

Structured water's healing power

Introduction

This paper outlines the healing power of water and what type of water will enable cells to sustain proper regulation and healing. Firstly, most adults need between 2 to 2.5 litres of pure water per day to stay hydrated. Secondly, most people assume that any liquid that is based on water, such as fruit drinks or juice, coffee and tea etc., is part of the daily water intake amount. This assumption is a mistake. The cells of the body need water that is in a structured, negatively charged, and pure form. This type of water is flowing in pristine rivers or spring systems and sustains a charge through continuous vortex actions. Pure water can also be obtained from fresh, organic vegetables and fruit that contain up to 90% water. However, most people are drinking water that is contaminated with chemicals (most urban water) or converted into other forms with other materials, eg. tea, coffee, fruit juices.

Water does much more for us than simply being a lubricator of cells. Cell water is structured water (H_3O_2) and this negative charge (-50 to 70mV) of the structured water is part of our life energy source, or our source of Qi (Chi). The body needs electricity (Qi) to function and when the mV charge falls towards positive (+) voltage, then disease commences. The cell voltage or current can be increased at a cellular level by drinking structured (negatively charged) water.

Cell dehydration is potentially a major trigger to disease, and certainly a reason why some people feel tired and sick (as a precursor to disease). For example, kidney disorders nearly always start with chronic dehydration. This paper discusses how cells can best operate with a high level of integrity (order) for regulation and healing (life affirming) and what can cause a cell to dysfunction (disorder) and initiate disease (degradation).

The key topics in this paper are:

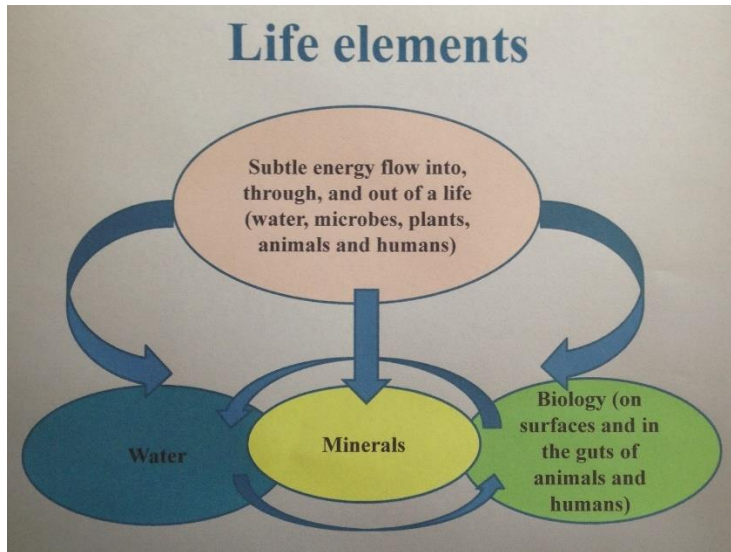
- The nature of structured water (negatively charged water, and alternatively known as energised and coherent water)
- The relevance of negative charge in human health, and the onset of disease
- The MEA water conditioning device designs, features, and applications for production of structured water that holds a permanent negative charge.

The nature of water and life

All life on Earth has cell structure that is based on the same constructs (design) and modes of operation (function). That is:

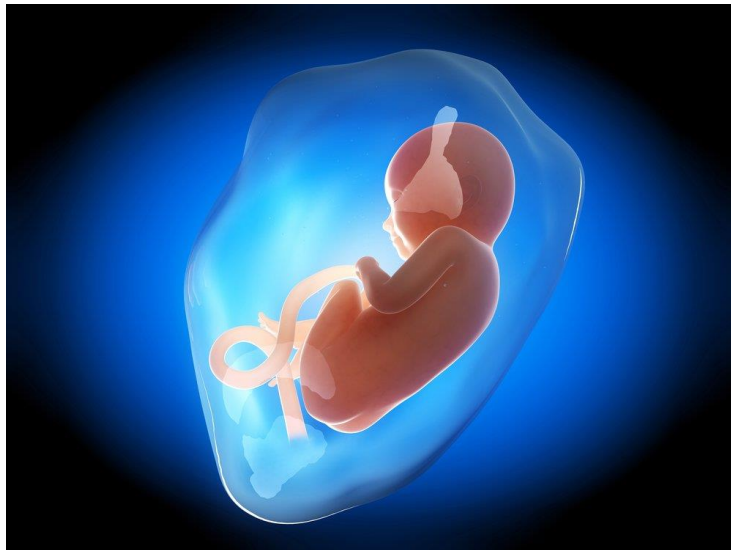
- All life (microbes, plants, animals and humans) is formed from the same basic constructs of minerals, microbes (biology), subtle (negatively charged) energy, sacred geometry (eg. golden mean ratio or phi) and negatively charged (-) water
- Nature provides the natural energies in water and food that are necessary for life to achieve its fullest potential for survival and healing

- All human cells (about 30+ trillion) need to operate at a negative charge of about -50mV to sustain optimal human health and wellbeing.



All life is based on the flow of subtle energy in, through and out of water, minerals and biology

Human life begins in water, in the mother's womb. The amniotic fluid (98% water) is part of the baby's life support system. It protects the baby and aids in the development of muscles, limbs, lungs and digestive system. Amniotic fluid is produced soon after the amniotic sac forms at about 12 days after conception. It is first made up of water that is provided by the mother, and then around 20 week's foetal urine becomes the primary substance.



Human life develops in a sea of water. This amniotic fluid also contains nutrients, hormones (chemicals made by the body) and antibodies (cells in the body that fight off infection).

Water in the human body

The human body is about 70+ water, by weight.

In *Netter's Atlas of Human Physiology*, body water is broken down into the following compartments.

- **Intracellular fluid** (2/3 of body water) is fluid contained within cells. A 72kg body contains 40 litres of fluid, and about 25 litres is intracellular, which amounts to 62.5%. Other texts states 70% of body fluid is intracellular
- **Extracellular fluid** (1/3 of body water) is fluid contained in areas outside of cells. For a 40-litre body of water, about 15 litres is extracellular, which amounts to 37.5%.

Water in life

In the natural world, and before humans contaminated the soil, water and air, humans consumed water in its most pure or pristine form from rivers, creeks and springs.

