



Embracing Advances in the Understanding of Water to Improve Human Health

by

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Water is Foundation to Life

- Water is essential for all life.
- The Human Body is on average 60% water



Primary Essential Functions of Water in Human Body



- Regulates body temperature through sweating and respiration.
- Assists in flushing wastes from the body through urination
- It is vital to the life of every cell
- Water helps metabolise our food and transport nutrients throughout the body
- Water forms saliva
- Water lubricates our joints.

Average Water Content of Body Organs



- Brain - 73%
- Lungs - 83%
- Heart - 73%
- Kidneys - 79%
- Bones - 31%
- Muscles - 79%

H. H. Mitchell - Biological Chemistry 158.

What does water do for our Bodies.

- Forms saliva (digestion)
- Keeps mucosal membranes moist
- Allows body's cells to grow, reproduce and survive
- Flushes body waste, mainly in urine
- Lubricates joints
- Water is the major component of most body parts



- Needed by the brain to manufacture hormones and neurotransmitters
- Regulates body temperature (sweating and respiration)
- Acts as a shock absorber for brain and spinal cord
- Converts food to components needed for survival - digestion
- Helps deliver oxygen all over the body

Effects of Dehydration

- Extreme thirst
- Less frequent urination
- Dark coloured urine
- Fatigue
- Dizziness
- Confusion



Symptoms of Dehydration



According to the research of Dr Batmandhelidj there are a number of problems that are regarded as diseases that are a symptom of persistent dehydration. These include:

- Asthma
- Allergies
- Hypertension
- Constipation
- Type 2 diabetes
- Autoimmune disease

Source - Water and Salt by Dr F Batmeanghelidj

How Much Water Should We Drink

- General guideline is to drink 8 x 250ml glasses of water per day.
- Advice from Mayo Clinic - Drink 3.7 litres per day for men and 2.7 litres per day for women with 20% of this figure coming from water in food.
- Volume we drink will depend on climate and our activity level.
- Consuming foods such as fruits and vegetables with a high moisture content can reduce our water requirement.
- As we become better hydrated our need for water may diminish slightly
- We need to make sure we consume sufficient good salt to ensure we properly hydrate. (we need to be careful if we are sodium sensitive)
- If our urine colour is darker than light straw colour we need to improve our hydration.



When is it Best to Drink Water?



- We should drink at least 500ml of water upon waking in the morning to replace fluid lost through the night.
- It is best to consume water between meals rather than with meals so as not to dilute stomach acid.
- Drinking a glass of water 30 minutes before a meal helps to dampen the appetite and aids weight loss.

Will any Fluid do for Hydration?



- Many other fluids are not Helpful for proper Hydration. Some actively dehydrate.
- For Optimum Hydration avoid Tea, Coffee, Soft drinks and Alcoholic Drinks.
- For every cup of coffee you drink, compensate with an extra 250ml glass of water over and above your daily normal consumption.
- Consuming fruit and vegetables is very good for hydration, not only because of their water content, but also due to the fact that the water in fruit and vegetables is structured, particularly if it is organically grown.

Key Role of Electrolytes

- Sufficient Consumption of Electrolytes is Vital for hydration.
- Ensure adequate consumption of good salt. Suggested reading - **The Salt Fix by Cardio Vascular Scientist** - Dr James Dinicolantonio.
- Eat a mineral rich diet, with a minimum of processed foods.
- Eat organic foods where possible.



Do Fats and Oils aid Hydration?

- Lipids are essential for the integrity of our cells.
- Without cell integrity we will get poor cell hydration.
- Cell hydration is necessary for nutrient assimilation and detoxification
- Important to consume adequate amounts of Omega 3 fatty acids. They are not produced in the body. The body can only get them from our food.
- Unless you eat oily fish several times per week then supplement with a high quality fish oil. Vegan alternatives from algae are now available.



Hydration Vital for Optimum Health



- Water is essential for optimum functioning of the body
- Clean, health giving water should be the No1 nutrient that we supply the body with

What is Living Water?



