENT ENAGIC® DISTRIBUTOR

WILD. WORTHY. WEALTHY.

Let's start with the cabinet under my sink.

A couple of years ago it was a graveyard of half-used sprays. One for glass, one for the stovetop, one for the bathroom, and one I bought purely because the label had a lemon on it. Between my boys and a full-time corporate job, I grabbed whatever was fastest and hoped for the best.

Then I got my K8 and started actually using all five waters it makes. Not just the drinking one. All of them. Slowly, the bottles under the sink disappeared. Now it's a few labelled spray bottles, a jar of castile soap, and a lot more room to breathe.

This guide is everything I wish someone had handed me on day one. No science lecture. No miracle promises. Just the practical, real-life ways I've simplified our house, and how I use each water in it: the kitchen, the never-ending laundry pile, the bathroom my kids somehow wreck daily, the garden, and Hugo, our dog.

Take what's useful. Leave the rest. That's pretty much my whole philosophy.

Kay

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A quick note: This guide shares my personal household routines and practical uses. It is not medical advice, sanitation guidance, or a substitute for manufacturer instructions. Always check the care instructions for the surface, material, appliance or product you're cleaning.

Start here

Let's clear something up first. Clean living doesn't have to mean:

- throwing everything in your house away
 - spending thousands of dollars replacing products
 - making every household product yourself
 - obsessing over every single ingredient
 - creating a perfect Pinterest house (mine is not one)
-

INSTEAD

*Simplify. Replace what makes sense.
Keep what works.*

This is a real-life guide for a real-life house. Kids, pets, laundry, sports, work, crumbs, and a calendar that looks like a ransom note. If you have a minute and a half between drop-off and your next thing, this guide is for you.

The goal is not a perfect home. The goal is a home that feels simpler, cleaner, and easier to run.

My 10 clean-living rules

01 Simplify before you buy more.

Use up what you have. Then decide.

02 I don't need 14 products for one room.

I counted once. It was embarrassing.

03 Clean doesn't have to mean complicated.

04 Less fragrance. More fresh air.

Open a window. Even in February in Alberta, Canada. Briefly.

05 I don't chase perfection. I build systems.

06 My kids live here. It's allowed to look like it.

07 "Natural" doesn't automatically mean safe.

Poison ivy is natural. Read the label anyway.

08 I care about what goes in my body and what goes on it.

09 I don't need to DIY everything.

I have a life. So do you.

10 The goal isn't a perfect house. It's a healthier, simpler life.

A cleaner home doesn't mean a perfect one

Right now, as I write this, there is laundry on the floor. There are crumbs under the table that I'm choosing not to look at. There are tiny fingerprints on the patio door, a hockey bag airing out by the back door, and a dog who treats shedding like a full-time job. (Where does the hair go? Everywhere. The answer is everywhere.)

I will clean the bathroom today, and someone will destroy it within five minutes. That's not a failure. That's a family living in a house.

Switching up how I clean didn't make my house perfect. It made it lighter. Fewer bottles. Fewer decisions. Less "which spray was this one for again?"

The goal isn't perfection. It's fewer unnecessary products, simpler systems, and a home that works for real life.

Meet the five waters

One machine, five settings. This is the cheat sheet taped inside my cupboard door. Label your bottles to match and you'll never have to think about it again.

	PH	WATER + WHAT I USE IT FOR	DRINK IT?
	11.0–11.5	Strong Kangen Water The degreaser. Stovetops, greasy pans, laundry stains, produce soak.	NO
	8.5–9.5	Kangen Water® The everyday one. Water bottles, coffee, tea, soups, pasta, plants.	YES
	7.0	Neutral Water Plain filtered water. Medication, baby food, the fridge pitcher.	YES
	4.0–6.0	Beauty Water Gentle and slightly acidic. Face, hair, mirrors, glass, floors.	NO
	2.5	Strong Acidic Water The finisher. Bathroom sinks, faucets, toilets, shower heads.	NO

THE BOTTLE TRICK

I use a different bottle or a coloured label for each water, and the three “not for drinking” ones live up high. Strong Kangen and regular Kangen look exactly the same.

Available settings and exact pH can vary by machine model and your local water. Check your manual for your unit.

Which water do I use?

For when you're standing at the machine holding a bottle and your brain has left the building.