- For vital life, we need food, air, subtle energies (eg. sunlight) and water, in their purest forms
- We are designed to intake water as pure water (structured, negatively charged water) from pure food (organic, raw and fresh), and pure air (non-contaminated air), and be surrounded by the subtle energies of nature (the natural soils, waters and plants are negatively charged)
- The purer those substances, the greater the quality of life. The more we intake pure food, water, air and subtle energies, the more our health will improve.

What is natural water

Water is not just H₂O. Water has structure and charge (energy). The natural water (cohesive or ordered) has a negative charge and the unnatural water (disordered, such as urban water) has a positive charge. We need to acknowledge water as a vital component of life. That is:

- Water does much more for us than simply being a cell lubricator for hydration. Water is part of our energy source or our source of Qi (Chi): the energy flow system (eg. meridians) of the body
- The body needs negative electrical charge (Qi) to function. *When we die, the cell current stops after about 60 hours (2.5 days) and then we disintegrate*
- To keep the negative voltage or current alive in a cell we use the negative charge of water, air (negative ions) and food. However, when I say **water** I do not mean any liquid, I mean pure **water** in its natural state
- The water that is not natural is: urban tap water with fluoridation/chlorination (toxins), tea/coffee/wine/beer (substances in the water). The gut system treats these non-natural waters as either food or toxic compounds
- Food that is organic, raw and fresh (less than 2.5 days old) will have water that is natural (ie. has a negative charge)
- Natural drinking water is: water with a negative charge, or most pure waters from a natural flowing stream. Some bottled spring waters with a permanent negative charge (from a **Phión** water device) will become available by 2018.



All natural flowing water in nature has negative (-) mV charge, ranging from about -50mV to -350mV



Nature's water is alive with negative charge, biology, minerals and light



While it is a scientifically controversial idea, water can hold a *memory* from the influence of light, sound and even human intention



Indigenous Australians have a deep connection to nature through listening



Water is grounded in ceremonial and religious practices throughout history

Light, Biology and Water in Life

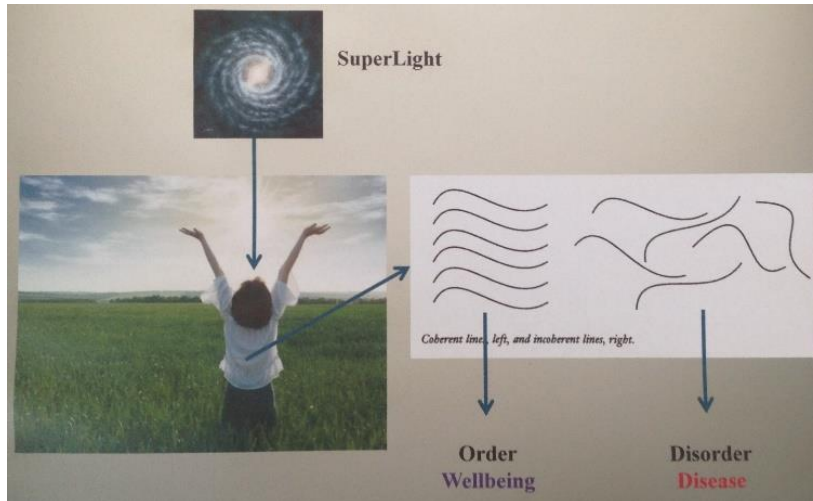
In the early phase of the Earth, it was the capacity of water to absorb light that enabled microbes to form.



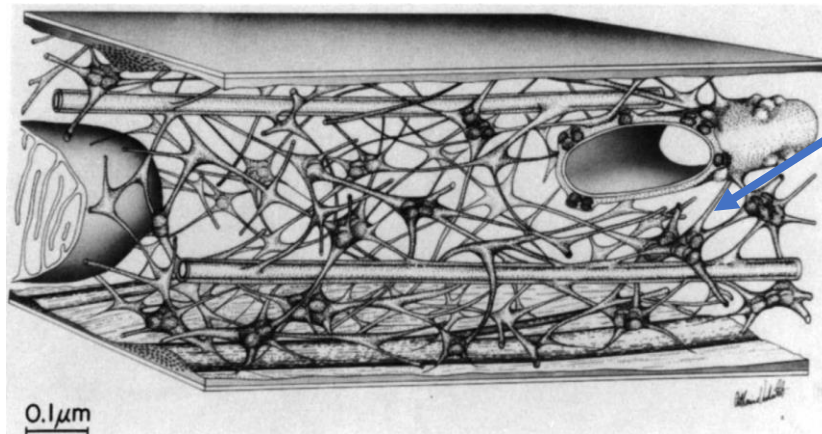
Purple bacteria or purple photosynthetic bacteria from **purple light** are proteobacteria that are phototrophic, that is, capable of producing their own food via photosynthesis from sunlight and carbon dioxide (CO₂)

Consequently, it was this powerful combination of water, light and biology (microbes) that formed the basis of other life forms. Later the Earth enabled some rays to reach further depths in the water and this gave birth to new bacteria forms. These bacteria had to live off the colours of light leftover, ie. **green light**. This seemingly arbitrary event of a new bacteria evolving absorbing the green light versus the purple light from the sun would have life-altering effects on our planet. Over time the green bacteria, known as Cyanobacteria, sometimes called blue-green algae, dominated the waters of the world. Eventually, these green bacteria became the earliest ancestors of all plants on earth. That is why all plants on earth, from the grasses to

the flower stalks and forests, are green today. Eventually animals formed in the ocean, then life on the land formed using a cellular structure that now dominates all life. This cellular life is driven by subtle energies, water and biology. This combination is the basis of cell life and order (function).



The subtle energies from the sun and universe sustain and restore cellular order or coherence



Light (photon) energy is stored and moves in the extracellular water spaces of the body.

