

How can you improve the uptake of structured water into cells?

Introduction

In 2001 Dr. Gerard Pollack published his book, *Cells, Gels and the Engines of Life*, that explains how cells function. His research discovered that cell water was not H₂O, but H₃O₂, and he called this water exclusion zone (EZ) water (ie. structured water or water that carries a negative charge). Pollack concluded that cell function may be governed by a single unifying mechanism: the water phase transition from liquid H₂O to liquid H₃O₂ (cell water). He called this cell water *Phase 4 water*. Structured water is central to every function of the cell, including muscle contraction, cells dividing, or nerves conducting, etc. *The water molecules in a cell become structured in arrays or strata when they interact with charged surfaces such as those presented by proteins. Structured water stays in the cells because it's absorbed into the protein surfaces and adheres to the proteins of the cells.* The water in our cells is not like ordinary H₂O tap water in a glass: it is more like a crystal of ice that excludes particles and solutes (eg. organic matter) as it forms.

In 2012 Phi3n succeeded in developing a water conditioning device to produce structured water using a magnetic configuration to permanently hold a negative charge at -350mV. Some water scientists, including Schauburger, Grander and others have been able to structure water for limited periods of time but not for the long term (ie. more than 2 days). A mountain stream will carry negative charge at between -300 and -800mV due to its continuous vortexing action and water turbulence. All healthy cells of the body work at -20 to -25mV (equivalent to a pH of 7.35-7.45) and cell voltage must rise to -50+mV to make a new cell. Chronic illness occurs when voltage crosses from a negative to a positive charge, and cancer (and other diseases) starts at +30mV. The heart cells function uniquely and have a cell membrane potential of -110mV to -120mV. This is much higher than most cells that have a cell membrane potential of up to -70mV to -90mV. This voltage, along with salt enables heart rhythm and the blood to form a vortex that spirals through 100,000km of blood vessels of a human body. It is for this reason that the heart is **not** a pump (see Dr. Thomas Cowan's book *Human Heart Cosmic Heart 2016*).

Clearly, water is critical to cell function as it represents 70% or more of the body and blood is about 92% water. The science of water is relatively new and largely incomplete, however there is enough science to demonstrate that water with a negative millivolts charge is life-affirming or sustains life. Human and animal cells have a healthy charge of between -20mV to -25mV. The cells of an injured part of the body will rise to a negative (-) 50mV to accelerate healing and make new cells. This change in polarity facilitates the movement of nutrients to the area that

requires healing. **Therefore, we can assume that to heal the body you require a capability (ie. negatively charged cells and nutrient availability in the body) to deliver a negative charge (-) 50mV on demand.**

Cellular water health

The question is: ***how do you sustain an adequate level of structured water in cells?***

It is well known that dehydration is a major factor in organ failure (eg. brain function) and low tissue or cell oxygen (hypoxia). Full hydration requires about 2 to 2.5L a day of water for an adult weighing between 66-83 kg. Also, light is a critical factor in cell function. Biophoton theory states that light is stored in the nuclei of cells. This dynamic web of light is constantly released and absorbed by the DNA. This light may connect cell organelles, cells, tissues, and organs within the body, and serve as the organism's main communication network and as the principal regulating instance for all life processes. A healthy cell has a greater light emission than a diseased cell (eg. a cancer cell). The high degree of coherence and order of cell photons (the biological laser light) enables it to generate and keep order or function and to transmit information in the organism (any species).

Structured water has a lower or smaller molecule water cluster and can easily penetrate cells compared with unstructured water that can have 2-3 times more water molecules per water cluster. Therefore, structured or negatively charged water will hydrates cells more efficiently than unstructured water.

The fundamental factors in cell function and its ability to structure water is highly dependent on light and the quality of water input to the body in food and water as a drink. Below are some important ways to increase the ability of a cell to structure water:

- Drink water directly from a natural source, eg. a spring or bore as water under pressure (deep in the ground) becomes structured and mineralised. In many cases this is near impossible for most people. However, the Phión MEA water conditioner can structure the drinking water. In this case, it is better to drink water from a source that is not contaminated with chlorination or fluoridation (ie. a bottled spring water with good levels of alkaline minerals, eg. magnesium and bicarbonate).
- Install or use a MEA water conditioner for urban water supply to at least convert this positively charged water to a negative charge.
- Eating fresh, raw and organic leafy green vegetables as a smoothie (prepared in a blender) as the water in fresh vegetables and fruit (harvested in the previous 2 days) is structured water. Also, this smoothie can be prepared using MEA water from a Phión water conditioner if the vegetables and fruit are older.
- Consume antioxidants, such as Vitamins A, C and E to neutralise the positive charge on free radicals and thereby help to sustain the negative charge in cellular water.

- Sunlight exposure, particularly the red light in the morning sun. Natural sunlight is critical to cellular health and the emission strength of cellular photons. For example, red blood cells work their way through capillaries (circulation) using light or photons as the driver of flow (vortex action). When you add light and blood flow increases and stabilises pressure.
- There is some evidence that infrared light can complement sunlight to drive the cellular processes in your body
- The emotions of love, joy and hope sustain the negative charge of cells.

The major health factors that reduce cell function and health, and cause the cell charge to fall from a negative charge to a positive charge are:

- Dehydration due to low water intake
- Low oxygen and salt levels (salt in the extracellular matrix sustains the health of cell membrane)
- Toxicity of heavy metals and chemicals in cells
- **Stress** carries high positive charge and can **significantly reduce** the negative charge of cells. For example, Dr. Fritz-Albert Popp saw human DNA photons suddenly decrease during stress; and Dr. Cleve Backster saw how stress (in plants) sends out a warning beacon to all other life-forms in the area.
- Low nutrient diet that lacks leafy green vegetables that are raw and fresh
- High carbohydrate (sugar) diet
- Low intake of alkaline minerals to sustain blood alkalinity
- High intake of processed foods (eg. fast foods and any other foods that are not in a natural or unprocessed state)
- High intake of cooked food (particularly meat cooked in high heat, eg. BBQ, pan fried, grilled, baked, etc. can cause glycation that leads to cell mutations)
- Low iodine diet to support thyroid function
- High saturated fat diet that is unbalanced with other unsaturated fats (plants and ocean foods), and very low carbohydrate intake
- Low levels of sunlight exposure (early morning red light) and exercise (mobility)
- Lack of contact with nature (ie. grounding to release positive charge)
- Low levels of anti-oxidants in the diet to reduce free radical damage
- Pharmaceutical or prescribed medications may be toxic to cells, and particularly anti-biotics that reduce gut biology function and immune system function
- Recreational drugs and high alcohol intake
- Excess exposure to radiation from microwaves (affects red and white blood cells, amino acid capacity to make proteins and cell water voltage), wi-fi, mobile phones, etc. These high voltage pulses degrade cell membrane function

Conclusion

Any culmination of the factors outlined above will cause cell degradation, including inflammation. When inflammation begins to run rampant in the body you are vulnerable to a plethora of chronic diseases, including cancer, cardiovascular disease, rheumatoid arthritis, and many other illnesses that are appearing at alarmingly high rates today.

Regular contact with the Earth is the natural antidote for electron (negative charge) deficiency and can provide you with an infinite flow of electrons through grounding, also known as *Earthing*. You can't benefit from this electron flow unless you are directly connected to the Earth (eg. barefooted or hugging a tree), and today, most people in industrialised countries (the concrete jungle) are *anything BUT connected to nature*.

The more you understand the health benefits of cellular voltage, cell light (biophotons or the energy field) and the structure of water, the faster you will move your body to a higher level of health and wellbeing.