



Water, Much More Than H₂O

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Water!

Two atoms of hydrogen and one of oxygen; a marriage of the hottest and coldest gasses.

Without it, life as we know it in a human body - a planetary body and a universal body - would not be possible.

The lifeblood of existence, it is the transportation system for raw materials, waste products and energy throughout all of creation.

Covering 70% of the earth's surface and representing 60-70% of the volume weight of a healthy human being, it also accounts for 99% of the molecules in the human body.

Far from being a passive transportation system, it is an active participant in all of life's functions.

*"Water is life's matter and matrix and mother and medium.
There is no life without water".*

Albert Szent-Györgyi (1893-1986) – Nobel Laureate

According to Hungarian scientist Albert Szent-Györgyi, considered the father of modern biochemistry, water is life's matrix and life's medium. This means that water supports the structure of life and facilitates the interchange of energy between systems including organic and inorganic matter. Water functions as a solvent; a substance that is able to dissolve solid matter into liquid form and turn minerals into ions which are structures able to gain or lose electrons and therefore support the conduction of electricity. Liquefying solids and creating ions is what allows electricity and raw materials, whether solid, liquid or gas, to be exchanged between living systems. And due to all life being dependent on nutrient, electricity, and energy exchange, there is no life without water.

In addition to functioning as a solvent, water functions as a solute, meaning hydrogen and oxygen atoms also gain or lose an electron to carry a positive or negative electrical charge and form specific structures in addition to H₂O, acting as an integral and primary component of acid/base chemistry and oxidation/reduction reactions inside every cell in the body.

Effectively, water functions as the battery of the body. If an electrical charge in water is not maintained inside all cells, electricity in the body is compromised and cellular function ceases.

Gerald Pollack, Professor of Bioengineering at the University of Washington, sees **water** as practically synonymous with energy, suggesting the following formula: **E (energy) = H₂O**.

Despite the fundamental role water plays in supporting life, water is often an afterthought. Although the explosion of “liquid beverages” in the past several hundred years implies otherwise, these “water-based” beverages leave most people dehydrated including those suffering with any kind of illness or disease. In fact, all disease is associated with a lack of water in cells and hardening of tissues, including:

- blood vessels with high blood pressure and diabetes
 - the thyroid gland with goiter and Hashimoto’s thyroiditis
 - joints with arthritis
 - drying in the brittle bones of osteoporosis
 - the brain with Alzheimer’s disease
 - intestines with constipation, reflux, leaky gut, and irritable bowel
 - soft tissues with scleroderma or lupus
 - the lens with cataracts
 - the uterus with fibroids
- and any organ with a cancerous growth.

Any person with any kind of disease is dehydrated at the cellular level. Just as with a battery, dry cells do not work. And once cells become hardened, it is very hard to soften them again. Consider the hundreds of years that it takes to return a brick to mud. It is so much better to keep cells wet.

Why are liquid beverages dehydrating? Coffee, tea, soda, juice, alcohol, milk, smoothies, energy drinks, liquid meals, liquid supplements and flavored waters are **not** water. That's why.

Any beverage that is not water alone contains hundreds to thousands of chemicals, natural and otherwise, which must be processed as food. Processing food is fundamentally dehydrating due to water being required to convert the food chemicals into useable energy and due to the fact that processing of food inside the body generates a literal "fire" in the mitochondria of the cell. Importantly, water must be present in the cells at the time they are being called upon to do this work.

Requiring (roughly) two hours for the body's metabolic system to extract water from "liquid foods", the water in any food is not immediately available for food processing. In fact, when water is combined with food molecules, the water itself must be chemically processed, further delaying its primary benefit as the radiator of the body. In addition, when these "liquid foods" contain chemicals such as methylxanthine (coffee), theobromine (tea), alcohol, and any kind of sugar, whether natural or artificial, water is forcibly eliminated through the kidneys to maintain salt, sugar and water balance in the blood.

Both eating **and** drinking food is dehydrating, and the water you are consuming may not have the ability to find its way into your cells.

How often do you find yourself drinking more water, simply to pass more urine?

How often does the water you drink actually quench your thirst?

How often does the water you drink taste flat?

How often does the water you drink slosh around in your stomach?