Cellular Charge

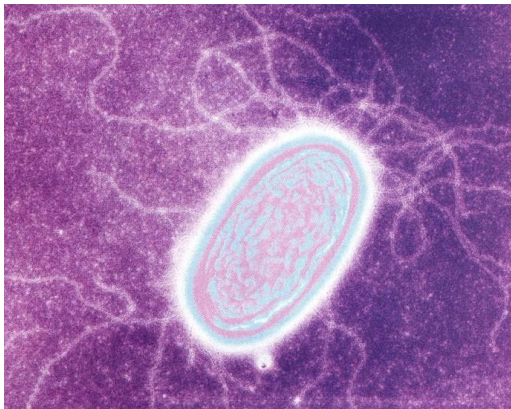
All cells in the human body are designed to carry negative (-) charge (voltage). That is:

- These cells can only heal and renew with high negative charge (-50 to -70mV)
- Poor lifestyle and diet choices can cause the charge to drop to a positive charge and this is when disease sets into cells
- Oxygen (O⁻) deprivation (eg. acidic blood and toxins in cells) will cause cell charge to fall towards positive (+)
- Sunlight energy and naturally sourced waters are active in restoring cellular charge.



High cellular negative (-) charge = **life**.
Low cellular charge (+) = **disease**
Make new cells/healing= **-50mV**
Normal human charge= **-25mV**
Tired or sick= **-10 to -15mV**
Disease = + charge (**0 to +35mV**)

Microbes have a unique association with subtle energies to sustain life. Early single celled microbes would have used light and water energies to sustain life, and this capacity became the basis of all life. All plants, animals and humans sustain life through the electrical wiring of microbes in our digestive system, blood, etc. For example, the microbes use the subtle energies of negatively charged water and photons of light in blood to sustain the vortex within blood to spiral around the 100,000 km of blood delivering arteries, veins and capillaries of the human body. Your heart is not a pump. The combination of heart rhythm and its internal structure create the vortex that spirals blood around the body.



The *electronic wiring* of biology can access and utilise energy from light photons and the negative charge in water.

Image from New Scientist, 13 August 2011

Bacterial 'wires' an electronic dream

Structured or Energised Water

Outlined below is a description of structured, negatively charged water, along with the research results from experiments by Phion (www.phion.com.au) on the use of structured water for food production, conditioning wine and raw milk.

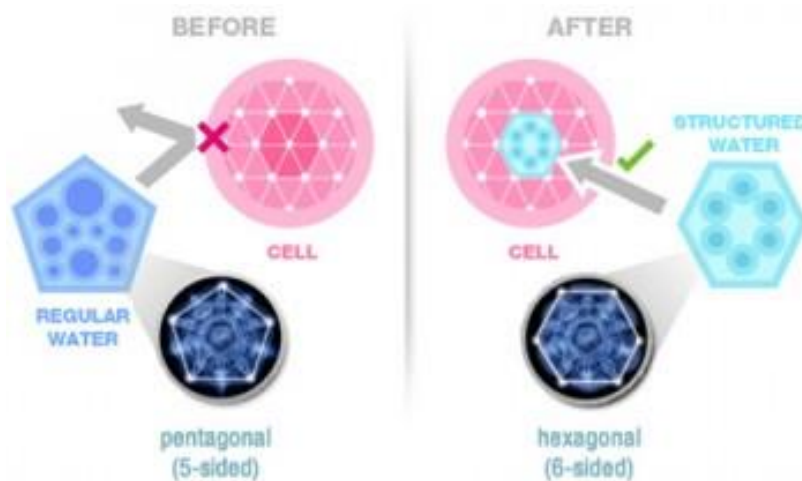
What is structured water

- Structured water is also known as energised water/ living water/ coherent water/ exclusion zone water and activated water

- Phión magnetised and energised water is structured water that has been activated to permanently hold a negative charge (- millivolts).
- Water structuring occurs in nature when water moves in a natural flow of vortexes (left and right turning)
- Most wild (pristine) rivers and some springs produce structured water in the presence of sunlight energy and natural biological conditions
- Electric storm water is in an energised, negative charge form before it hits the ground, air particles (eg, smog) or a surface.

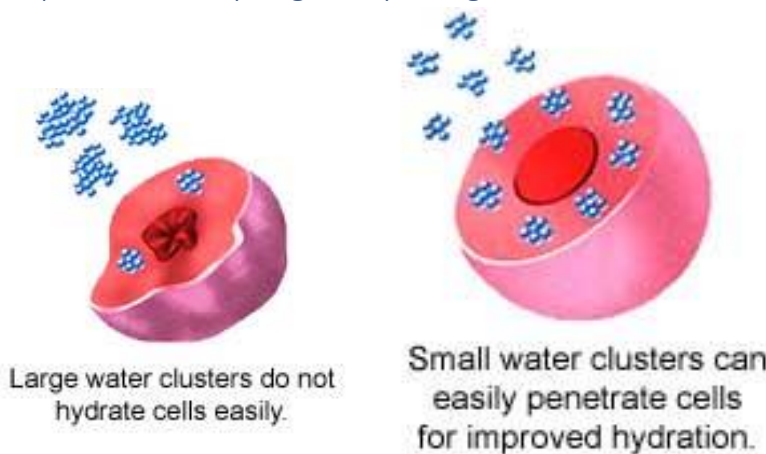
Some spring waters are also energised to hold a negative charge through contact with magnetic forces in the groundwater rock strata.

Types of water structure



Water that is in storage or not flowing has a five (5) sided, pentagonal structure and a positive (+) charge
Water that is flowing or restructured with a Phión water device has a six (6) sided, hexagonal structure and a negative (-) charge that easily enters cells.

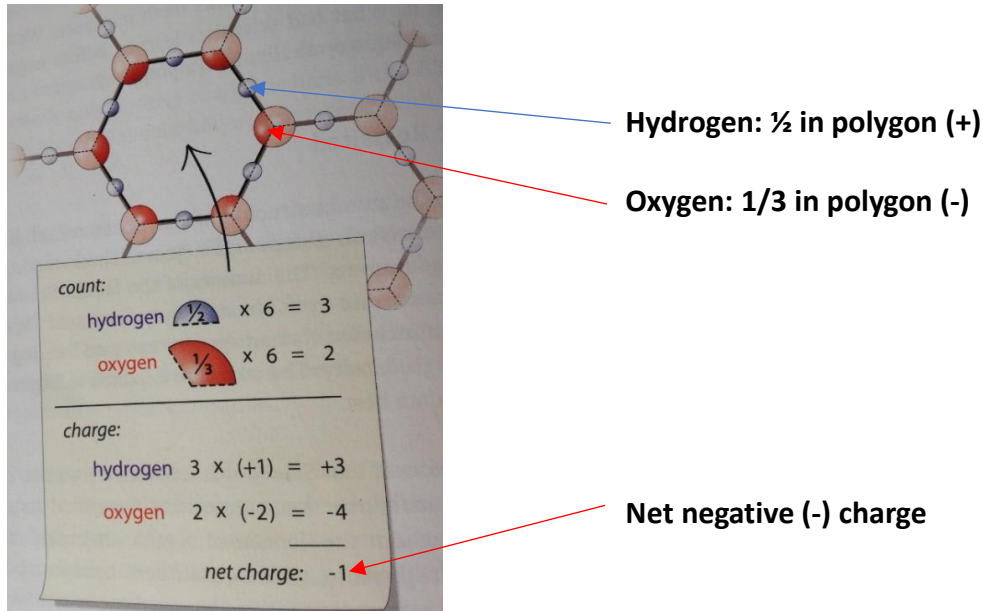
Cell penetration by negatively charged water



