

# Energized Water For Health and Rejuvenation

Research and Discussion Paper

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# Energized Water

## For Health and Rejuvenation

Discover how and why drinking energized (also known as structured, hexagonal, pentagonal, magnetized, living) water can improve your health through superior hydration, improved nutrient absorption, effective detoxification, increased metabolic efficiency, and enhanced cellular communication.

The information in this document is for educational purposes only. It is not intended as a substitute for medical advice, nor is it intended to replace the counsel of a health professional. If you have a health concern, contact an appropriate health professional.

### 13 Symptoms of Chronic Dehydration

Adapted from The Water Prescription, by Christopher Vasey, N.D.

Most people don't think they need to worry about dehydration. To them, dehydration is something that happens to travelers in the desert when they run out of water. But there is a chronic form of dehydration that does not have the sudden and intense nature of the acute form. Chronic dehydration is widespread in the present day and affects everyone who is not drinking enough liquid.

[Note: ordinary water contains 10-20% of properly structured water that can be used by your body for cellular hydration. That's why you are supposed to drink a gallon of it every day. If you were drinking fully structured water, you would need only 3 glasses to stay fully hydrated.]

This list of 13 symptoms is bound to inspire you to go get a glass of water right now, and to investigate the structured water phenomenon.

1. **Fatigue, Energy Loss:** Dehydration of the tissues causes enzymatic activity to slow down.
2. **Constipation:** When chewed food enters the colon, it contains too much liquid to allow stools to form properly, and the wall of the colon reduces it. In chronic dehydration, the colon takes out too much water causing dry and hard feces.
3. **Digestive Disorders:** In chronic dehydration, the secretion of digestive juices is insufficient.
4. **High and Low Blood Pressure:** The body's blood volume is not enough to completely fill the entire set of arteries, veins, and capillaries on one side, and requires higher pressure to move the thicker blood on the other.
5. **Gastritis, Stomach Ulcers:** Normally the stomach secretes a layer of mucus to protect its mucous membranes from being destroyed by the acidic digestive fluid it produces. In dehydration the mucus is inadequate and the juices are too concentrated.
6. **Respiratory Troubles:** The mucous membranes of the respiratory region are continually moistened to protect the respiratory tract from toxins and debris in the inhaled air.

7. **Acid-Alkaline Imbalance:** Dehydration causes a slowdown in elimination of toxins resulting acidification. Acid cellular terrain is associated with degenerative diseases from allergies to cancer.
8. **Excess Fat / Obesity:** We may overeat because we confuse thirst with hunger. Toxins that fail to eliminate are stored in fat cells leading to increased bloating and cellulite.
9. **Eczema:** Your body needs enough moisture to sweat 20 to 24 ounces of water every day, the amount necessary to dilute toxins so they do not irritate the skin.
10. **Cholesterol:** When dehydration causes too much liquid to be removed from inside the cells, the body tries to stop this loss by producing more cholesterol.
11. **Cystitis, Urinary Infections:** If toxins contained in urine are insufficiently diluted, they attack the urinary mucous membranes.
12. **Rheumatism:** Dehydration abnormally increases the concentration of toxins in the blood and cellular fluids, and the pains increase in proportion to the concentration of the toxins.
13. **Premature Aging:** The body of a newborn child is composed of over 80 percent liquid, but this percentage declines to no more than 70 percent in an adult and continues to decline with age.

Research has shown, using sensitive equipment, that one can measure the rate of hydration of the cells. It is more observable in the extremities such as the feet. Most such observations indicate that drinking tap water will produce increased hydration in 45 minutes to 1 hour. However, drinking energized (clustered, structured) water will raise the hydration in under 10 minutes.

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## Introduction

Life Enthusiast Co-op has been providing Natural Healing Solutions since 1989 to aware and educated consumers who understand that common and widely promoted modern lifestyle backed by the allopathic medical system is failing miserably at promoting healthy cellular function, longevity and rejuvenation (it is doing very well at suppressing symptoms of disease only to have them transform into “side effects” and chronic degenerative diseases later).

In our own health regimen we test and measure effectiveness of all foods and health products using biofeedback systems. Biofeedback tools (kinesiology, muscle testing, dowsing, and also medical devices such as EAV or Vega) allow us to see physical responses both individually, and also in statistically significant numbers in our files.

We test and select personally the best functioning products that we bring to our customers.

Our investigation into systems and structures that support cellular health lead us to focus on foundational principles upon which all life depends. These principles include the exchange and interchange of inputs and outputs, the flow of nutrients in and toxins out, including air, water, minerals, amino acids, enzymes and vitamins.

In this paper we focus on water, the universal solvent and carrier of nutrients. Let us be mindful that water is the amniotic fluid from which all life arose.

In our years of research we have tested many types of energized water. They vary in quality, but in general they give positive results, some more so than others. Some are available in nature, others are man-made. Prices of devices used to create manufactured energized water have minimal correlation with the quality of the final product.

## **Energized Water For Health and Rejuvenation**

Who would not want to experience improvement in physical energy and cellular function?

It may come to you as a great surprise, or perhaps just as a confirmation of something you instinctively knew already – cellular dehydration is at the root of many diseases and over half of our population are chronically dehydrated.

Aging is a function of cellular water loss. Rejuvenation comes with restoration of full cellular hydration. Young and fresh cells are filled with energized water, dying cells are filled with metabolic waste and toxins.

Some people see water as a simple chemical, H<sub>2</sub>O. We can produce atomically and molecularly pure water in a laboratory. But that's not what we find in nature, or in our everyday life in the urban "civilized" world.

Water is a very special substance with several anomalies that give it its unique ability to support life. We believe that scientists describe our life forms as carbon-based mistakenly. We are water-based life forms. If it were not for the anomalies that make it possible for water to carry "life" and "energy", life would not exist on this planet in the form we see.

You may be new to the concept of water being a liquid crystal with a changeable, but stable structure. Homeopathic physicians and their patients rely on this function, water's memory. Recently, Dr. Masaru Emoto started providing visual evidence that water can be influenced by very subtle means to produce physical changes in its structure.

There is a solid body of evidence that shows that structure of water in cellular fluids, especially those immediately surrounding DNA and other macromolecules in living cells is highly organized.

In his extensive clinical and scientific research Dr. Fereydoon Batmanghelidj shows how the body naturally generates different thirst signals, that can be mistaken for symptoms and signs of illness. In his work on water metabolism of the body he shows how health care systems can become transformed, and instead of continuing to be an extension of the commercial aims within the health care and pharmaceutical industry they can begin to realize that treating their many chronic symptoms as signs of dehydration with water can become a welcome reality.