THE JOB

THE WATER

Drinking

Kangen Water (8.5–9.5) or Neutral (7.0)

Coffee, tea + cooking

Kangen Water (8.5–9.5)

Taking medication

Neutral Water (7.0)

Baby food

Neutral Water (7.0), plus your doctor's advice

Greasy stovetop

Strong Kangen (11.0–11.5)

Laundry stains

Strong Kangen (11.0–11.5)

Glass + mirrors

Beauty Water (4.0–6.0)

Face + hair

Beauty Water (4.0–6.0)

Bathroom surfaces

Strong Acidic (2.5), never on natural stone

Plants

Depends on the plant. Test your soil first (page 17)

Pets

Ask your vet first (page 18)

OKAY TO DRINK

Kangen Water · Neutral Water

NEVER DRINK

Strong Kangen · Beauty · Strong Acidic

Strong Kangen Water 11.0–11.5

This is the one I grab when something is greasy, grimy, or straight-up gross. It's strongly alkaline, so it is not for drinking. Think of it as the muscle of the machine.

HOW I USE IT

Stovetop & range hood

Spray, let it sit for a minute, wipe. That sticky film comes off way easier than with plain water.

Laundry stains

Coffee spills, and baseball pants. Grass stains, blood, dirt: spray or soak, then wash like normal.

Lunch boxes

The Friday-afternoon lunch box clean-out. You know the one. Spray, wipe, rinse.

Produce rinse

A few minutes' soak, then a rinse with Kangen Water. Part of my routine, not a replacement for washing produce properly.

Dishes

Fill the sink with it and I find I need less dish soap to get through the greasy pans.

Cutting boards

Scrub after anything oily and rinse. Raw-meat boards still get hot soapy water (page 22).

KAY'S TIP

Label your bottles. Strong Kangen and regular Kangen Water look exactly the same, and nobody in my house needs a surprise sip.

Kangen Water®

8.5–9.5

This is the everyday water. It's what fills our water bottles, the coffee maker, and the pasta pot. If you only ever remember one setting on the machine, make it this one.

HOW I USE IT

Water bottles

Every bottle in this house gets filled straight from the machine before school, practice and the gym.

Cooking

Soups, rice, pasta, boiling veggies. Anywhere a recipe says "add water," this is the water.

Goodbye, plastic cases

We stopped hauling cases of bottled water home. My trunk and the recycling bin are both happier.

Coffee & tea

My morning cup is non-negotiable. It's also the first thing people notice tastes different.

Final produce rinse

After a Strong Kangen soak, a quick rinse with this and it's ready for the fridge.

Houseplants

Enagic lists watering plants as a use, and most of mine get it. More on page 17.

KAY'S TIP

New to it? Start at 8.5 and work your way up. It's exactly what I tell everyone who tries a machine in their own kitchen.

Taking medication? Enagic lists Neutral Water (page 11) for that.

Neutral Water

7.0

Plain, filtered water. Nothing fancy, and honestly, that's the point. It's the calm, dependable friend of the five waters.

HOW I USE IT

With medication

Enagic lists Neutral Water for taking medication. Easy rule. Questions about your meds? Ask your pharmacist.

Baby food

Enagic also lists it for preparing baby food. For anything baby-related, your doctor has the final say.

The fridge pitcher

For guests, grandparents, and anyone who just wants a plain glass of water, no questions asked.

Pet water bowls

One option for pet bowls. Check with your vet if you're unsure what's right for your pet (page 18).

Neutral-loving plants

Lettuce, spinach, beans, squash and plenty of flowers are happy right in the middle.

Ice cubes

Clean-tasting ice that doesn't make your drink taste like the tap. Small thing. Big difference.

KAY'S TIP

When in doubt, go Neutral. It's the safe, "boring" choice, and some days boring is exactly what we need.

Beauty Water

4.0–6.0

Slightly acidic, gentle, and my most underrated setting. You don't drink it, but there's a spray bottle of it living permanently on my bathroom counter.

HOW I USE IT

Face

How I use it: a spritz after washing, like a toner. Patch test first, and skip it if your skin complains.

Mirrors & glass

With a microfibre cloth, it's my glass cleaner. Small fingerprints on the patio door included.

Stainless + chrome

Faucets and the fridge door, wiped with a microfibre cloth. Enagic lists polishing as a use.