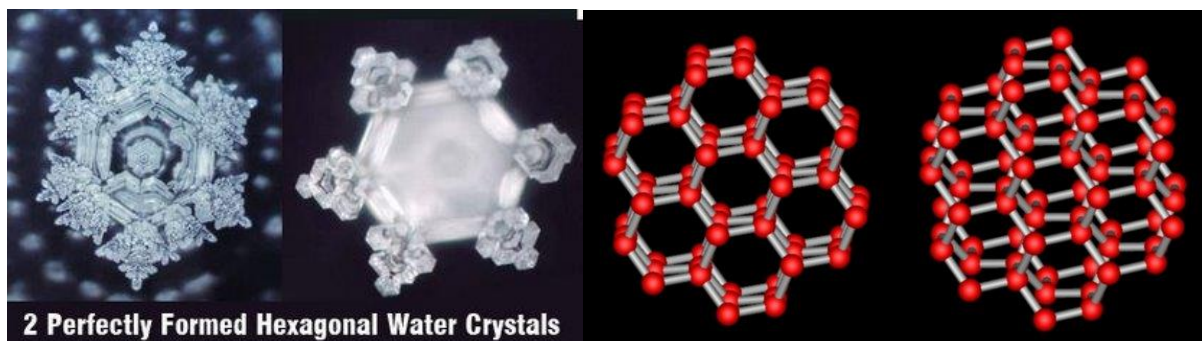
Water that carries a negative (-) charge has small water molecule clusters that can easily penetrate cells for improved hydration in plants, animals and humans.

Negative charge in hexagonal water structure

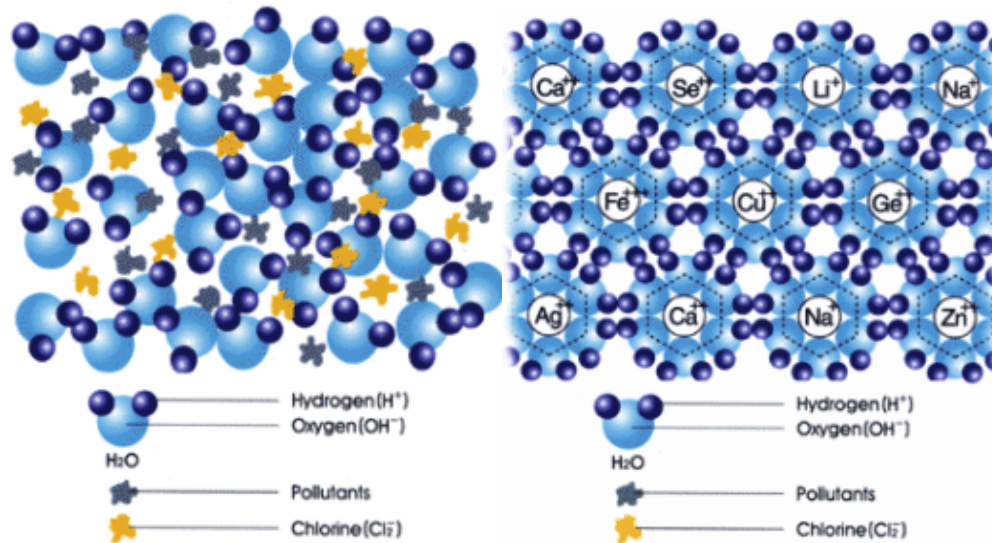
The image below (from *Pollack, The Fourth Phase of Water*) illustrates how the negative charge in structured water is created by the six-sided crystalline structure.



The two images on the left below illustrate six-sided crystalline structures photographed by Masaru Emoto. Water typically forms hexagonal crystals on freezing, as can be seen in images of snowflakes. It is believed that these structures hold **information in their patterns**, which reflect the **energetic blueprint hidden in the water**. Tap water, for example, will hold the energy of the toxic chemicals that contaminate it. Even if the poisons are in small quantities, the energy structure remains (even after filtering water) and the remaining adverse energy of these chemicals will affect one's health on drinking this filtered water. This is how homoeopathy works. Water restructuring is the best way to reset this energy blueprint, so that structured water is energetically pure, natural water. The two images on the right below illustrate the packing order of six-sided crystalline water.



Disordered water and ordered (coherent) water effects on solutes



The disordered water in the bottom, left image above will retain pollutants (Chlorination/Fluorination), etc. while structured water (ordered or coherent) water as illustrated in the adjacent, right image will exclude pollutants or non-natural chemicals. This effect is not necessarily immediate, and can take hours to a few days depending on the degree of contamination and nature of the materials in the disordered water. Tests undertaken by Phiön demonstrated a range of oxidation and reduction chemical processes can take place over hours and days, along with the transmutation of some elements (ie. some elements or compounds increase while others decrease), perhaps to achieve an ordered electron balance.