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Primary Sources of Our Drinking Water

- Mains Water
- Bottled Water
- Filtered Water
- Distilled Water
- Ionized Water



Mains Water

- Meets Approved Water Quality Standards
- Treatment process adds chemicals such as chlorine, fluoride to the water
- Can have trace levels of contaminants such as pesticides, glyphosate, drug residues - Illicit and prescribed, hormones and micro plastics in the water exiting taps



Bottled Water



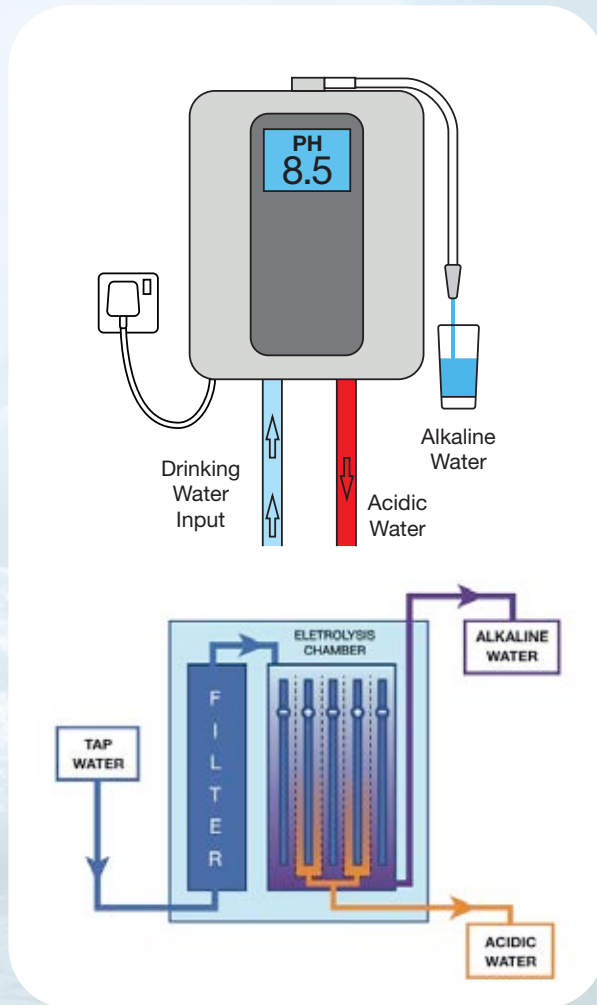
- Does not have chemicals such as chlorine added to it.
- Often has reasonable beneficial mineral content.
- Is not good for the environment due to excessive waste and transport costs.

Filtered Water Options



- **Carbon Absorption** - removes chlorine and varying degrees of organic contaminants depending on the contact time of the water with filter media
- **Reverse Osmosis**
 - Gives high levels of pollutant removal, including beneficial minerals
 - High Water wastage (approx 50% of treated water goes to drain)
 - Filtered water lacks structure and quickly becomes acidic
- **Distilled Water** - High levels of purity. Similar characteristics as reverse osmosis water in terms of lack of structure and acidity

Electronic Alkaline Ionized Water



- Splits water into alkaline and acid streams.
 - Alkaline water for drinking, Acidic water for cleaning and disinfection
- Often has poor pre-filtration
- Strong electro-magnetic field during operation
- Benefits are primarily due to antioxidant effect through release of molecular hydrogen
- Expensive and more cost effective - more natural processes overtaking their popularity

Bioceramics

- Compositions of natural minerals and crystals formed into ceramic filter media
- Improve the Structure of the water passing through filters
- Increase the alkalinity of water and give antioxidant properties through the release of molecular hydrogen.
- Have antibacterial properties



Characteristics Of Healthy Water

- Healthy Water is not just water that is free of pollutants. It is water that can supply the needs of our bodies for proper hydration and energy.
- It is not the amount of water that we drink that is the the key to proper hydration, it is the amount of water we absorb. Absorption depends on the characteristics of the water we drink.



Energy Plus

- High level of purification including fluoride.
- Improved Water Structure.
- Alkaline pH.
- Antioxidant properties through release of molecular hydrogen.



Whole House System

- High levels of contaminant removal including fluoride.
- Improves structure of water to aid absorption.
- Can be supplement with an additional filter to give you alkaline antioxidant water for drinking.



Biocera Jug Filter

- Removes chlorine, heavy metals and some other contaminants.
- Gives Alkaline, antioxidant water with good structure.