Korean scientist Dr. Mu Shik Jhon described in his book *The Water Puzzle and the Hexagonal Key* a variety of methods he used to confirm the existence of hexagonal (structured) water and investigated a great number of products.

Hungarian biochemist and Nobel Prize recipient (1937) Albert von Szent-Györgyi stated, "Water is life's matter and matrix," (mother and medium). He recognized that water was the beginning and the sustenance of life and he recognized that there was much more to water than the scientific community was aware of at that time. Dr. Szent-Györgyi was an active proponent of

the study of water. He participated in and encouraged much of the early research concerning water's structure.

Viktor Schauberger introduced a concept of a universal, twofold movement principle based on his research in water. He stated that life sustains by a gathering, implosive type of movement and extinguishes by a reversed, spreading, explosive movement. With the implosive movement coolness and suction increase and health follows. The explosive movement generates heat, pressure, fragmentation, illness, and death. His opinion was that western technology only mastered the movement of death in order to release energy. Engines in use today are based on explosion, heat and pressure. To only use the explosive movement leads to the destruction of nature. These thoughts did not get any sympathy in his time, decades before the environmental problems started showing up. One of Schauberger's aims was to investigate this inward moving and twisting vortex and duplicate it in order to harness energy. This vortical movement is readily seen in nature – in a spiral galaxy, a snail shell, a water stream. A DNA molecule is a nearly infinite long thread-shaped vortex, too. The degree of complexity and capacity to store information becomes apparent once you realize that large vortices are composed of smaller vortices and so on.

The orthodox scientific community is of course holding out on accepting the subtle effects of fields generated by structured and energized water because it contradicts its favorite concept that thoughts and emotions do not affect physical properties of the world we interact with. Eventually they will have to yield to the evidence, but for now they are fighting to keep their house of cards still standing.

While we do not have a lot of direct measurements showing how exactly the energized water is different from “regular” water, we are witnessing superior hydration, enhanced nutrient absorption, more effective detoxification, increased metabolic efficiency and improved cellular communication in the subjects that drink or bathe with the energetically enhanced water.

## ***Background***

Water is primarily known as a solvent and delivery medium that carries nutrients throughout our bodies. It is an important part of the electrolytic medium for signals that control our cellular reactions. Water is involved in the transfer of information between organs, between cells, and between cellular nuclei and cellular components as well as in the transmission of subtle vibrational information.

Water functions a structural element, an integral part of cellular membranes and cellular content of all living tissues.

Structured or energized water is apparently the form of water that is required for all life processes to be carried out and your cells need to transform ordinary water to its structured form in order to use it.

## **Subtle Energies**

It has become generally accepted that we require pure water to maintain healthy function. Large sums of money are spent on removing physical and chemical pollutants from our drinking water.

Never mind the fact that deadly toxins are put back into the water – namely chlorine and fluoride. Still, even reverse osmosis filtered “pure” water likely contains vibrational pollution.

Water is perhaps the most programmable substance on the planet, because of its memory, its ability to retain the energetic signature of past experiences, be they physical, chemical, or vibrational events. Water has the ability to carry this information and transport it into the human body.



We already store vibrational events in our soft tissue – past memories, injuries, emotions – that get often released during a massage, or even in a deep relaxing bath.

Water that is energetically polluted can be quite harmful. Since water is involved in every biological activity, and since about 70% of our bodies are made from water, we may as well accept that the quality of water we drink or bathe in will have a major impact on our bodily functions.

Molecular structure of water, based on the interrelationships of molecules, has been described as geometric patterns. Molecular structure appears to play an important role in the movement of water throughout the body, in the transfer of energy and information, and in the structural integrity of all cells.

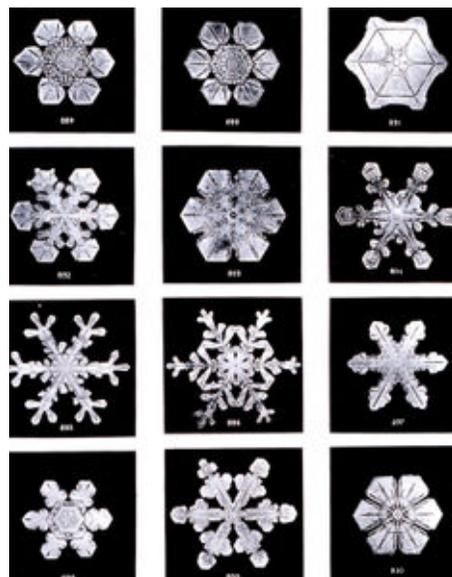
## Water Anomalies

Water is a unique substance whose characteristics are not shared by other liquids. Over 60 distinct anomalies of water have been described – and many of them give it the unique ability to sustain life. See <http://www.lsbu.ac.uk/water/explan.html> for more details.

The best known anomaly of water is its increased volume as a solid (ice), and its specific weight being greatest at 4°C, allowing for some water to remain at the bottom of frozen bodies of water. Water expands by 9% as it freezes. This is why ice floats instead of sinking to the bottom, providing insulation and protection for the life below.

When water freezes we can also see that it has structure – a hexagonal structure that becomes visible as snowflakes and ice crystals form. The forces that form these solid structures are also present in liquid state water.

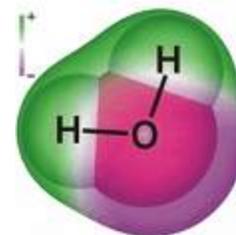
Thermal properties of water are also unique. Water has an enormous heat capacity – far beyond other liquids. Water can absorb a remarkable amount of energy with a minimal change in temperature. Acting as a heat storage device, it moderates temperatures along coastlines. This feature also explains why, being approximately 70% water, we are able to withstand large temperature fluctuations without freezing or overheating.



Water releases a considerable amount of heat as it freezes. This is why farmers mist their crops to protect them from damage during frost. Dr. Mu Shik Jhon explained that hexagonal (structured) water has a higher specific heat value than regular water, giving it a greater capacity to absorb temperature changes, to expel wastes, and to protect the body from energetic disturbances.

## Water Molecule

When an oxygen atom combines with two hydrogen atoms to form water, the electrons from the hydrogen atoms are pulled closer to the oxygen nucleus and away from the hydrogen nuclei. This gives us a polar molecule – one that has a positively-charged pole and a negatively-charged pole. Chemists usually depict the di-polar water molecule with a “V” shape, determined by the predominant angle of the hydrogen atoms in relation to the adjoining oxygen atom. The angle of the “V” in the water molecule in gaseous state is 104.5 degrees.



The positively-charged end of the water molecule is attracted to the negatively-charged end of another water molecule, forming a hydrogen bond. Hydrogen bonds are causing the formation of a network of interconnected water molecules. In regular water, molecules are continually exchanging partners as often as every nanosecond. At any given moment in time, a random grouping of interconnected water molecules may consist of 12 to 168 individual H<sub>2</sub>O units.