Water charge versus pH

The negative charge in water is the critical factor that determines cellular health conditions. Water pH is not a critical factor:

- Most natural (pristine), moving waters (rivers, creeks, springs, etc.) have a negative charge, slightly acidic or acidic pH (5.5-6.5 pH) and high oxygen (dissolved oxygen: measured as a positive oxidation reduction potential: ORP). In contrast, most still, swamp waters have an alkaline pH (7.5-9.5), positive charge and very low dissolved oxygen: ORP (often negative ORP: ie. reduced oxygen).
- If you drink alkaline-water it will be acidic within seconds as it passes through the stomach that is very acidic (eg. about 2 pH). It is not the alkalinity of water that is critical: it is the amount of alkaline minerals carried in the water, eg. the electrolytes of Lithium, Sodium, Potassium, Calcium, Magnesium, Rubidium, Strontium, Bicarbonate, etc. High Magnesium Bicarbonate in water ((Mg(HCO₃)₂)) is a very good start.
- Blood sustains alkalinity (7.34 to 7.43 pH) through the assimilation of alkaline minerals in water and food. Consequently, the blood carries more oxygen (negatively charged). Acidic blood can carry up to 60% less oxygen and this opens the doorway to low energy (tired and sick) and disease.

- All cells in the body must have high negative charge (at least -50 mV) to continuously renew, therefore food and water intake that carries high negative charge and oxygen are critical to sustaining good health, and to counter disease and aging effects.

Phión Water Conditioner Designs and Applications

Phión patented water conditioning devices are designed to **magnetise, energise and activate water (MEA)** into a coherent structure and permanently hold the negative (-) charge, much greater than -150mv (millivolts). The next image on page 11 is a **Phión** inline device. These devices can be used for domestic (1/2" and 3/4") light industrial (1" and 1 & 1/4") and agricultural (2"). These devices are designed, manufactured, patented and distributed by **Phión**.



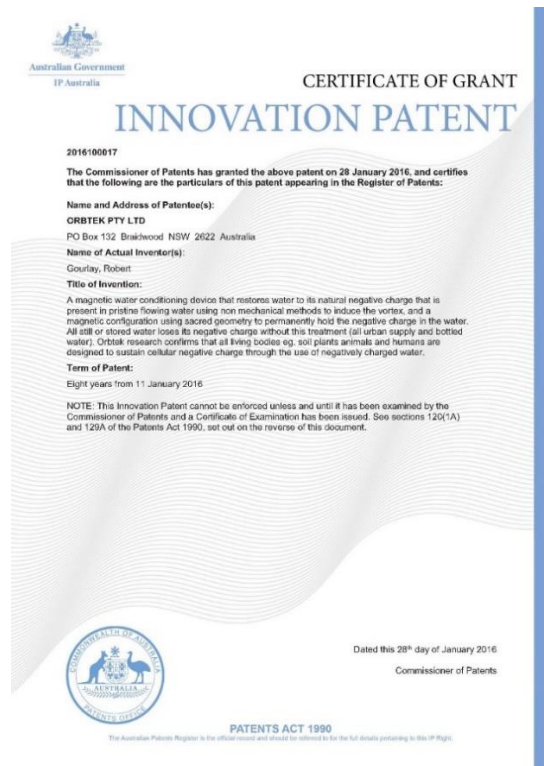
- The devices incorporate a unique array of magnets that are either positioned or spaced (sacred geometry) to embed a high and permanent negative charge (measured in millivolts: mV) into the water
- Each inline device takes on a positive and negative end with the input of water at the positive end and output at the negative end
- The devices require no maintenance
- The inline devices can be mounted above the ground or buried in the ground.

Other Phión water conditioning devices

The other Phión MEA devices are the bottle top device (left and middle images below) and the under-sink and shower device (right image below)



Phiñon has been granted from the Australian Government (IP Australia) 4 innovation patents that cover the following areas of innovation:



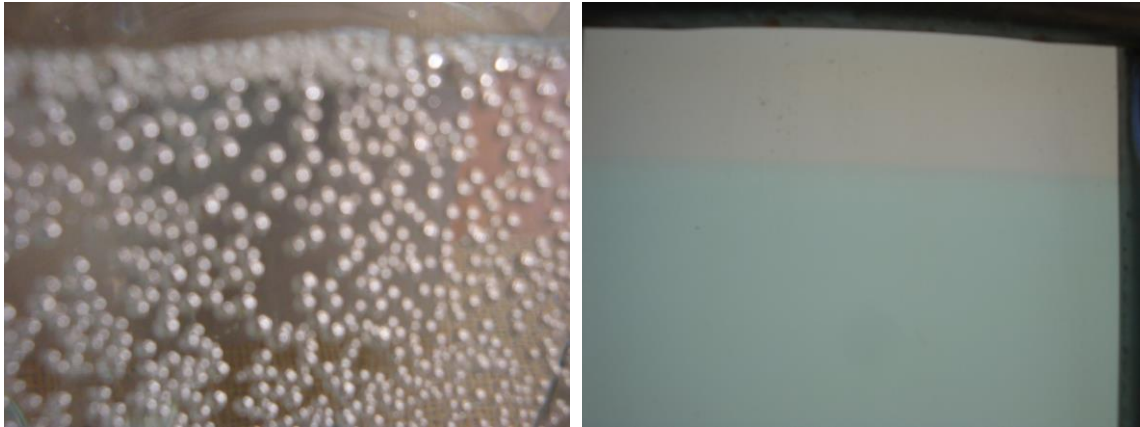
1. Patent to permanently hold a negative charge in water and other fluids that are predominately water (eg. wine, juices)
2. Patent to activate the electronic functions of microbes to sustain a negatively charged environment for plants, and increase photosynthesis and the uptake of nutrients in water to plants
3. Patent to hold a permanent negative charge in raw milk so that it does not require pasteurisation or homogenisation, and eliminates pathogenic microbes
4. Patent to permanently hold natural energy waves (Quantum Code Technology: QCT) permanently in water and reduce stress levels to a normal body function (ie. a calm state or equilibrium).

Structured water capacities

It is already known from science that light is versatile because photon energy readily converts into other forms of energy. For examples, when water is in a structured form it can significantly enhance the following effects:

- Incident light of one wavelength converts to another wavelength, producing fluorescence (eg. the blue colour in negatively charged water)
- Light powers the vibrational energy that drives Brownian motions (*the movement or current of microscopic particles in a fluid, because of the continuous bombardment from molecules of the surrounding medium*)
- Light releases electrons in cellular semiconductors to produce the photoelectric effects (ie. cell aura) or the Qi/Biofeild.
- Light separates charge in photosynthesis in plants (ie. conversion of unusable sunlight energy into usable chemical energy)

Other effects produced by structured water and observed by Phi6n are cavitation, or a high level of bubbles (left image below) and a light blue/green tinge to the water (right image below). This blue/green colour will persist because the **Phi6n** water retains its negative charge.

