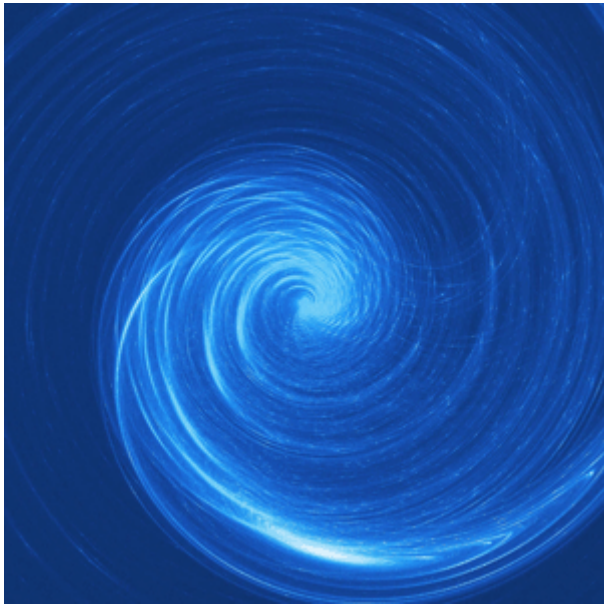


Structured Water – Facts, Myths and more



It's important to make a clear distinction that all water is not created equal. And I'm not talking about taste. As a snowflake falls to the ground it has a high coherence of hexagonal structure (6 branches) and when it melts retains this coherence in the hydrogen bonds to other H₂O molecules. The unique quality of these hydrogen bonds is that they are incredibly strong and make it a good conductor of electricity and also a good solvent for biological materials.

This is because it has small positive charge on the hydrogen end and small negative charge on the oxygen end. Now, why is this important to us? As human beings we are essentially water movers. We are born almost 95% water and if we live long enough, 55% water. To me, aging seems to be a dehydration process. So how do we stay hydrated properly?

We can drink naturally structured water, which comes from very pure places like Icelandic glaciers, or Hawaiian or Fijian springs. This water is easily assimilated and very hydrating.

The downside to these bottled waters is the high environmental impact of transportation, plastic manufacturing, and besides the risk of potential carcinogenic chemicals from the plastic seeping into the water. We really don't need to add to the North Pacific Gyre, a floating mass of plastic

waste in the Pacific Ocean either. So now what?

There are multiple options for getting bio-available water from the tap. Bio-availability means water that actually makes it into the cells for proper hydration. I've had a Jupiter Microlite for years and like the way it tastes and feels going down the gullet. It alkalizes, ionizes, and filters the water all to the tune of "Home Sweet Home".

I'm upgrading to the Jupiter Melody soon - it features an endless supply of water without having to wait for it to get "processed". It's a bit pricy at £900 but I'm ordering several and I can get a couple of hundred off.

I'm happy to pass on any savings if anyone wants one. A friend of mine distributes the Kangen water filters but they are way too pricey (over £1.8k) for not much benefit. I'm not even sure there is a benefit to the Jupiter brand.

Doctor Terry Grossman and Ray Kurzweil were at first skeptical of a water ionizer's ability to create alkaline water. So they tested the water themselves with a pH meter and an ORP meter.

They concluded:

"The negative ions in alkaline water from an electrolysis machine are a rich source of electrons that can be donated to these free radicals in the body, neutralizing them and stopping them from damaging healthy tissues."

Warning: One of the biggest problems and misconceptions are the benefits of Brita and Pur drinking filters. These company's boast pure healthy water but what actually happens is the filtered water is turned acidic. My home Ph testing kit revealed that new and used filters can make the water up to 5.5 acidic. Oh my god, this is so scary. With evidence pointing to the health benefits of alkaline diets, drinking neutral or alkaline water should match and increase our health. I think what is happening is that these type of cartridge filters strip all the minerals from the water rendering it acidic whereas ionizing filters organize the minerals into alkaline and acidic and split them into different membranes. You drink the alkaline side of the water and the acidic water goes down the sink. Acidic water can be used for washing things like fruit, bath tubs, or your face. This is what I would use Brita for - but absolutely do not drink it!



Here is what wikipedia confirms about some of the ionizers claims:

"Its true that in non-ionized water, water molecules form tightly bound clusters, and that ionizing water breaks up those clusters. Manufacturers claim that ionized water is more readily absorbed by the body than ordinary water, and that minerals in ionized water are more readily available to the body. There is an element of truth to the first part; water molecules are held together by hydrogen bonding, and (especially in the presence of cations) can form clusters."

So here it is my loyal perusers. My two year search for good water has revealed this info. And if you don't have an option and you are thirsty - you can send healing, positive energy into any water you drink and there might be a benefit.

Though [Dr. Masaru Emoto's](#) work documenting how the observer can effect the structure of water has not been reproduced in a proper double-blind study, his preliminary work remains impressive. And besides, wouldn't this back up the observer effect that states that whatever you try to observe, you effect?



South Coast Water

3 Pond Lane - Clanfield - Hampshire - PO8 0RG

Tel: 02392 592319 Fax: 02392 950464

www.southcoastwater.co.uk