Hair

A final rinse after shampoo. I find it helps with tangles, which my hair needs badly.

Floors

Tile and sealed hardwood, without that sticky feeling under your socks. Check your floor's care guide first.

Acid-loving plants

Blueberries, azaleas, rhododendrons. Test your soil first. Details on page 17.

KAY'S TIP

Keep a little mister in your purse or the car. Two seconds of something just for you, in a day full of snack requests.

Strong Acidic Water

2.5

The other heavy hitter. Strongly acidic, definitely not for drinking, and kept up high, away from little hands and away from eyes. This is my "finishing" water.

HOW I USE IT

Bathroom

Sinks, faucets, the toilet, and that one spot behind it my boys apparently can't see.

Shower heads

I soak ours in a bag of it for mineral build-up. Check the finish first.

Door handles

Handles, light switches, the fridge door. The sticky-fingerprint circuit.

The final wipe

Once counters are clean, a last spray and wipe. My routine, not a disinfectant (page 22).

Dish towels & cloths

A soak before they go in the wash, especially the ones that smell a little off.

Toothbrush holder

Spray, wipe, rinse with Kangen Water. The cup at the bottom will thank you.

KAY'S TWO-STEP

Strong Kangen to cut through the grime, then Strong Acidic for the final wipe. Clean first, then fresh.

Heads up: skip natural stone like marble or granite (acid can etch it), keep it off your face, and always store it in a labelled, closed bottle.

Good to know: The bottom hose also releases by-product water any time the machine is running, not just in Strong Acid mode. This is normal and expected.

The kitchen

Most people keep their machine in the kitchen. Mine actually lives in my laundry room. I just prefer clean countertops and less clutter. Wherever yours lives, the kitchen is where you'll use the waters most.

Here's what a normal day looks like in there.



MY SETUP, IN THE LAUNDRY ROOM

MORNING	Coffee with Kangen Water, then every water bottle gets filled before school, practice and the gym. Lined up on the counter like little soldiers.
GROCERY DAY	Produce gets a short soak in Strong Kangen, a rinse with Kangen Water, then into the fridge. Still washed properly before eating.
DINNER	Kangen Water for pasta, rice, soup. Strong Kangen on the stovetop and greasy pans once everyone's fed.
LAST THING	Counters wiped with my all-purpose spray (page 19). Then the kitchen is closed. Snack requests may be submitted in writing.
FRIDAY	The Friday-afternoon lunch box clean-out. You know the one. Strong Kangen spray, wipe, rinse, and we don't talk about what was in there.

FOOD SAFETY STILL WINS

Raw meat, poultry and eggs get the normal food-safety treatment in my house: hot soapy water, separate boards, and a proper disinfectant when it's needed. The waters are part of my routine, not a replacement for that.

The bathroom

I have three boys. Enough said. This used to be the room with the most bottles. Now it's three: Beauty Water, Strong Acidic, and Strong Kangen.

THE 2-MINUTE DAILY

Beauty Water on the mirror
Strong Acidic on the sink + faucet
Quick wipe of the toilet seat
Hand towel swapped if it's crispy

THE WEEKLY PROPER CLEAN

Strong Kangen on soap scum first
Strong Acidic as the finisher
Beauty Water on glass + floors
Toothbrush holder, finally

Beauty Water, for me

There's a mister of Beauty Water living on my bathroom counter. I use it after washing my face, like a toner, and as a final rinse on my hair. That's my routine and how I like it, not a promise about your skin.

Patch test anything new, keep it out of your eyes, and skip it if your skin says no.

KAY'S TIP

Clean the bathroom right before bed. You get about eight glorious hours of it looking that way.

Strong Acidic Water isn't for natural stone like marble or granite. When someone's been sick, I follow public health guidance and use a proper disinfectant (page 22).

Laundry + kids



EXHIBIT A

The laundry pile in this house never actually ends. It just changes sports. Hockey in the winter, baseball in the summer, and dirt all year round.

You see why I keep my machine in the laundry room now. Strong Kangen is my pre-treat for nearly everything.