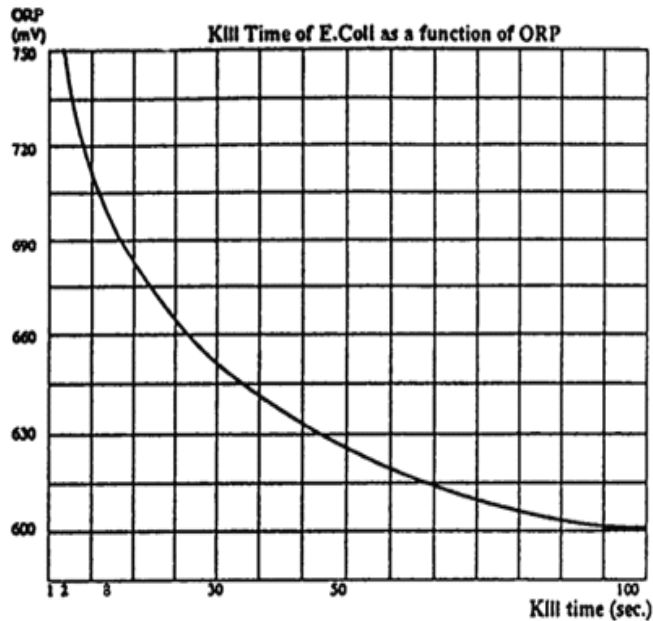


Phi6n water devices can eliminate pathogenic microbes, like E. Coli. Below are independent test results.

- Test on creek water (14 Nov 2013) reduced E. Coli (faecal coliforms: cfu/100ml) from 250 to 2units. The device used was 1 & 1/4"
- Test on piggery water (12 Mar 2014) reduced E. Coli from 2178 units to 1 unit. The device used was 2"

Similar results have been achieved using raw milk. Consequently, the **Phi6n** device could replace pasteurization as the MEA device destroys the pathogenic microbes, and removes the requirement for homogenisation processes as the milk fats and creams do not separate in permanently structured milk. Also, the milk stores (under refrigeration) in a fresh form for 2-3 times longer than pasteurised milk.

The next image on page 14 illustrates the pathogenic kill time for E.Coli as a function of increased oxygen.



While it appears that the negative (-) charge in the MEA water has an immediate and fast kill action on E. coli, there is also evidence that the increased oxygen in MEA water (measured with an ORP meter as high + values or reduced oxygen reduction/loss potential) also has a significant killing effect on E. coli.

Phi3on MEA Water Device Applications

- 2": moderate to large in-line irrigation systems (eg. horticulture, viticulture, crops, pasture, lawn grass production)
- 1" and ¾": most in-line agricultural and industrial applications (including hot water)
- ¾": most in-line domestic applications for house and gardens
- ½": (2 versions) attachment to garden hoses, sprinklers and small domestic applications (shower and under sink) and an in-line device for a house, hot water and water cooling systems, etc.
- Bottle top (Vortexer): bench top applications for small volumes of water, wine, juices, milk, etc.

The bottle top device is most suitable for domestic use for restructuring drinking water (particularly urban or chemically treated water), wine, juices, milk, and other liquids that are predominately water. This device can be expected to remove the smell and taste of chlorine from urban water after it is stored for a short time to release chlorine gasses.

For example, trials with wine have produced significant results that include:

- Greater balance in wine structure
- Increased sense of flavours and aroma is intensified
- Considerably less tannin taste and sharpness (less acidity) taste
- Potentially enhances the beneficial aspects of polyphenols (particularly in red wine)

This device will potentially improve the quality of water in all liquids and potentate the uptake of nutrients and minerals in liquids. Below is an example of the bottle top device being used to vortex wine and put a permanent negative charge into the wine. The image on the left is an Australian organic wine and the image on the right is a rice wine in China.



Once these wines are restructured the wines will never oxidise and turn to vinegar, even if they are left open to the air. This also means, that if wine is treated with a MEA device prior to fermentation, then the development of some *wild yeast* that can adversely affect the wine quality should be eliminated or controlled. Also, wine that is treated with a Phi6n device, either before or after bottling will have greater developed flavours and be more balanced on the palate.

Below is an example of the under-sink or shower device, and ready for attachment. The shower device in the right image has a Chlorine (universal) filter attached (before the device).



The under-sink device can be attached to sprinkler or outdoor tap. Also, a Ventri (Eductor) can be installed in line before the device to apply liquid biological or nutrient formulations to the water prior to conditioning through an inline device. Illustrations of these applications are below.



Food Production with Negatively Charged Water

We use water in different ways in our life. We drink, cook, wash, grow food, etc. with water. The quality of this water is critical to the health outcomes. Water is absorbed through the skin and through the membrane (skin of vegetables, fruit, grain, etc.) and therefore carries the pollutants in the water through this pathway. Conversely, it also carries the gasses (oxygen), minerals and water charge.

In a soil-system it is the relationship between negatively charged water, biology (microbes) and sunlight that determine the outcomes of the food quality. Outlined below are examples of food grown by Phi3n and our associates.



These vegetables have grown to 2-3 times normal size (increased potential) in a short timeframe, without insect attack, nutrient dense and retained a sweet taste in these larger forms.



These grapes were grown in 2013 after the application of MEA water. Prior to 2013, this vine normally produced about 20 grapes per bunch. The bunch on the left has 375 grapes.

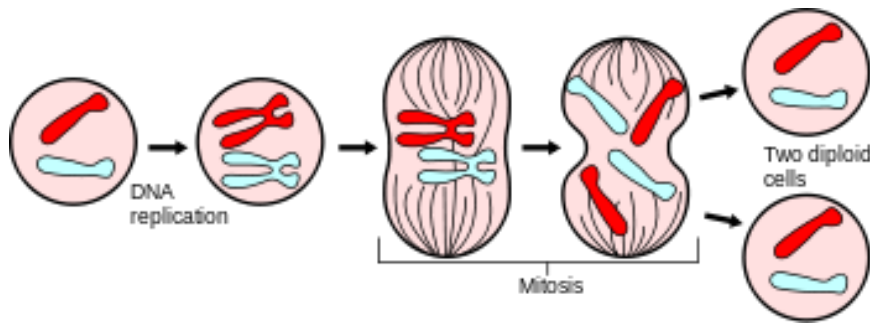
Below are roses that were watered with MEA water, and consequently the rose flowers more than doubled in size.