This structure is not fixed – it is a semi-stable hydrogen-bonded network forming an organized cohesive matrix. Coherent patterns of hydrogen bonding can exist for long periods of time especially in presence of certain minerals and proteins, where the water immediately surrounding these structures acts “as though it were in a frozen state.” The greater the hydrogen bonding, the greater the hexagonal structuring, and the more “open” the resulting water network.

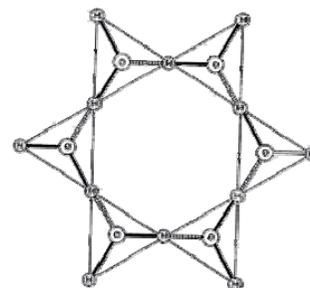
## Structured Water



Dr. Mu Shik Jhon identified several stable water structures - pentamer (composed of 5 hydrogen-bonded water molecules) and hexamer (composed of 6 water molecules). Dr. Jhon and other researchers agree that the hexamer, which forms an ice-like liquid crystalline network, has the greatest biological significance.

When hexagonal water is formed, six water molecules join together to form a hexamer. These hexamers then join to create a semi-stable, sheet-like, geometric pattern, snowflakes. The open water network established in hexagonal water is the result of straighter hydrogen bonds and of a bond angle measuring 109.5 degrees rather than 104.5 degrees found in water vapor. The resulting water has coherent characteristics where electrons spin together and information transfer is almost instantaneous.

According to Dr. Mu Shik Jhon, common water at 50°F is 22% hexagonally structured. However, the influence of a weak magnetic field can increase the hexagonal structuring up to 80%.



Certain other energetic influences are also known to produce greater hexagonal structuring in water. These include electric fields, lower temperatures, reduced pressure, the presence of certain minerals, and some sound (vibrational) frequencies. The presence of any or all of the above factors encourages groupings of six water molecules which form the cohesive, coherent geometry known as hexagonal water.



Polluted water is often unable to assume hexagonal geometry even when it freezes. This has been documented by Dr. Emoto in his books “Messages from Water”. Both pollution, and a weakened planetary magnetic field may account in part for the lesser degree of hexagonal structuring in our water today.

Methods based on using water memory can be compared to the process of recording a videotape. We cannot distinguish recorded tape from blank tape just by looking at it. From a chemical perspective, a recorded tape has the same chemical composition as a blank tape. The difference between these two tapes lies in the information contained in the recording. The value of the tapes is contained in the recorded information. A computer disk with specific instructions can make a computer “come to life” or it can even “destroy” it.

Another well known example of the structural effect is pure carbon, which can exist either as charcoal or as diamonds.

According to Dr. Jhon structured water is able to carry signals and transfer information with greater efficiency because of its higher degree of organization. Its higher energy state supports faster hydration, enhanced energy transfer, protein and DNA stability, and the enhancement of numerous metabolic processes.

Many scientists now openly admit that medicine based on the principles of chemistry will begin to yield rapidly to vibrational medicine, which is based on physics and information.

## **DNA**

Water is integral to the structure of DNA. Early computer simulations of DNA were failing until water was included as a functional part of the simulation. It was later discovered that water interacts with every part of the DNA’s double helix. The hexagonal structure of water is required for the precise replication of the helical strands in the DNA, and water actually stabilizes the entire helical structure.

The first layer of water surrounding healthy DNA is hexagonal water. This stabilizes and protects DNA from energetic influences that could cause malfunction and distortion. Using computer simulation, Dr. Jhon was able to determine that one of the differences between normal and abnormal DNA is the number of water molecules in the first hydration layer. He found that the water surrounding normal DNA is highly structured and more stable than the water surrounding abnormal DNA.

## **Intracellular water**

The water inside our cells is structurally different from the water outside the cells. Potassium (K<sup>+</sup>) is a structure-breaking ion which is known to be highly concentrated within the cell. It naturally gravitates toward hexagonal water and then causes the dissolution of the hexagonal structure. On the other hand, Na<sup>+</sup> is a structure-making ion. It is found in large concentrations outside the cell and may be the mechanism (contrary to accepted theory) responsible for the sodium/potassium ion exchange at the cell membrane.

## **Energy Potential**

Most surface water contains some hexagonal units separated by free water molecules. The energy potential of fully structured water is greatly increased. When water molecules join to form hexamers, the bond angle widens to 109.5 degrees creating structurally stable units that have the potential to hold more energy. As hexamers join to form the crystalline matrix, the energy is additive – just like increasing the voltage by adding batteries in series – the greater the hexagonal structuring in the water network, the greater the potential energy.

## ***The Evidence***

We can measure differences between structured and regular water in a number of ways. Spectroscopy measures electro-magnetic frequencies, x-ray diffraction measures interference that occurs when x-ray radiation is diffracted by crystal structures and computer simulators develop quantum-mechanical models based on mathematical calculations. Each of these methods offers its own view of the structure of water and may ultimately provide the “evidence” that we seek for verifying the hexagonal state of water.

## **Spectroscopy**

The existence of water hexamers has been studied at Lawrence Berkeley National Laboratory via scanning tunneling microscopy. Every molecule or substance has its own oscillation pattern or vibration which can be measured in electromagnetic wavelengths by various forms of spectroscopy. The resonance properties of water change as water comes in contact with other substances giving it a different frequency a new resonant spectrum. Water also sends out different energy signals depending on the movement of individual molecules. When these signals are recorded, the picture is like a map.

According to German physicist Wolfgang Ludwig, the frequency spectrum is a reflection of the geometrical structure of water. His experiments showed spectral differences in water samples and the ability to transfer frequencies in water.

## **Density**

The accepted density of water at 0°C is 1.00 g/cm<sup>3</sup>. Lower density (hexagonal, thin) water has a density of .96 g/cm<sup>3</sup> (measured around macromolecules). This difference is a reflection of the more open structure of low density, structured water. We have also observed higher density water made by ceramic water structuring devices using laminar crystals, perhaps by creating or concentrating heavy water in which deuterium replaces ordinary hydrogen.

## **Surface tension**

The most readily observable difference between structured water and regular water is surface tension. The reason that water “beads up” on any non-polar surface, such as glass, is due to the high degree of surface tension – the tendency of the molecules to be tightly held together. Surface tension can be lowered with the use of surfactants (soaps, detergents) that increase the wetting capacity of water.

Most commercial water has a surface tension above 70 dynes/cm. Water from fresh mountain streams has been measured below 65 dynes/cm. Structured waters can have surface tension well below this level – making it “wetter” water, an ideal medium for cleaning. Lower surface tension improves nutrient absorption and toxin elimination.