If you are noticing any of these issues relative to the water you are drinking, it is highly likely the water you are drinking is dead. What does this mean? It means that the water you are drinking does not have the necessary force and energy to get into your cells. Dead water is incapable of holding an optimal electrical charge or providing optimal force because it has lost valuable speed which optimizes its capacity to support the vortex flow of water inside the body that is necessary to hydrate cells.

What deprives water of speed and vortex flow?.....Water processing.

On a commercial scale, water must be processed by disinfection with chlorinated chemicals to eliminate pathogenic bacteria. It is then transported underground, devoid of sunlight, through multiple twists and turns to be delivered to the tap, or put through multiple stages of filtration or reverse osmosis membranes to remove chemical contamination which further reduces the speed and therefore the energy of the water molecules. Making things worse, water is shocked or electrocuted to make alkaline water. All of this processing takes water out of its natural state and reduces its ability to flow and penetrate cells - all cells of all organic life.

Water taken out of its natural state suffers a loss of energy and vitality thus becomes dehydrating at the cellular level. As cells become more and more dehydrated, they have less and less ability to produce messages that signal a desire for water. As a result, people who are the most dehydrated are also not thirsty for water and tend to dislike its taste. Dehydrated cells function at minimal levels and are incapable of sustaining optimal health. Cells in drought have lost the ability to even process water resulting in the aversion to consume water. How then do we reverse this situation and keep the cells optimally hydrated, allowing optimal cell function?



Figure 1

A water molecule has the unique capacity to store energy in the chemical bonds that bind hydrogen and oxygen atoms together. Water gets energy from its environment, primarily the sun (**Figure 1**). The sun's electromagnetic energy builds energy in water which is then translated into work in living organisms, including the human body. Water can also be charged or energized by other energy sources such as sound, other types of infrared light, atmospheric pressure, gravitational force or the centripetal force of a vortex.

When water is energized in this manner, the individual water molecules in gels or in biologic membranes organize into offset honeycomb sheets, creating stability between the negatively charged oxygen atoms and the positively charged hydrogen atoms (**Figure 2**).

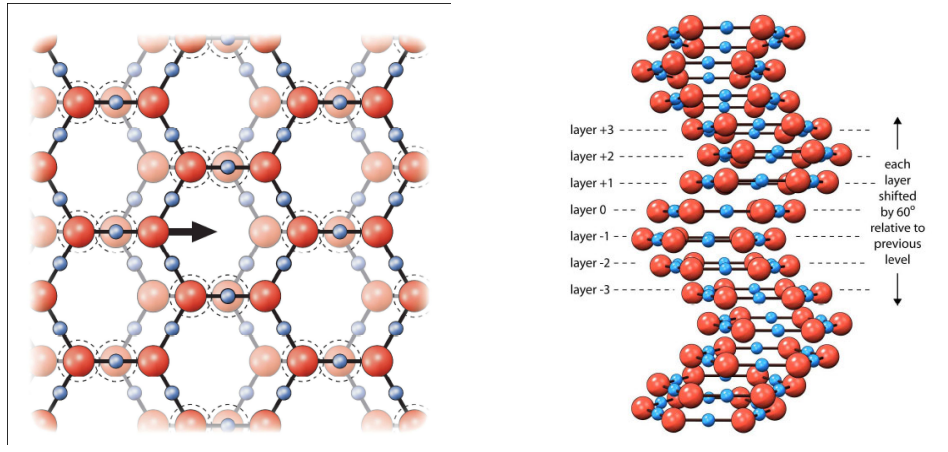


Figure 2
Offset Honeycomb Sheets of Water

This charge separation creates something called an Exclusion Zone (EZ). The EZ across biological membranes, such as an artery or a vein or a cell, functions as a battery (**Figure 3**).