Cellular Charge Dysfunction and the Link to Disease

All cells have natural order (*by design*). Cells strive every second of the day to sustain order (*equilibrium, harmony, balance*) and avoid chaos (*disorder or disease*). Every cell is responding to its environment (*if you live in the fast lane and then your cells will live in the same excited state = chaos*). The stability of cellular order or function is possible with choices in diet (*quality food and water*) and lifestyle (*love, bliss and connected to nature*).

Cell water dysfunction or disorder (ie. loss of the negative charge) has predictable consequences for mitosis (cell division). The process of mitosis is described in the following image on page 18.



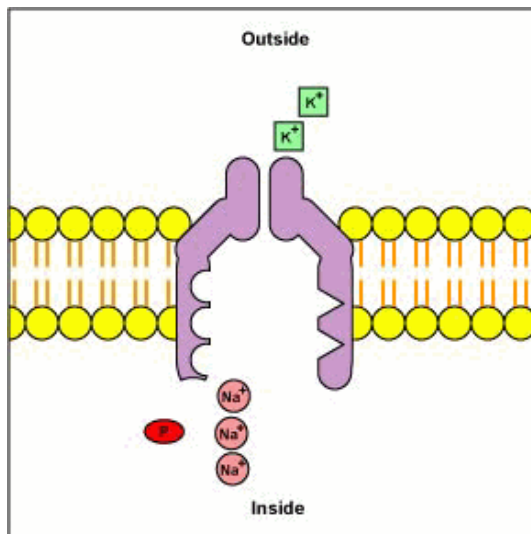
As cell water charge moves from -50mV to -15mV and towards a positive (+) charge, the following issues can emerge:

- Mitosis events can transition from ordered to disordered cell water
- Ordered water will inhibit the numbers and types of mutations
- Disordered water can promote mutations and could facilitate the replication of mutations or unhealthy cells, eg. cancer cells.

A living cell requires energy not only for all its functions, but also for the maintenance of its structure. *Albert Szent-Gyorgyi*

A NORMAL cell has an electrical potential of -35 to -70 millivolts (mV), an AGED cell has less than -25 mV, and a cancer or autoimmune disease (unhealthy cell) is as low as -15 mV to a positive (+) charge.

When a cell is in electrical difficulty the mV and the sodium-potassium balance are out of balance. The high negative potential of structured water brings the cells to an equal level basically resetting them.



A cell regulates the movement of sodium and potassium into and out of the cell

This regulation by structured water allows healing to occur at a higher pace without stressing the cell. This additional energy restores cell integrity and bolsters the field of each cell individually so they support each other more easily.

Diseased or weakened cells with disordered water tend to vibrate out of harmony with the rest of the body and with a lower negative (-) or positive (+) charge. It is most likely that negatively charged water is the natural water voltage system to broadcast millions of radio waves, harmonic frequencies within the cell to sustain normal cell function. All cells have water and thereby help the cell to regain a normal vibratory rate and restore a state of equilibrium or cell health. All cancers share the same origin, ie. starting at a cellular level.

In summary, water is fundamental to all life: from microbes to plants, animals and humans.

- The quality and structure of water is the key to health and longevity
- Cellular water quality (charge) and quantity (sustained hydration) is critical to preventing disease
- The quality of water in food (charge and hydration) is also critical to microbes, plants, animals and humans
- There is a fundamental interaction between water structure, microbes (biology) and subtle energies (sunlight) and other elements (eg. minerals, gasses) that drives life, eg. photosynthesis in plants, rhythm, regulation and healing in animals and humans.

Reconnecting with Nature to Restore Cellular Charge

The following strategies are ways to sustain or build cellular negative charge:

- Drink/shower with negatively (-) charged water (99% of body molecules are water molecules)
- Eat clean/organic vegetables/ fruit and meat (grass fed)
- Maximise sunlight energy (early morning red light) on skin
- Keep blood alkaline (oxygen's negative charge capacity is lost in acidic blood by up to 60%)
- Use antioxidant supplements, eg. Vitamins, A, C and E in foods and lipoic acid
- Sustain high blood oxygen (eg. **Phiön Icon** spray) Oxygen has a negative charge
- Increase connective tissue collagen in the diet (carries a negative charge)
- Sustain humic/fulvic nutritional supplementation, and nitric oxide (NO)
- Avoid food that is cooked with high heat and trans fats
- Avoid processed/ chemically treated/ GMO food
- Avoid all carbonated/soft drinks
- Avoid air conditioners (drafts/winds steal electrons)
- Avoid chemically treated water (fluoride/chloride steal electrons/negative charge)
- Avoid medications (toxic to cells)
- Avoid stress (all emotions steal electrons or negative cell charge: except love, joy and hope. Practice calming activities every day)
- Live in a pollution free (air, soil and water) environment
- Ground yourself on the earth: soil/flowing water/hugging trees (often)
- Stay positive in your attitude (gives electrons/negative charge to those you love)

Children are often very good at grounding themselves and in many respects, as adults, we need to go back to childhood times and reconnect with the Earth.



Grounding or 'Earthing' is defined as placing one's bare feet on the ground whether it be dirt, grass or sand (especially when humid or **wet**). When you ground to the negatively electron-enriched earth, an improved balance of the sympathetic and parasympathetic nervous system occurs. The Earth is a natural source of electrons and subtle electrical fields, which are essential for proper functioning of immune systems, circulation, synchronization of biorhythms and other physiological processes and may be the most effective, essential, least expensive, and easiest to attain antioxidant.

Modern science has thoroughly documented the connection between inflammation and the chronic diseases, including the diseases of aging and the aging process itself. It is important to understand that inflammation is a condition that can be reduced or prevented by grounding your body to the Earth, the way virtually your ancestors have done for hundreds if not thousands of years.