To many people structured water tastes smoother, sweeter, rounder and wetter. Many athletes have noted that structured water hydrates better and enhances post exercise recovery.

## **Nuclear Magnetic Resonance**

Since water is a polar substance (with a positive and negative side), it can be aligned in a magnetic field. Nuclear magnetic resonance (NMR) measures the time it takes for molecules to return to their original position after magnetic alignment. The amount of time this takes is related to the size, shape, and motional freedom of the molecule.

Research started by Dr. Damadian shows that molecular structure of water within cells can be measured using MRI (a form of NMR), to detect presence of cancerous cells that contain “disorganized” water, characterized by “increased motional freedom” of the water molecules. According to his research, the difference between healthy and cancerous cells was the organization of the water within the cell, especially significant surrounding the DNA.

NMR measurements for water structure using <sup>17</sup>O-NMR give resonant line width measured in hertz (Hz). Narrower line widths indicate a more stable water environment and a potentially smaller molecular unit. According to measurements made by Dr. Jhon, structured water has a half line width between 60 and 70 Hz. Regular water measures between 85 and 150 Hz., with most tap water sources at 100 Hz. or greater. Our own tests for water with nano-minerals processed in MMP Volixer showed resonance at 50 Hz, the lowest values seen.

## **Bioelectrical Impedance Analysis**

Bioelectrical impedance analysis (BIA), otherwise known as bioelectrical body composition analysis, has the ability to non-invasively measure the fluid components of the body. BIA is able to track changes in cellular fluids, and monitor their movement in and out of the cells.

Structured water appears to hydrate cells faster, deliver nutrients and remove wastes more efficiently than regular water as documented by Donald Mayfield, NMD, DOM using bioelectrical impedance analysis. He was able to observe faster water uptake and the intracellular/extracellular water ratio begins to normalize within 10-15 minutes of structured water ingestion.

With greater water turnover (intracellular/extracellular water movement) we get higher basal metabolic rate, improved metabolic efficiency and positive impact on the aging process.

## Phase Angle

Phase Angle (PA) is a measurement of the cell's ability to react (expand and contract) showing us how healthy an individual is at the cellular level. Older cells don't absorb water or nutrients compared to younger cells. Fresh vegetables can have a PA as high as 45 degrees, but the PA of cooked vegetables is zero. Recent studies, both clinical and non-clinical, have shown that drinking structured water can significantly improve PA in humans over a period of several weeks.

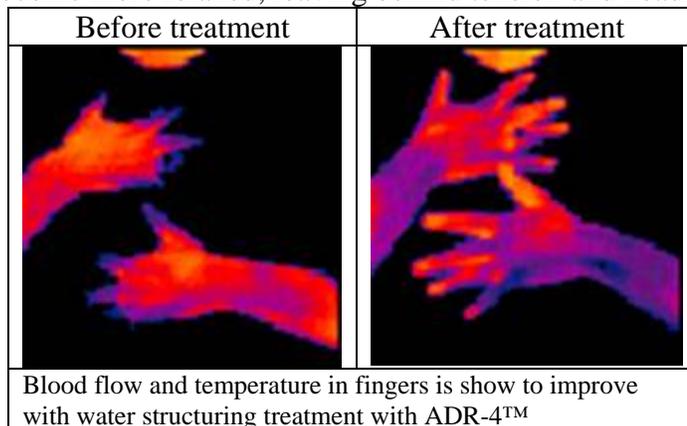
Another recent double-blind study using over 300 Type II diabetic patients showed that one hexagonal water product was many times more effective than distilled water in hydrating the body. Researchers concluded that this hexagonal water product improved cell water turnover, basal metabolism, Phase Angle and cell capacitance.

## Live Blood Analysis

Live blood analysis with dark field microscopy offers the unique ability to view the blood in real time. Trained technicians and practitioners are able to evaluate stickiness (agglutination) of red blood cells lowers oxygen exchange in the tissues as well as nutrient utilization, cellular efficiency, and the removal of wastes. Agglutination in the blood creates sluggishness in both the circulatory and lymph systems – with an obvious decrease in immune function and peripheral blood circulation. While drinking normal water has little effect on blood properties, drinking 16 ounces of structured water produces visible improvement within minutes.

## Thermographic Studies

Stanislaw A. Wosinski, M.Sc., P.Eng and commissioned studies for his ADR-4 water harmonizing and organizing device to show how people treated with it respond. It clearly shows that they become more relaxed, leaving behind tension and headaches.



# Biological Function

## ***Water Function***

Life has evolved in and around water. Water is involved in every biological function and plays a significant role in cellular function. Diminished function is related to aging. Without good quality water to transport them, even the best nutrients and minerals cannot be absorbed or made available for cellular processes.

## **Structured Water and Aging**

Dr. Mu Shik Jhon wrote: “Aging is a loss of hexagonal water from organs, tissues and cells, and an overall decrease in total body water.” There is considerable evidence that an essential component of rejuvenation is tissue rehydration. Dr. Jhon also wrote “Replenishing the hexagonal water in our bodies can increase vitality, slow the aging process, and prevent disease.” This was also confirmed by Dr. Shealy in his study of Prill water and water structured with laminar crystals.

On cellular level, there are two water-related factors that are closely associated with aging.

1. The relative water content in human body declines with age. Newborn infants are over 90% water – by weight, one year old is about 70% water; and a sick elderly person can be less than 50% water.
2. The movement of water in and out of cells, slows with age. As water movement (turnover) slows, the ratio of water inside the cells to outside the cells is dramatically affected. Cells function best when 60% of the total body’s water is inside the cells. However, with age, that amount gradually decreases – often measuring as low as 40%. This affects negatively the osmotic potential at the cell membrane and makes it very difficult to re-hydrate the cell. Dr. Norm Shealy showed that using structured water and magnesium rapidly restores youthful function to all cells.

Dr. Seiji Katayama concluded with the help of magnetic resonance imaging (MRI) that age was related to structural changes in the water surrounding biological macromolecules, and he suggested that the state of the water in the body was closely related to the aging mechanism.

## **Energy Source**

Water is the body’s main source of energy. According to Dr. Batmanghelidj, author of the well-known book, *Your Body’s Many Cries for Water*, the flow of water through the cell membrane provides electrical energy much like the turbines in a hydroelectric plant. As water rushes into the cells, it creates the necessary electrical energy, tops off cellular reserves, then leaves the body, taking with it the waste products from each cell. Dr. Jhon explains that hexagonal water actually has the capacity to hold more energy than normal water because of its structure. He states, “100% hexagonally structured water has a huge capacity to store energy which can be released immediately when it is utilized by living organisms.” This could well support the “water of life” folk stories from ancient days.