What are the Properties of Health Giving Water

- It must be as free as possible of pollutants
- It should have a slight alkaline pH
- It should have antioxidant properties
- It should have good structure
- It should have a plentiful supply of beneficial minerals
- It should have good energy



Alkaline pH



- Water should have a slightly increased pH
- Ideal pH of water for daily consumption - 8.0 to 9.5

Antioxidant Properties



- Good health giving water has got antioxidant properties.
- Prime Antioxidant - Molecular Hydrogen (H₂)
- Molecular Hydrogen - Tiny Molecule Offering Huge Benefits to the Body

Molecular Hydrogen

- Tiny, powerful antioxidant
- Extensive body of research - in excess of 1,000 published scientific articles in last 15 years
- Detailed record of research at molecularhydrogeninstitute.com
- Available through specialised water products or in tablets dissolved in water
- Helpful for many health issues and in particular to help recover energy as in post Covid.



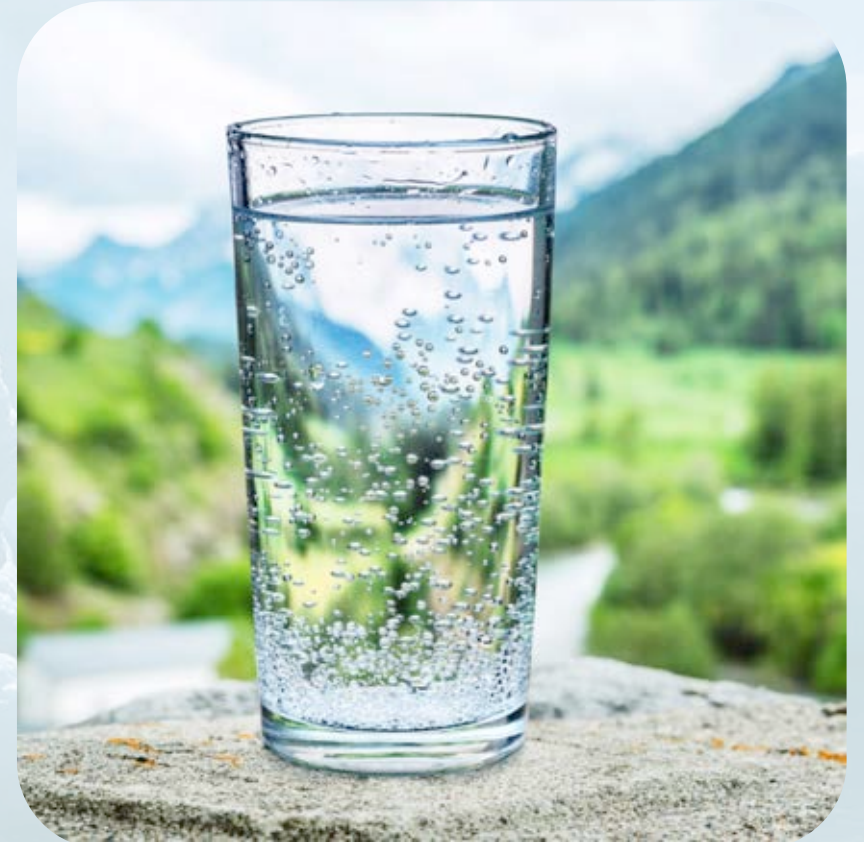
Water Structure



- Water does not exist as single molecules of H₂O
- It combines with other water molecules and other dissolved ions.
- According to Japanese and Other Eastern Researchers the ideal water for absorption is Hexagonal water which is an arrangement of six water molecules bonded to an alkaline ion such as magnesium, potassium or sodium
- Water can be structured in different ways eg by vortexing, by light, by magnetism or through mineral bioceramics

Mineral Rich Water

- Healthy water, as found in nature, has an abundance of minerals both our macro minerals such as calcium and magnesium. It also has a wide range of trace minerals
- Minerals are vital for good water structure.



Energy Water

“Water generates electrical and magnetic energy inside each and every cell of the body – it provides the power to live”.