Conclusion

Water has the power of constant change: when cold, it crystalises and freezes, when hot, it steams, when touched, it ripples. It makes up between 65% and 78% of our body (depending on age), comprising over 70% of our brain, heart, skin, muscles, kidneys, lungs, and liver. Even 31% of our dry bones are water. The more water we lose, the more we deteriorate and when we are only 50% water, we die. We are water in human form, and water is energy.

Water molecules are organized in clusters that work as *memory cells*. Within each memory cell there are 440,000 information panels that are responsible for the interaction with its environment (epigenetics), making it *nature's single most malleable computer, according to Rustom Roy, a renowned materials scientist and professor emeritus at Pennsylvania State University*. Whatever water hears, sees, and feels becomes a catalyst for its change as it copies, memorises, and transports information. Japanese researcher Masaru Emoto demonstrated this with his water crystal project. In this study, Emoto played music, displayed words, and prayed to water while it was freezing, and when the water was frozen it created crystal shapes distinct to each stimulus. When the words and music are, positive and loving, intricate crystal shapes appear, and when sounds and words were not positive, harsh and chaotic, incoherent shapes formed. While these facts are not mainstream science, this is **the reality of water consciousness, and its healing powers.**

Water's high value in healing seems to be knowledge that has gone missing in our day and age. When you take a closer look at water you discover its innate qualities to sustain life. While drinking structured water is a major strategy in addressing health issues, such as cellular disorder, inflammation, etc. the cells still need nutrients and oxygen to function properly. Also,

toxins in cells, such as heavy metals and chemicals, will cause cell dysfunction. Therefore, drinking structured is only one of many other health strategies that need to be followed to achieve overall wellbeing.

- Everyone can heal with structured water by embracing its capacity to sustain cellular order for regulation and healing
- Cells sustain order with natural, structured, negatively charged water. Water is coherent only in this form. Any other form of water is chaotic
- Structured water carries cellular information through its innate consciousness or intelligence, that is, enhanced through contact with or exposure to subtle (natural) energies, eg. light frequencies
- It is the water pathways of the body that carries our life energy (Biofield/Qi), and this energy runs through every organ and system of the body. In this way, water is connected to our thoughts, intentions, feelings, memories and emotions.



Below are observations by Phi6n with the use of the negatively charged MEA water devices.

- The water/ liquid tastes soft and balanced (same effect on wine)
- The water holds a negative charge indefinitely
- The water has a lower viscosity (less friction or resistance on a surface) and is therefore better as a wetting agent
- The water enhances the life energy of all natural materials that it embodies
- Plants increase photosynthesis and uptake more nutrients (often between 2-4fold increase)
- Plant life energy is extended (ie. nutrient density/value and longer storage capacity)
- Increased resilience of vegetables and fruit to pest attack
- Shorter growing period for vegetables and fruit to maturity
- People who drink structured and energised water feel more energy and creativity. This water will *lift the fog* on thinking.

The reported health benefits of drinking structured water, or nature's pure water include:

- Inhibits the build-up of plaque, cholesterol crystals and the formation of stones in the liver and gallbladder
- Improves blood flow and decreases blood acidity
- Improves solubility of calcium thereby inhibiting/dissolving the formation of kidney stones, plaque and gallstones
- Increases the weight of the spleen and thymus and thereby heightens the production of disease resistant antibodies, and aiding anti-aging
- Enables sodium (in a complex salt) to hydrate a cell. Dehydration is often due to a low salt and low water intake. A human adult needs about ½ teaspoon of complex salt per day to sustain cell function, heart rhythm, blood alkalinity, fluid balance, digestion and elimination functions
- Increases the cellular capacity of the immune system (ie. white blood cells, liver, spleen and blood vessel capacity) and reduces inflammation
- Frees amino acids (eg. preventing renal failure)
- Protects stomach mucous and improves digestion
- Gargling of charged water improves gum health
- Helps to prevent hypertension and heart disease
- Supports detoxing of chemicals and heavy metals
- Your sex drive will improve as will your sex life as a direct result of this better Qi (energy), and your work effort will also improve.

Experts in the scientific communities as well as homeopathy and holistic sciences have proven the **Memory** of water: the carrying capacity (consciousness) of water for **energy**, and the ability of water to **remember**. Experts realise that water retains information, even after the most stringent purification and filtration processes. This is termed the energy signature or vibrational imprint. The vibrational imprint of toxins (fluoridation, chlorination, mercury, lead, chromium, arsenic, along with the chemicals from agriculture, including glyphosate (from weed spraying), etc. can be picked up by the water molecule, and are in turn passed on to living organisms (food) and from there to gut microbes, and from there to human cells. For example, studies show that glyphosate can also adversely affect friendly (beneficial) gut microbes and favour the growth of harmful (pathogenic) microbes.

Water is nature's most effective medicine because it is essential for cleaning and removing toxins from the body. When your body does not get enough water, it cannot remove toxins and then inflammation starts; and this condition leads to disease. When you are under stress, your body will produce toxic chemicals (eg. free radicals) and other waste that need to be removed from your system. Water will remove waste through your lungs, skin (sweat), urine and faeces. Structured water will effectively remove toxins from cells and help to keep you healthy.

The *stickiness* of structured water (from increased surface-tension) plays a significant part in our body's ability to transport elements (eg. minerals) to all cells. The carbohydrates, proteins, enzymes, amino acids, etc., that our bodies use as food are metabolised and transported by

water in the bloodstream which is 92% water. It is this water-filled blood that transports the waste or toxic materials out of our bodies through the kidneys, bowel, skin, etc. In most cases of ill health: **your body is not ill, it is just thirsty.**

Szent-Gyorgyi in the *Pathology of Water, 1971*: made the association that muscle tissue, cartilage, connective tissue including skin, **aged** or became less pliable with time due to the lack of water provided to cells and tissues. Much of his early research was with muscle tissue and he realised that **the aging process was substantially due to cellular and tissue effects of dehydration**. Lack of intracellular water or dehydration is predicted today to be part of the **aging** process. It stands to reason that **structured water** and the many roles it plays generally and specifically for all parts of the body, will **enhance many biochemical and physiological functions** important to overall health when it is available to cells and tissues.

However, it is important to conclude with the message at the beginning of this paper: water works in collaboration with subtle energies (eg. sunlight) and biology to create the orchestra of life.

Water is life's matter and matrix, mother and medium. There is no life without water. Albert Szent-Gyorgyi