The consumption of structured water enhances the amount of electrical energy available in the body, as evidenced by increased vitality for those who consume it. For many, drinking a glass of

structured water in the afternoon will entirely eliminate afternoon fatigue. Hexagonal water may also have effects on energy storage and endurance.

## **Magnets**

When water is placed in a magnetic field, the molecules will align over time and assume a more organized geometry. When the field is removed, water slowly loses its structure and returns to its less organized form.

Earth's magnetic field varies over time. It is quite weak right now, but was much stronger during previous cycles. Most likely the water on the planet was also more structured during previous peaks. This could explain why biological organisms respond favorably to the structured form of water. It could also explain why certain symptoms that have been referred to as magnetic field deficiency syndrome disappear when individuals are repeatedly exposed to a stronger magnetic field.

## **Nutrient absorption**

The digestive process requires copious amounts of water in order for nutrients to be adequately assimilated. Anything that enhances water movement in the body also enhances nutrient absorption. Structured water is a better carrier for nutritional supplements. It is being used by a number of athletes and athletic teams to improve nutrient absorption, hydration, and endurance.

## **Healing Effects**

Dr. David Stokesbary, an orthopedic surgeon and head of the Advanced Magnetic Research Institute in California, wrote this: "Anything that encourages this kind of detoxification is capable of playing a huge role in generating cellular energy. Cellular water movement is critical for adequate absorption of nutrients; also for the elimination of metabolic waste products. Those who drink this water are benefiting in both ways. With better nourishment and more effective waste removal, every process in the body will happen more efficiently. This efficiency accounts for the greater levels of energy which are often experienced. It also accounts for improvements in mental clarity and the heightened sense of well-being so often experienced. And of course, it supports the healing environment."

## **Dehydration**

Most diseases can be traced to cellular dehydration. With insufficient water every bodily function suffers and the body must operate from a level of "crisis management." Ultimately, crisis management results in disease. This has been well documented from the medical perspective, by Dr. Batmanghelidj. It is also well known in the field of energy medicine where practitioners agree that it is difficult to work on a dehydrated patient. Therapists using energy/vibrational medicine experience much faster results when their patients are fully hydrated.

Many symptoms experienced by large numbers of the population are not interpreted correctly as signs of dehydration. These symptoms are experienced by so many people that they are often considered "normal." These symptoms include acne, afternoon fatigue, constipation, dry skin, heartburn, and headaches.

Drinking and bathing in organized structured water provides superior hydration which can have a positive effect on numerous health conditions.

## **Dry Skin, Wrinkles**

The skin is the largest detoxification organ in the human body. It requires a continual supply of water as evaporation and perspiration continually pull water through the skin to eliminate wastes and cleanse the tissues. Water keeps the skin plump and smooth. Without adequate hydration, wastes build up, causing acne and other skin problems.

Because the skin is a reflection of the inner body, it is often the most obvious indicator of dehydration. Dry, flaky skin is a sign that the water level in the body is inadequate. More dramatic symptoms, such as acne and premature wrinkles, are sure signals that the body lacks sufficient water.

One of the most frequently noticed benefits of drinking and bathing in structured water is a rapid improvement in the condition of the skin.

## **Constipation**

A hydrated colon is an important foundation of health. When the body is forced to extract water from the waste matter to the point of constipation, it brings with it an increased amount of putrefied toxic substances. All elimination systems of the body, (skin, kidneys and bowels) are dependent on water. They are primary indicators of dehydration. Dry skin, constipation and dark urine indicate water shortage. Hard, infrequent, and difficult-to-eliminate bowel movements indicate that the body is rationing water.

## **Cholesterol**

Cholesterol is a naturally-produced, waxy substance that is found throughout the body. It is the body's solution to a bigger problem – inflammation - that can be caused by dehydration. Dr. Batmanghelidj has shown that dehydration causes buildup of cholesterol in arteries and cell tissue – not necessarily the cholesterol from foods. Concentrated, (thick) acidic blood causes microscopic abrasions in the lining of arteries. Cholesterol is the natural defense mechanism to cover these abrasions in an effort to repair the damage. With an increase in water and improved water turnover, the blood is naturally thinned, high blood cholesterol is no longer necessary, and reduced cholesterol levels are measured in the blood. In time, cholesterol build-up in the arteries can literally be washed away.

## **Hypertension**

High blood pressure comes hand in hand with aging – or does it?

Water content of your blood is critically important. Thickened blood results in higher cholesterol levels and in higher blood pressure because more pressure is required to pump the blood into the capillaries.

Dehydration causes a lot of stress on your body. Stress, regardless of the cause, produces the same physiological symptoms. It is important that you increase intake of water during any kind of stress.

## **Body Fat**

Being fully hydrated is a prerequisite for weight loss. One of the mechanisms that your body uses to deal with excessive levels of toxins is to deposit them in fat cells where they do not threaten any vital tissues or functions. These excess acidifying substances can be eliminated only through alkalizing activities: greater intake of fresh uncooked fruits and vegetables (natural structured water rich foods), exercise, and through ample supply of structured water. Structured water has been shown to increase metabolic rate.

Lack of water (dehydration) causes an increase in fat deposits. Why? When your kidneys do not have enough water, they must rely on the liver to help with the removal of wastes. Since the liver is responsible for the metabolism of fats, inadequate water forces fats to be stored while the liver helps take care of the removal of wastes.

Hunger and thirst are often confused. When thirst gives way to hunger, not only do we eat more, we are also less able to flush the daily wastes from our bodies. And guess where excess wastes are stored? – in fat cells. Although the number of fat cells in the body appears to be constant, they can continue to expand – used as repositories for the excess wastes and toxins that cannot be flushed from the body.

## **Fatigue**

Water carries nutrients that provide energy for every system in the body. Adequate and regular water intake insures that water is constantly turning the pumps at every cell membrane – carrying nutrients and removing wastes on a continual basis.

When the lymphatic fluid starts filling with toxins that are not eliminated, its oxygen carrying capacity declines. This means that all of your tissues will be receiving less and less oxygen until this trend is reversed with detoxifying procedures and better hydration.

Structured water moves nutrients more efficiently because of its structure, providing more energy for cellular functions. But more importantly it helps remove toxins that block proper nutrient absorption.

## **Diabetes**

In Traditional Chinese Medicine, diabetes is referred to as the “thirst disease.” Diabetes is indeed tied to water regulating systems of your body. Besides bringing sugar (glucose) from the blood into the cells to supply energy, insulin is also important in the regulation of intracellular water. Insulin helps move potassium (critical to the maintenance of intracellular water) into the cell. Without insulin, cells are deprived of both water and sugar – its two sources of energy. When a primary source of energy (water) is unavailable for the brain, it calls for the next available source – sugar. Since insulin is not required to carry sugar across brain cell membranes, it is an easy way for the brain to receive needed energy. Unfortunately, this raises the level of sugar in the blood throughout the body.