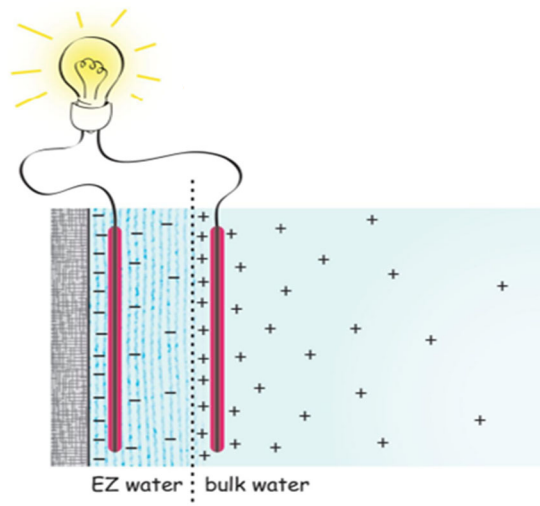
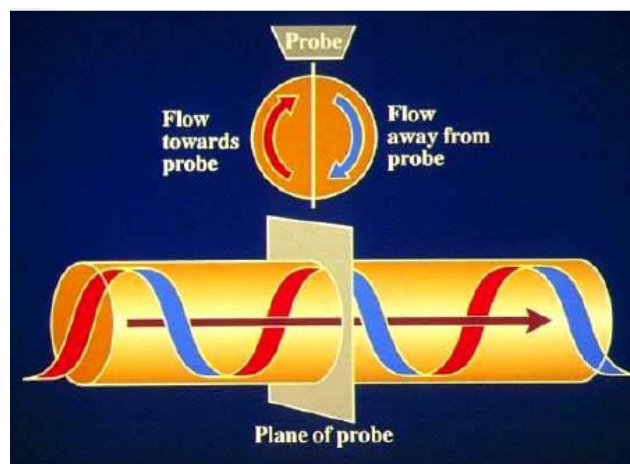


Figure 3

As long as the battery is continually charged, there is energy and electricity to run cellular machinery. And when electricity is sustained and maintained, flow patterns inside the body move in a spiraling motion towards the center, just like a tornado or a hurricane. This is called centripetal flow, implosive flow, or vortex flow.

Careful observation of natural phenomena reveals implosive flow or vortex flow to be self-sustaining and self-purifying, capable of neutralizing and transforming toxins and pathogens. Blood, and other fluids in the body, moving in a spiraling flow motion toward the center, keep cell nutrients, electrolytes, toxic chemicals, microbial toxins and the waste products of internal chemical reactions constantly stirred, mixed, dissolved and circulating. This allows uninterrupted and unimpeded flow to keep cells working and get waste neutralized and out of the body through detoxification pathways in the blood and in the liver. **(Figure 4)**

When energy is not maintained, flow patterns reverse, spattering nutrients, electrolytes, toxic chemicals, microbial toxins, cellular waste and cellular debris to the outside wall of the cell or circulating vessel. With no place to go except to add layer upon layer of unprocessed organic matter in the vessel, it eventually dries out and calcifies, completely blocking flow and circulation. This calcifying debris is stagnant, dead, organic matter, otherwise known as “biofilm” which serves as compost for all sorts of pathogenic microbes. When flow patterns reverse to outward-directed centrifugal flow, biologic function disintegrates, charting a course to acute and chronic disease.



Healthy blood flow in an artery is centripetal-towards the center

Figure 4

Optimal health, which doesn't happen by food choices alone, is maintained by circulating water flowing in a vortex motion toward the center, and adequate amounts of water in cells. What you choose to drink or not drink has a much greater impact on your health than the food choices you make. A dehydrated body is not a healthy body, whether you are choosing "healthy foods" or not.

Water as energy and water as electricity is of fundamental and critical importance in maintaining centripetal flow and centripetal force in an optimally healthy system, which is supported by water that has speed, which translates into power and force. Energized water has power. Energized water facilitates biochemical activity at the speed of light. Energized water keeps the enzyme machinery inside of all cells operating at optimal levels.

Speed is added to water by adding vortex energy. Water to which vortex energy has been added travels at 642 m/sec (meters/second). When water is processed in any way, going through multiple stages of filtering, passing through underground pipes with multiple turns, alkalized, artificially electrified or artificially softened, the water molecules are slowed down. Processed water molecules travel at an average of 590 m/sec. So filtered water, tap water, well water, reverse osmosis water, Smart Water®, alkalized water, softened, artificially mineralized water or distilled water have all been slowed down, have lost energy and are therefore incapable of maintaining the battery of the body at full charge.