Dr F Batmanghelidj
Author: Water and Salt, Your Healers From Within

Recent Advances in the Understanding of Water

- Fourth Phase of Water
- Memory of Water



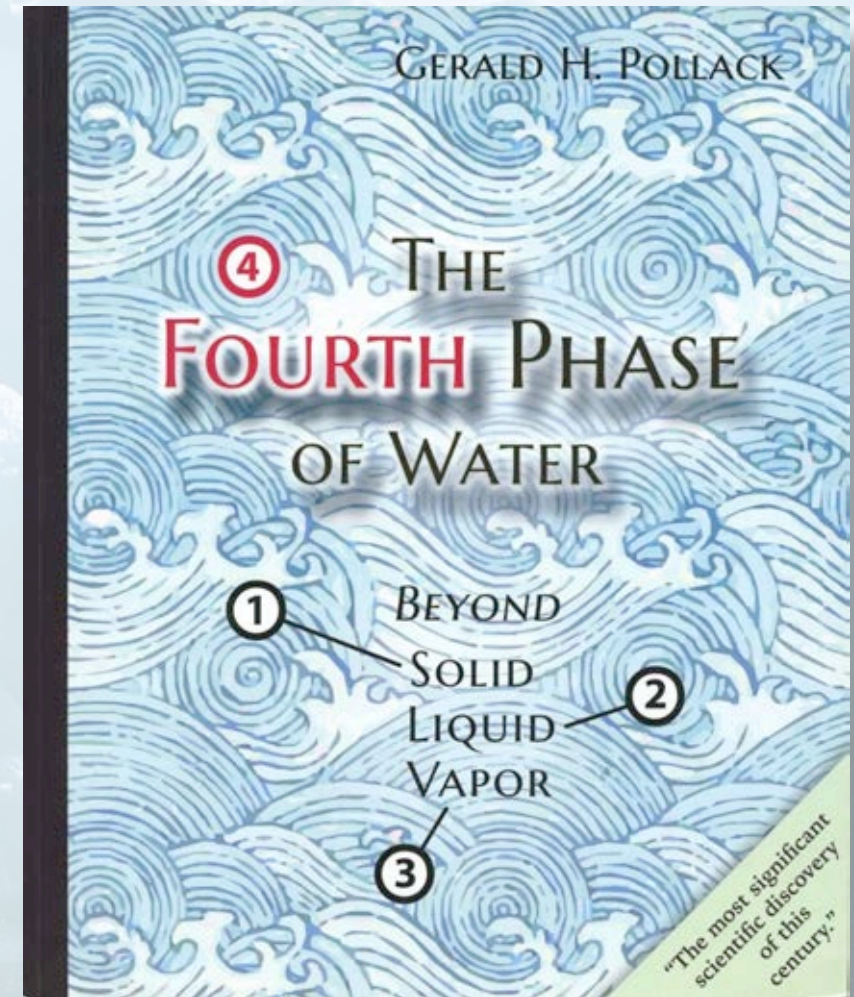
What is Crystallography?



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Fourth Phase of Water

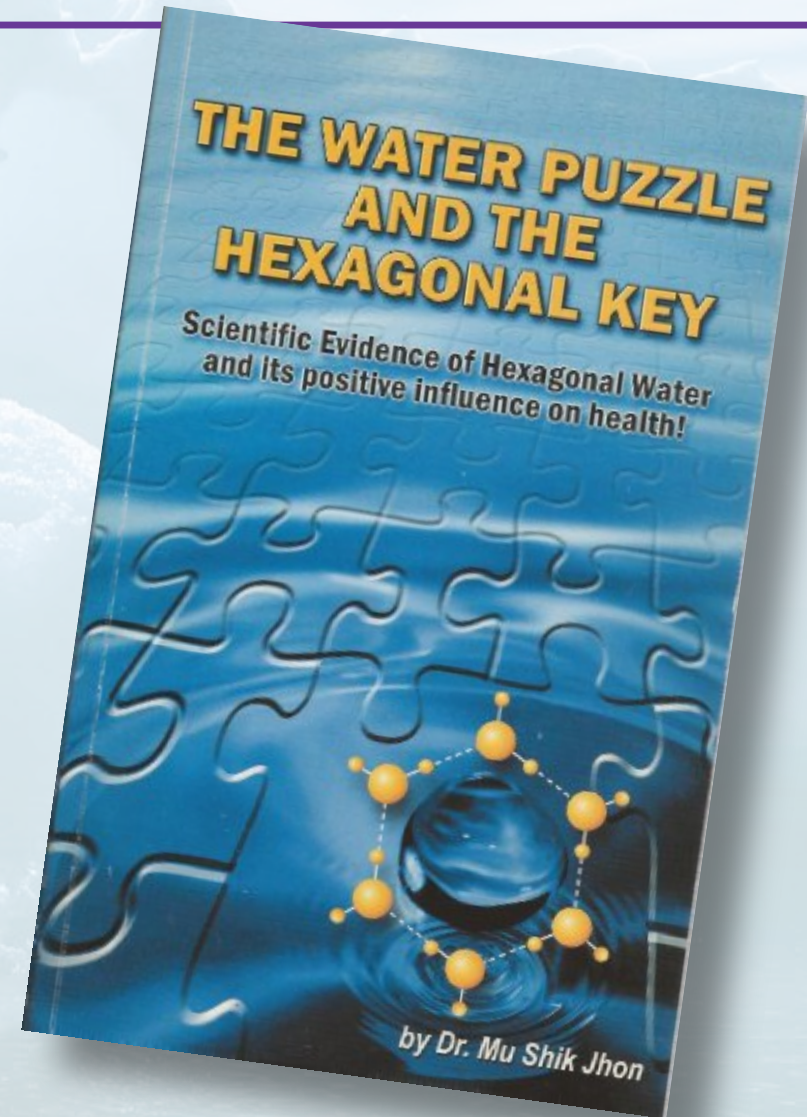
- Referred to as Exclusion Zone Water (EZ)
- Gel Like Properties
- Surrounds our Cells
- More EZ Water in Body the Healthier the Person
- EZ water can be Negatively Impacted by Toxic Chemicals and Electro Magnetic Stress