The activity of insulin itself appears to be governed by water. Dr. Z.Y. Wang from New Jersey Institute of Technology wrote: “Proper hydration is critical for people with diabetes because water has to be organized around insulin – for every one insulin molecule, you need 440 water molecules.” Recent clinical studies conducted by Dr. Wang with diabetic patients in China, showed that a hexagonal water product was 13.4 times more effective at hydration than distilled water. The same study revealed a trend towards lower blood sugar levels in just four weeks.

## **Asthma**

Your lungs are constantly using water to keep moist as they work to extract oxygen from available air. Your airways can become constricted to reduce water loss – asthma. Asthma and many allergies are associated with dehydration and can be eased with better hydration.

Asthma medications open constricted airways. They also shut off the body’s call for water, ignoring the bigger problem. In the long run, water is possibly the best medication for asthma and many allergies, as described by Dr. Batmanghelidj.

## **Brain Fog**

Brain (containing 85% water) functions require electrical activity which is supported by water. Your brain uses 20% of the total blood supply, using water, oxygen, and other nutrients on a priority basis.

When structured water is not readily available, your thinking becomes clouded and you lose the ability to focus.

## **Joint Pain**

Cartilage that surrounds and protects the bones in your joints is like thick jello composed mostly of water. Because of constant wear, cartilage cells must be replaced very often. Structured water often provides a reduction in joint pain and increases mobility for those with arthritis and other joint problems.

For some people, cellular dehydration is accompanied by an inflammation of the joints that brings extra water around the joints and produces a throbbing sensation that is often perceived as a mild pain. Once people start consuming structured water, the stagnant water around the joints is replaced by water that readily enters the cells that need hydrating and the swelling and pain is effectively reduced.

This general decrease of inflammation is often accompanied by a substantially greater sense of well-being and harmony in other parts of the body. When this happens many users find it easier to address the stresses and conflicts of daily life and will report corresponding improvements in their overall life situation.

## Sources

### ***Natural sources***

There are a number of natural springs on the planet with powerful healing properties. Many of these sources are located in places with unique magnetic and/or geologic formations. Most are located in areas where the water comes from deep within the earth. The level of structuring varies from location to location. In most instances, the structure begins to deteriorate very soon after the water come up to the surface.

Dr. Yoshitaka Ohno, M.D. PhD wrote about a natural source of structured water that maintains structural stability for an extended time. This water, from Japan's Magnetic Mountain, originates in a place where the magnetic field is unusually high as the entire mountain has been permanently magnetized. The water from this mountain has its own magnetic field when it comes to the surface, measured at nearly 30 gauss. The magnetic field of this water declines with time, but never fully dissipates – one reason the water may be so stable. This water has been the subject of several clinical studies, verifying its health-enhancing effects.

### **Important Factors**

In nature, turbulence is the key to healthy water. Most people know enough not to drink stagnant water. Freely moving water (not water forced through pipes under pressure) forms layers as it moves – sheets that fold and slide over each other as the water expands and contracts. Turbulence and vibration tend to increase the hexagonal organization and the energy potential of the water.

Nature repeatedly uses the spiral. Everywhere it is evident – from the smallest strand of DNA to the largest galaxy. Simple observation of water's movement reveals the repeated spirals, the eddies, and the whirlpools it creates as it moves. This vortex action cleanses water, releasing vibrational pollution, while at the same time ionizing the minerals. As layers of water slip past each other, oxygen is taken in, adding to healing and purification of the water through movement.

### **Source Water**

We don't use regular tap water for drinking if we can help it. Even many bottled waters are questionable. Chemically-treated tap water carries undesirable substances that need to be eliminated or at least neutralized.

While distillation produces the best results, it is also least convenient. Reverse osmosis filtering produces acceptable quality water for drinking. If your options are limited, Precious Prills provide an excellent way to treat drinking water and to bind most of its pollutants.

Chaotic vibrational information in water can disrupt the coherence in our bodies. We can eliminate this chaos and replace it with better organized structured water.

The easiest method is turbulence – the repeated stirring or spinning of the water. The second method is to treat the water with magnetic energy. Distillation has also been used for “erasing”

water's memory, as long as the temperature is high enough. Because of the high temperatures required, distillation produces low energy water. However, when distilled water is activated by harmonizing ceramics, structured concentrates or vortexing equipment, the frequency is raised, producing water that is returned to its full potential.

### ***Man Made Structured Water***

Many structured water products are available today – each with unique qualities and characteristics – some better than others. Several are sold “ready-to-drink,” while others are available as concentrates to avoid the high cost of shipping water. Also available are vortexing machines and ionizers which can produce structured water in your home.

In order to change the structure of water, it must be subjected to energetic frequencies that cause the water to break up existing molecular bonds and replace them with higher order of organization. Organized liquid crystal water is most stable when kept cool and away from electromagnetic sources and direct sunlight.

### **Concentrates**

Structured water can reproduce itself in a greater volume through resonance. Crystals form very rapidly in saturated solutions – especially when “seed” crystals are implanted. Structured water concentrates act as a “seed” or pattern, helping to spread the same structure and frequencies throughout the whole volume. Water concentrates on the market vary widely. Some are imprinted with frequencies to support mental clarity, creative thinking, immune function, cellular regeneration, etc.

We make available Twilight America Magic Water that is used mainly as a skin moisturizer and Quantum Tech Tymbak Water, a highly programmed water filled with information fields that is used as health tonic that helps reprogram confused cellular structures and return them to optimal functioning.

### **Vortexing machines**

Spiral movement is a constant in all living systems. It is present in the natural flow of water in rivers and streams, and in the human circulatory system. In nature, countless vortices form as water breaks past rocks and other obstructions, energizing the water as it moves. As water structuring increases, its ability to hydrate your cells also increases.

Vortexing machines use a combination of magnetic fields, structure-making ions, and nature's spiral vortex to create energized, stabilized and oxygenated hexagonal water.

We offer the MMP Volixer which not only spins the water, but charges it with the use of specially configured charging cartridges. We enjoy it for its speed, and ability to not only structure water, but to also produce smoothies and other blended food products. Using nano-minerals in a vortexing charger creates very powerful healing fluids.

### **Ceramics**

Water bonds can be successfully disrupted using crystalline materials, reducing the liquid crystals and increasing the ratio of beneficial small clusters in the water. While these devices do

not work as fast as vortexing machines, they are much more affordable. Their action can be speeded up by raising the temperature of the water so that the molecules move around faster. We offer Twilight America Precious Prills and Crystal Pearls.