Baseball pants	Grass stains, blood, dirt. Spray with Strong Kangen or soak, then wash. Blood gets cold water only. Hot water sets it.
Coffee + food	Spray as soon as you notice, let it sit a few minutes, wash like normal.
Dish towels	A Strong Acidic soak before they go in, for the ones that smell a little off.
Washer door seal	Wiped down so it doesn't get funky. Follow your washer's manual for its cleaning cycle.
Water bottles	Lids off, scrubbed with the dish soap on page 19, air-dried upside down. Every day. Every. Day.

THE HOCKEY BAG

Hockey moms, you know. Washable pieces soak in a bucket of Strong Kangen for an hour, then wash as usual. And air the bag out. Every. Single. Time.

Always check care labels and the gear maker's instructions, especially for helmets, pads and anything with foam.

Water + plants

I am not a master gardener. I am a woman who has killed a cactus. So here's the honest version.

- 1 Test your soil first.** A cheap kit from the garden centre will tell you more than any guide can, including this one.
- 2 If they're happy, leave them alone.** Plenty of plants do just fine with regular water. Changing the pH of your watering isn't automatically necessary.
- 3 Then match the water to the plant.** Enagic lists Kangen Water for watering plants. For the pickier ones, this is roughly how I think about it.

8.5

LIKES IT ALKALINE

Beets, cabbage, cauliflower,
carrots, lilacs, pink
hydrangeas

7.0

LIKES IT NEUTRAL

Lettuce, spinach, beans,
peas, squash, tulips, mint

4.0–6.0

LIKES IT ACIDIC

Blueberries, potatoes,
azaleas, rhododendrons,
blue hydrangeas

KEEP IT REAL

Plant needs vary a lot, and soil, sun and drainage matter more than any one watering trick. I'm sharing what I do in my yard, not promising bigger tomatoes.

Strong Acidic and Strong Kangen Water stay out of the garden in my house.

The furry family



MEET HUGO

Pets make a house a home, and also make the floors a disaster. I keep this section deliberately simple and careful.

I've split it in two, because cleaning around your pets and putting something in or on your pets are very different things.

What I use around my pets

Food bowls: washed with dish soap and Strong Kangen, then rinsed really well.

Muddy paws + accidents: blot fast, rinse with Kangen Water, Strong Kangen on what's left, blot again. Rinse so no residue is left behind.

Floors: Beauty Water where they nap and lick things they shouldn't.

What my pets drink

Fresh water, changed daily, in a clean bowl. In my house that's Kangen or Neutral Water.

Every animal is different. Age, size, diet and health all matter, so this is a conversation for your vet, not for me.

Enagic lists pet care as a Beauty Water use. I'd still ask your vet before putting anything on their skin or coat.

Check with your veterinarian if you're unsure whether a particular water or application is appropriate for your pet.

Never give pets Strong Kangen, Beauty or Strong Acidic Water to drink. Some essential oils are unsafe for cats and dogs, so check before using scented cleaners where they hang out.

Recipes from my sink

Four bottles replaced most of what used to live under there. Read page 21 before you mix anything. Yes, really.

All-Purpose Spray

2 cups Strong Kangen Water (11.0–11.5)

1 tsp liquid castile soap

Essential oil, optional (see page 21)

Water in first, then soap, so it doesn't foam over. Swirl, don't shake. Not for natural stone or unsealed wood.

Glass & Mirror Spray

2 cups Beauty Water (4.0–6.0)

A microfibre cloth

That's the whole recipe. Wipe in an S pattern and buff dry. Skip screens and coated lenses unless the maker says it's okay.

Hand Dish Soap

1 cup Strong Kangen Water (11.0–11.5)

3 tbsp liquid castile soap

1 tsp vegetable glycerin

Into an old soap pump, washed out and relabelled. Don't add vinegar: it curdles castile soap.

Stain Soak

A bucket of Strong Kangen Water

The offending item

One hour of patience

Then wash like normal. Check the care label first, and skip it on wool and silk.

Shine Hair Rinse

After shampoo, pour 1 cup of Beauty Water over your hair, wait a minute, rinse lightly. Patch test first and keep it out of your eyes.

KAY'S TIP

Make small batches. A spray you use up in a couple of weeks beats a giant jug you forget about.

DIY room refresher

Want your home to smell fresh without reaching for conventional air fresheners?