While processed water benefits from being sterilized, dechlorinated, defluorinated, or stripped of mineral salts, the processing renders the water "flat" or "dead" because speed, power and energy have been reduced, impairing the water's ability to hydrate cells. Many who drink processed water throughout the day are under the impression that they are adequately hydrated, especially if they are generating a commensurate amount of urine given that the kidneys are functioning properly. But actually, due to inadequate energy and electricity in the water, it is not entering the cells at all and instead is passing through the body, otherwise a person would die of water overload. Someone who is drinking energized or hydrating water drinks less of it and has less urine output. Energized water quickly gets into cells, is utilized efficiently, and recycled in such a way that less water consumption is required.

The foundation for optimal health is built upon maintaining electricity, maintaining energy, and maintaining an Exclusion Zone on the surface of every cell membrane. This requires water that has power and force for movement of nutrients in and waste out of the cell in a self-cleaning, self-sustaining and self-regenerating fashion. Because metabolic work inside the human body is constantly charging and discharging the battery, and because human beings, and other living things for that matter, cannot and do not plug into an electrical socket on a regular basis throughout the day, a way must be found to continuously recharge. There are several practical ways to do this:

1. Eliminate all non-water beverages.
2. Take a walk outside for at least twenty minutes every day, during daylight hours, even if the sun is covered by clouds. Outdoor infrared exposure is a free and simple way to get recharged.
3. Sing in the shower, in your car, on your walk, with your friends, etc. Or laugh out loud, as often as possible. Or have a sound therapy session. Sound vibration in the audible spectrum recharges your battery.
4. Access water from an artesian well, at least 100 feet deep. An artesian well brings groundwater to the surface without pumping because it is under pressure within a body of rock and/or sediment known as an aquifer.
5. Drink water throughout the day, but 30 minutes before or after food, which allows water to be fully processed and available in the cells when it is needed for food processing. Drinking water away from food also prevents dilution of incoming nutrients which impacts the efficiency of the digestive process.
6. Do not drink artificially softened water or water to which any kind of salt has been added or artificially induced, including alkaline water, sea salt or Himalayan salt. Regardless of the system used, softening water leaves water with an abnormal mineral content, primarily sodium or potassium, which produces an imbalance of electrolytes in the body, compromises biochemical reactions, and leads to cellular dehydration.

7. Since #2 and #3 are helpful, but not enough to satisfy needs for continuous recharging and #4 is difficult to accomplish, vortex whatever water you choose to drink. This can be accomplished in several ways using tornado tubes, countertop water carafes or plumbing pipes designed to apply a vortex force to the water as it passes through under pressure for delivery to a water outlet. Using a vortex pipe not only increases the speed of the water, but aerates the water, increasing dissolved oxygen and supporting healthy microorganisms in the gut.

8. Always Supplement with pure fulvic acids.

The best kind of drinking water is sterilized, low in dissolved solids (meaning low in salts), contains few or no contaminants, has speed, and therefore the hydraulic power to drive the electrochemical reaction inside the human body. As populations increased, people were removed from supplies of pure drinking water made by nature and natural processes, distilled and purified by electricity in the air, and falling from the sky – enriched with pure fulvic acids and a balance of organically bound minerals from undisturbed soil. In modern society, industrialization has added many types of heavy mineral and chemical pollutants to the air and to the water supply which reaches the consumer far removed from the source, at speeds incapable of sterilizing and detoxifying, which then must be accomplished in a water treatment facility rather than by nature.

Water treatment of any kind, while important for water sterilization, water quality and water taste, removes vital energy from water, robbing it of the very qualities that are important for sustaining optimal health. Adding vortex force to water before it is consumed is a way to restore speed, vitality and hydrating capacity to drinking water.

Challenging long held principles about the properties of water is and has been met by stiff resistance in academic circles. Challenges to the prevailing wisdom about how water should or shouldn't be processed has also met with stiff resistance in the court of public opinion, in large part because understanding the intricacies and nuances of water requires a background in chemistry, physics, electricity and electromagnetism, which most people lack.

Discovery of EZ water, however, coupled with a simple understanding of the fundamental nature of life as electricity and E (energy) = H_2O , allows a new vision and application of simple technologies in support of optimal human health. This allows life to be lived from a position of knowledge and power, not fear or ignorance. To realize and maintain optimum health, one must consume water that has the ability to hydrate cells. It may take a scientist to understand the details, but it doesn't take a scientist to conduct an experiment. Try vortex water for thirty days. See how you feel. Your cells will thank you.