## ***Usage and Benefits***

### ***When and how much***

One of the best times to drink structured water is first thing in the morning. After all night without water, the body's reserves need to be replenished. With a glass of room temperature water first thing in the morning, the digestive tract is primed before breakfast. This helps to prevent water rationing and all of its complications.

A good habit is to drink 8 ounces of water 20-30 minutes before every meal and before exercise. Drinking before meals has other advantages, like helping the body to distinguish between thirst and hunger. Many people do not eat as much when they begin with a glass of structured water. When water is consumed before the meal, we also tend to chew more completely, rather than washing food down. This results in eating more slowly and enjoying the meal; it also establishes a closer connection with the food we consume. Most health professionals agree that it is best not to drink with a meal. This dilutes digestive juices. It is a good idea to drink 8 ounces of water two to three hours after each meal. In this way, water is continually being consumed throughout the day.

Structured water helps with better assimilation of nutrients and is perfect when taken with nutritional supplements.

### **Cleansing reactions**

When the human body has enough water and energy, it is able to nourish and cleanse itself on a regular basis. Water is often the limiting factor. When water is either insufficient or inefficient, toxins are "tucked away" – stored in waste dumps throughout the body. Unfortunately for some, wastes continue to build up and disease develops.

Structured water can provide a significant boost in both energy and cellular efficiency. For those with overflowing waste dumps, the body will respond by clearing out the garbage – often clogging the hallway on the way to the exit. If the toxic load is too great, you may end up feeling like you are sick with a cold or flu. Symptoms of cleansing include aches and pains, headaches, fatigue, diarrhea, skin breakouts, and/or mucus discharges. Each of these is a sign that the body is doing what it is supposed to do. So ease your way into it, don't try to undo twenty years of damage in one week.

Start with 4-6 ounces a day for the few days, and work your way up to 24 ounces a day over the next month or so. This gradual process should not cause you any serious cleansing symptoms.

For those who have access to biofeedback equipment, it may be best to "ask the body." Many health practitioners have methods of determining how much of any food or supplement your body can accept without experiencing a cleansing reaction. You can of course learn to do this yourself. Using a pendulum is no rocket science ...

If you do experience cleansing symptoms (usually within a week), stop drinking the structured water until your symptoms pass – then begin again more slowly. Keep yourself well hydrated – lots of fresh fruit and vegetables are a must for everybody – and your health is bound to improve.

## **Reading Suggestions**

Faradon Batmanghelidj: *Your Body's Many Cries for Water*. Global Health Solutions, Inc. Falls Church, VA 1992.

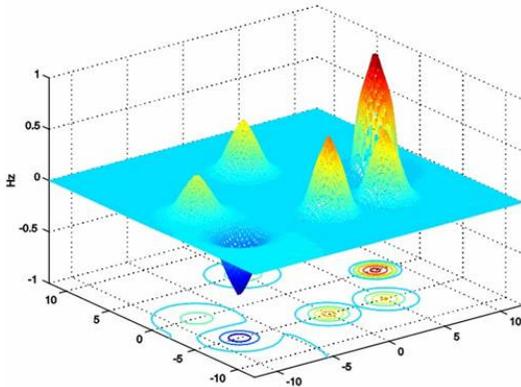
Faradon Batmanghelidj: *Water: for Health, for Healing, for Life – You're not Sick, You're Thirsty*. Warner Books, Inc. New York, NY 2003.

Masaru Emoto: *The Messages from Water*. Tokyo: IHM press, 1999.

Mu Shik Jhon: *The Water Puzzle and the Hexagonal Key* Uplifting Press, Inc. 2004.

## Products

### ADR System, ADR-4



ADR-4™ Energy Stimulator, a 4-inch diameter disc with advanced and revolutionary technology inside, is the result of research, commitment and determination of Stanislaw A. Wosinski, M.Sc., P.Eng. This device, through its self-generated complex magnetic field, infrared radiation, and resonance effects, physically alters the configuration of water memory. The principle of how ADR-4 works is a lot like water... simple, yet complicated. Simplicity based on specific modification of water memory; complexity due to long-lasting research and the selection of proper emitters in order to energize water molecules by altering their structural

arrangement.

Just place any water-rich food or beverage on ADR-4™ Energy Stimulator disc for approximately 3 minutes to have its intermolecular arrangement altered into hexagonal structures. Most people will notice an improvement in the taste of charged food or drinks. The small clusters permeate cellular membranes more quickly, providing superior hydration and refreshing living cells more effectively. The result is that more nutrients in food, beverages and nutritional supplements are delivered more efficiently to your organs.



ADR-4™ Energy Stimulator alters intermolecular arrangement of water in alcoholic beverages. You can make your beer and wine taste a lot better, and even reduce and hangover effects.

Placing any **facial cream or body lotion** on ADR-4™ Energy Stimulator improves the moisturizing properties and results in better absorption of water contained in the cream or body lotion in your skin.

I love taking my ADR-4 to parties. I pour out two glasses of wine, charge one of them for a while, and ask people to taste both and choose the better wine. It never fails! They can't believe that both samples came from the same bottle... plus I also take my ADR-4 with me when I travel – I charge up my soups, salads, and drinks wherever I go. It is like eating organic food all the time. Martin

Make the ADR – 4™ Energy Stimulator your health and wellness solution!

Results of serious research and laboratory tests show food and beverages energized by ADR-4™ Energy Stimulator can provide therapeutic effects and benefits. ADR-4™ Energy Stimulator device is approved and registered by the Polish National Drug Institute, equivalent to FDA, as **auxiliary medical equipment** for peripheral circulation disturbances, dysfunction of kidneys, and compensation of acid-base homeostasis. ADR-4™ Energy Stimulator provides several

additional benefits to the human body, such as an increase in stamina, vitality, strengthening of the body's immune system, and detoxification of heavy metals from our systems.

## ***Twilight America, Precious Prills***

Lasting many years, these small beads create water that is wonderfully moisturizing, and is



absorbed immediately so that every cell (be it human, animal or plant) is properly hydrated. Hydration is one of key aspects to maintenance of health.

Precious Prill Water is super-hydrating, and is a far superior moisturizer than common water. It will enhance your nutrient absorption & toxin elimination, and thus improve your health. It has favorable oxidation reduction potential that helps reduce damaging free radicals in your body. Prill Water has alkalizing potential to help normalize your body's pH.

Prills lower the surface tension of water, making it wetter – ideal for cleaning! Spray & wipe counters and sinks to clean. Add to toilet tank to help clean septic systems.

Every time some Prill Water goes down the drain, water restoration in the area begins. We can clean the waters on Earth; one person, one septic tank, one sewer system, one river & lake at a time.