YOU'LL NEED

1 small spray bottle
Beauty Water (4.0–6.0) as the base
5–10 drops of your favourite essential oil

TRY

Lavender	soft + calming
Eucalyptus	crisp + fresh
Lemon	bright + clean
Peppermint	fresh + energizing

How to use

Add your essential oil to the bottle, fill with Beauty Water, shake well before each use, and lightly mist into the air.

KAY'S TIP

Essential oils and water naturally separate, so give the bottle a good shake before every use. Avoid spraying directly on delicate fabrics, finished wood, pets, or around small children.

Some essential oils aren't safe around cats and dogs, even in the air. Check with your vet first, and see page 21 before you mix.

Simple. Fresh. No complicated ingredients.

Before you mix anything

Homemade doesn't automatically mean safer. A few house rules I actually follow.

Label everything

What's in it, which water, and the date you made it. Future you will not remember.

Store it smart

Closed bottles, out of direct sunlight, up high and away from kids. Make small batches and use them up.

Patch test first

New surface, new fabric, new skin routine? Try a small hidden spot and wait before going all in.

Know your surfaces

Acidic water can etch natural stone like marble and granite. Check care guides for wood, stainless, screens and anything with a special finish.

Never mix cleaners

Don't combine your homemade sprays with store-bought products, and never mix bleach with anything. Vinegar curdles castile soap, so keep those apart too.

Clean bottles only

Reusing an old spray bottle? Wash it well, peel the old label, and relabel it. No mystery bottles.

ABOUT ESSENTIAL OILS

They're optional, strong, and not automatically gentle. They can bother sensitive noses and skin, and some are unsafe around cats and dogs. When in doubt, leave them out.

ABOUT PETS

Let floors dry before pets walk on them, rinse anything they eat or drink from, and keep spray bottles where paws and noses can't reach.

Not everything needs a DIY version.

I love my spray bottles. I am not going to tell you a spray bottle handles everything, because it doesn't. Clean living isn't about reinventing every product in your house. Some jobs call for the real thing.

WHEN I REACH FOR SOMETHING ELSE

Raw meat + food safety	Hot soapy water, separate boards, and a proper disinfectant when it's needed.
Illness + bodily fluids	Stomach bugs and the like. I follow public health guidance and use the products it recommends.
Mould	Anything more than a small surface spot, or anything that keeps coming back, gets a professional.
Floods + sewage	Call the pros. This is not a spray-bottle situation.
Appliances + finishes	Dishwashers, ovens, quartz, hardwood: follow the manufacturer's instructions and approved products. Warranties are picky.
Baby gear	Bottles, pumps, car seats: the maker's cleaning instructions come first.

*Clean living isn't about being extreme.
It's about being intentional.*

What I stopped buying (and what I didn't)

THINGS I STOPPED BUYING

A separate spray for every kitchen surface

Separate glass cleaner

Cases of bottled water

Fancy produce washes

Three different bathroom sprays

Anything purely because it had a lemon on the label

THINGS I STILL BUY

Laundry detergent

Dishwasher detergent

Castile soap for my recipes

A proper disinfectant for raw meat
+ sick days

Cleaners my appliances and floors
call for

The skincare that works for me

I'm not trying to replace everything. I just don't want to buy something when I already have a simpler option.

Start with 5 swaps

Not 50. Five. Tick the areas you'd like to simplify, then pick the five that would make the biggest difference in your house.

☐ Drinking water

☐ Hand soap

☐ Water bottles

☐ Fragrance products

☐ Dish soap

☐ Skincare

☐ All-purpose cleaner

☐ Food storage

☐ Laundry products

☐ Air fresheners

☐ Bathroom cleaner

☐ Other: _____

My first 5 swaps

1

2

3

4

5

Use up what you have first. A swap happens when the bottle runs out, not when you read this page.

A cleaner body

I'm not a doctor, a dermatologist or a nutritionist, and none of this is medical advice. This is just how I've simplified what goes in and on me, without making it a second job.

1 Drink more water, full stop

A full bottle on my desk and one in the car. If it's in front of me, I drink it. If it's in the cupboard, I don't.

2 Fewer products, not fancier ones

I went through my bathroom drawer and found four nearly identical moisturizers. Now I finish one before I buy the next.

3 Go easy on fragrance

Unscented where I can, one scent I love where I can't. My nose has never been happier.

4 Read the label, skip the panic

Get curious about what's in things. Don't let a scary social post decide for you, and remember "natural" isn't a safety rating.

