

Re: Personal experiences and additional information — Questions 2, 3, 5, 16 and 18, HHS-OASH-2026-0397

Dear HHS Review Team,

In response to your request for information, I would like to share my personal experiences with Kangen Water® and emGuarde™, two products offered by the Japanese company Enagic.

I am writing in a personal capacity as a user based in the Netherlands. I began drinking Kangen Water in 2019. The changes I experienced prompted me to learn more about the water. Only afterward did I become an independent Enagic distributor. Similarly, I began using emGuarde myself in June 2024 before sharing information about it with others.

Enagic has its origins in Okinawa, Japan, dating back to 1974. According to its corporate history, Japan's Ministry of Health and Welfare authorized its Osaka factory as a medical equipment manufacturer in 1987. The company manufactures water ionization systems in Japan and distributes its products internationally. Its philosophy is "True Health."

Personal experiences — Question 3

Before discovering these products, I had experienced longstanding health difficulties that limited my daily activities.

In 2019, I began drinking Kangen Water: alkaline ionized water, referred to in the scientific literature as ERW (Electrolyzed Reduced Water). Various scientific publications about this type of water can be found on PubMed using this term.

During electrolysis, molecular hydrogen gas is produced, some of which remains dissolved in the water. Within two weeks, I noticed changes in how my body felt, and my longstanding fatigue began to subside. Within three months, I could cycle again without needing to rest for the remainder of the day. I began sleeping much better, my bowel function improved considerably, much of the sensory overload I experienced daily disappeared, and my allergy symptoms disappeared.

The sensitivity I associated with electromagnetic exposure also became less pronounced. For example, I found it easier to spend time in shops and other public spaces containing electronic equipment.

In June 2024, I began using emGuarde. Within minutes of switching it on, I noticed a change, particularly in how my head felt. With continued use, I noticed that I no longer experienced tingling in my hands while working at the computer. During car journeys, I felt much less tired, and my legs no longer developed that very heavy, numb feeling.

I continued to spend approximately the same amount of time working at the computer and traveling by car, but I now find these activities much easier to sustain. I can now be near electronic equipment without difficulty when I carry emGuarde with me. I also take emGuarde into public spaces. I find it easier to spend time in restaurants, shops, and other environments with considerable noise and electronic equipment.

I continue to drink Kangen Water and use emGuarde daily.

Through my work as an independent distributor, I also receive positive accounts from other users. My own experience is therefore not an isolated account.

As an independent distributor, I must take regulatory restrictions on medical claims into account. Through this submission, I would like to share my experiences and provide information for your assessment.

Technical context and research priorities — Questions 5, 16 and 18

According to the manufacturer, emGuarde is designed to suppress or harmonize specific high-frequency electromagnetic noise within the 3–1000 MHz range.

While exploring this explanation, I came across information from the U.S. Federal Communications Commission (FCC). In OET Bulletin 65, the FCC explains that the most restrictive exposure limits fall within the 30–300 MHz frequency range because, under certain conditions, the human body absorbs RF energy most efficiently in this range.

This provides context for the relevance of this frequency range.

Through my work, I notice that attention regarding radiation often focuses on 5G. I also find that the FCC's information about efficient RF energy absorption in the 30–300 MHz range is often unfamiliar, even to people who present themselves as 5G specialists or electromagnetic radiation experts. For this reason, I would particularly like to bring this frequency range to your attention.

FCC — OET Bulletin 65, printed page 8:

<https://transition.fcc.gov/oet/info/documents/bulletins/oet65/oet65.pdf>

FCC — information on radiofrequency exposure and safety:

<https://www.fcc.gov/engineering-technology/electromagnetic-compatibility-division/radio-frequency-safety/faq/rf-safety>

Relevant section: “WHAT LEVELS ARE SAFE FOR EXPOSURE TO RF ENERGY?”

Company information, research and presentations

Enagic — official company website:

<https://www.enagic.com/>

emGuarde — product website:

<https://emguarde.com/>

emGuarde — research page, including information about research involving participants reporting electromagnetic hypersensitivity (EHS):

<https://emguarde.com/research-standards/>

Video explaining emGuarde's proposed operating principles:

<https://youtu.be/uwruTWzKjO4>

Video about research involving EHS:

<https://youtu.be/HVQoYqD8pig>

Video featuring Dr. Satvinder: “EM Radiation Risks”

<https://youtu.be/zAKW96FWPNk>

Video featuring Dr. See: “Impact on Rouleaux Formation”

<https://youtu.be/0f9N2xjfx8c?si=zztIPCDgPTECupzN>

Video featuring Dr. Pinky: “EMR Hazards Explained”

https://youtu.be/r6lifVStkTM?si=zgSHDBk0a1_WSzSH

Dr. Pinky wrote the book: “Stop Cooking Your Kid’s Brain and Yours Too: How to Create a Safe, Radiation-Free Environment for You and Your Kids.”

Video featuring Dr. Roland: “Unveiling the Impact of EMF Radiation on Blood Circulation: How emGuarde Can Safeguard Your Health”

<https://youtu.be/MPxtT05GRt4?si=Roynqybv-mg3pLS9>

I am providing these company materials and presentations for your assessment.

I respectfully ask HHS to consider my experiences and this information when identifying research priorities. I would be happy to provide further clarification should you have any questions regarding my submission.

Thank you for giving members of the public the opportunity to contribute their experiences and information.

Sincerely,

Johanna Koopman
The Netherlands