Add to a humidifier, as breathing Prill Water vapor helps people with a sinus or lung problems. It repels black mould, and helps eliminate odors, creating a healthier indoor environment. Use to extend the life of cut flowers, and to improve the health of your pets.

Precious Prills are made of magnesium oxide infused with Life Force, and have had their vibration adjusted in The Star Chamber Factory. They do not contribute minerals, but when in contact with common water, a very energized & life giving liquid is created. They do not absorb impurities that would impair their function.

### **Directions For Use**

Wash the bag of Precious Prills before use, as you would with any fruit or vegetable. Put it in a one gallon glass jug and fill. Next day it is ready. Drink & cook with it, bath in it, and feed it to pets & plants. Because Prill water detoxifies your body, it is advisable to start with small amounts, and build up to drinking 2 quarts per day. Sun tea jars and ceramic water dispensers work very well, too.

The Prills work in any water. Some tap water is quite horrible and takes longer for the process to complete. The better the water quality that you begin with, the better your resulting Prill Water will be. When left for very long period of time, Prill water can overcharge, creating a metallic taste for some. An individual's taste tolerance will increase with use.

Hi everyone! Just wanted to share that after being on the Prill for about 5 weeks, my constant thirst stopped, about a week ago. And I notice around this same time, that I no longer crave sweets and salty snacks. (This may be encouraging for some who have just started drinking Prill water). Both salts and sweets were very huge magnet for me in the past, but no more. In fact, I have some salty snack food in the cupboard and every time I look at it now, I think, "yuck". This is pretty significant for me, because in the past I was a big cheeto/dorito fan.

## Other Uses

Clean and/or marinate fruits & vegetables to enhance flavor, raw or juiced.

Spray bottom of frying pan and/or top of the food when cooking, for added moisture when desired.

Spray & wipe counters and sinks to clean.

In the toilet tank to help clean septic systems (may corrode plastic or metal over long periods of time).

Spray on hands & face, in mouth and on tooth brush to clean.

While traveling, spray is handy for washing hands before & after snacks.

Great for cleaning baby's bottom at diaper changes.

Place cut flowers in the Prill water to extend their life.

## Experience Is Your Proof

The water is remarkable. It alleviates tremendous stress and creates a periphery of love and support from within. It makes me feel much more peaceful since I have two jobs and go to school all the time and am in the process of recreating my life to "my" needs. Lots of peace, Tutone (thx)

Here are a few simple ways to experience the superiority of Precious Prill Water:

- mix two cans of orange or other frozen juice of your choosing, one with Prill Water and the other with untreated water, and compare the taste.
- set a bowl of Prill water along side a bowl of the source water for a dog or cat, your horses or cows and let them judge.
- take a couple plants and water one with your source water and another with Prill Water. This takes a bit longer, but the results will be dynamic.
- if you burn yourself, wet the burn with Prill Water, do

this every time the pain returns and within a few hours you will know for sure that you are dealing with a really great cellular moisturizer.

This list could go on forever. Use Prill Water anywhere water is normally used.

## **Twilight America, Crystal Pearls**

For Superior Hydration & Nutrient Delivery

I am thrilled with the Twilight products, especially the Magic Water, which I made with the Crystal Pearls I got from you. My first glass blew me away. It took me 2 days to integrate all the changes! I think I'm shifting interdimensionally from my second glass ... (I'm only half kidding). I am thrilled with the pearls, finding them extraordinarily powerful, and they are certainly worth the price. (Priceless is more like it.)

I will definitely be ordering more products from you. Many thanks for your great customer service and your very fast shipping.

Sincerely,  
Marron



Now you can instantly turn ordinary water into highly organized and energized water that is efficiently absorbed at the cellular level, to support healing, regeneration and maintenance of living cells.

This charged Crystal Water is wonderful for making plant extracts & infusions, teas, soups and drinks. But more than anything, it is great for spraying on your face and in your eyes to restore full hydration. It will prevent sunburn when sprayed on during exposure.

### **Directions for Use:**

Drop one or more Crystal Pearls in your water, to achieve the level of taste and vitality that you desire. The charging will depend on time, temperature and volume. Drinking water strength is reached within one minute.

To use our large Crystal Pearls for body energy work, place them on any place of concern on your body; wear it in a pouch or your pocket, taped to your skin, or to the underside of your clothes. They have a field effect in all directions, making them very effective for restoring free energy flow in a way similar to

acupuncture.

## **MMP Solutions, Volixer Water Charger**

Rapid Increase in Hydration of All the Cells in Your Body



The Volixer technology is an amazing new way to charge water with life-force using the principles discovered by Viktor Schauberger in the 1920's. Volixer technology uses the spinning action of a blender to produce a turbulent water vortex in a container that has proprietary Volixer charging capsules attached around its perimeter. The charging capsules do not wear out and do not require maintenance. During the vortex action, the water speeds past the charging capsules and accumulates very substantial amounts of chi/life force. In effect, it becomes "living water", as occurs inside of living cells, complete with strongly defined hexagonal clusters. Using this technology, one can produce in

a few minutes the same effect that took weeks to accumulate in the Austrian forest creek Schauberger observed, with even greater benefits to all living systems.

The great advantage of using this system over other vortexing systems is in the ability to not only produce energized water, enhanced mineral supplements, but also food smoothies, soups and other blender meals. Everything that you process in this blender will have its life-force energy

greatly enhanced. We make available special nano-minerals that are very effective in the life-force enhancement process.

### ***Quantum Tech Research, Tymbak Water***

Quantum Tech Tymbak water is a concentrate that is used to re-form your drinking water at a rate of 2 oz per gallon. The concentrate is infused with information fields using the light from a Geometric Laser, to imprint the vibration of 35 essential isotopes of elements that are required by your body to function correctly. All of these isotopes are in their non-metallic, unstable isotopic form, that is required for healthy function and vitality.



Dan Nelson, the researcher and inventor of this product, is a quantum physicist.

Dan's research confirms that human health and wellbeing depends upon 35 specific isotopes of required elements, that must be replenished on a regular basis.

Attempting to convert incorrect isotopes to usable frequencies will result in unnecessary biological systems stress and expenditure of energy. This process is very inefficient and can cause a lack of energy & vitality, diminished immune capacity, lowered resistance to disease, and a potentially shortened life span. Since our soils are depleted of these essential elements, so are we. Quantum Tech believes that many currently available mineral supplements are not in the right mineral state, but in the toxic metallic state. Your body has to first convert them before they can be used in biological processes.

Drink Tymbak water every day to ensure proper hydration and optimal cellular function.

For more information contact:

Life Enthusiast Co-op  
711 S Carson Street, Suite 4  
Carson City, NV 89701  
1-866-543-3388  
[www.life-enthusiast.com](http://www.life-enthusiast.com)