5 Keep what works

Prescriptions, the cleanser your skin actually likes. Keep them. Simplifying is not the same as throwing out what's helping you.

6 Patch test the new stuff

Beauty Water included. Inside of the wrist, wait a day, then decide.

KAY'S TIP

Health questions go to your doctor, not to a wellness reel. Including mine.

A cleaner routine

I don't chase perfection. I build systems. Here's the whole system, and yes, it fits on one page.

MY REFILL STATION



Daily

ABOUT 10 MINUTES

- Fill water bottles
- Wipe kitchen counters
- Quick bathroom wipe
- Open a window
- One load of laundry, start to finish

Sunday reset

ABOUT AN HOUR

- Refill spray bottles
- Proper bathroom clean
- Floors
- Stain pile + sports gear
- Fridge check before groceries

Monthly

PUT IT IN YOUR PHONE

- Machine care (page 29)
- Wash jugs + bottles
- Under-sink check
- One product audit
- Toss what's expired

KAY'S TIP

Everything gets a phone reminder, because between practices and school forms, my brain is full. Let the phone remember so you don't have to.

Your 30-day clean living reset

One week, one area. Tick things off as you go. Miss a day? Nobody's grading this. Pick it back up tomorrow.

WEEK 1

Water

- ☐ Learn the five settings
- ☐ Label your bottles
- ☐ Set up a water station
- ☐ Build a drinking + cooking routine
- ☐ Lean less on bottled water where it makes sense

WEEK 2

Home

- ☐ Gather and simplify cleaning products
- ☐ Make your cleaning bottles
- ☐ Review laundry products
- ☐ Review bathroom products
- ☐ Set up a simple cleaning system

WEEK 3

Body

- ☐ Review your skincare
- ☐ Review personal-care products
- ☐ Review fragrance products
- ☐ Check what touches your skin: detergent, sheets, towels
- ☐ Spot the products you don't actually need

WEEK 4

Systems

- ☐ Create your refill station
- ☐ Set machine care reminders
- ☐ Plan your weekly reset
- ☐ Organize your cleaning supplies
- ☐ Decide what you actually need

Have a machine already? Pair this with the **30-Day Kangen Water Journey** journal and track it as you go.

Day 30

Grab a coffee, sit down for ten minutes, and be honest. There are no wrong answers here, especially not the last one.

What made the biggest difference?

What did I stop buying?

What will I keep?

What didn't matter to me?

That last question matters. Clean living should be personal, not perfectionist. If something didn't make a difference for you, let it go.

Looking after your machine

Your machine works hard. A little routine care keeps the water tasting great and the machine running well. This is the checklist I follow for my K8.

☐ Regular care	Wipe the outside and spout with a soft, damp cloth. I also run a few minutes of Beauty Water most days.
☐ Cleaning cycle	Let it finish its automatic cleaning cycle after Strong Acidic or Strong Kangen. Don't switch it off mid-clean.
☐ E-Cleaning	Clears mineral build-up from the plates. Every 1–2 months for me. Hard water? Lean frequent. (Alberta, Canada, I'm looking at us.)
☐ Filter	Enagic's guidance for my model: every 12 months or 6,000 litres, whichever comes first. Press reset after.
☐ Bottles + jugs	A proper soak with vinegar or citric acid every few months, then rinse well.
☐ Spout + hose	Keep the spout clean and the bottom hose pointed into the sink. It releases by-product water whenever the machine runs. Normal and expected.
☐ Reminders	One repeating reminder for E-Cleaning, one for filter day. Done.

Always use the maintenance schedule in your specific machine's manual as the final authority. Enagic models don't all have identical requirements, and your water matters too.

Not sure where to start? Message me and I'll walk you through your first clean.

Curious? Let's talk.

I'm not here to convince you of anything. I know what changed in my own home, and I'm happy to show you.

If you want to see the machine in action, ask questions, or learn how I use the waters in real life, send me a message. No pressure. No script. Just a real conversation.

EMAIL kaitlin@wildworthywealthy.ca

WEB wildworthywealthy.ca

INSTAGRAM @kayp____

Already have your machine? Grab the 30-Day Kangen Water Journey journal and start tracking from day one.



WILD. WORTHY. WEALTHY.

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