The Hexagonal Key

Scientific evidence of hexagonal water and its positive influence on Health.

Dr Mu Shik Jhon



Key Points by Dr Jhon on Hexagonal Water

- Water molecules find stability by joining hands in groups of varying sizes the most natural and stable are groups of 5 or 6 (pentagonal or hexagonal water)
- Water has a specific structure which varies with environmental conditions
- 100% hexagonal water has a huge capacity to store energy which can be released immediately when it is utilised by living organisms.

Hexagonal Water and Aging

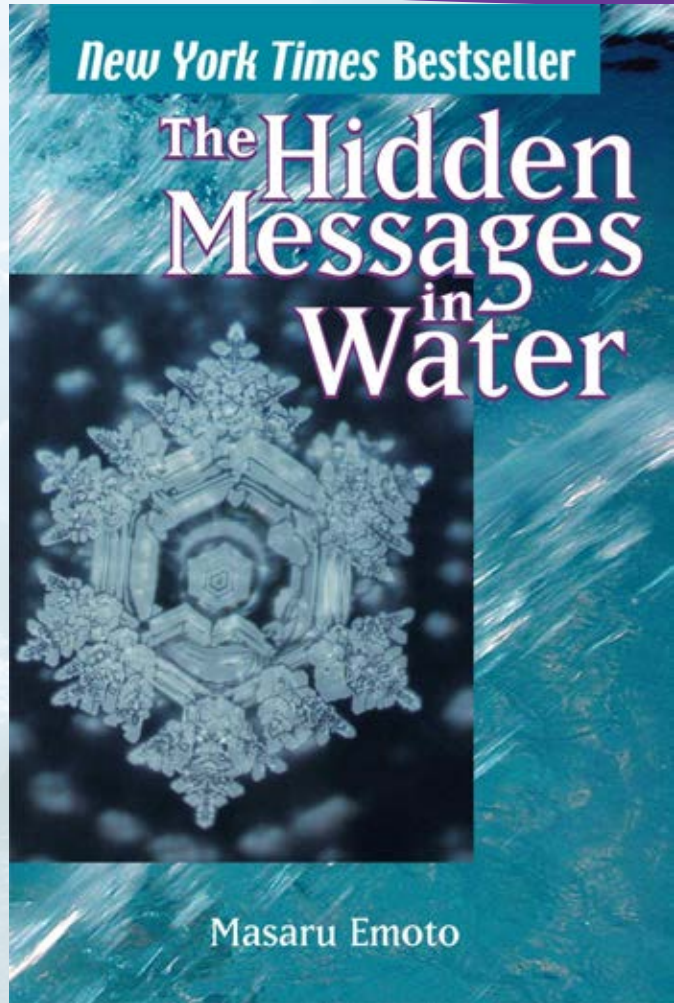
- Metabolic rate has been correlated with the amount of cell water turnover in the body - both have been linked with healthy aging.
- Aging is a loss of hexagonal water from organs, tissues, and cells and a decrease in body water.
- The water surrounding abnormal cells has a significantly decreased number of hexagonal structures.

About Water and FlowForms



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Water as a Carrier of Information



- Water Stores and Carries Frequencies
- Water Structure is Impacted by the Environment it passes through
- Water Structure is Changed by Emotions, Music etc
- This is Hugely Important for Human Health

Water Structure and Homeopathy

Extract from Published Paper in Material Science Online by Professor Rustum Roy etc

“This paper does not deal in any way with, and has no bearing whatsoever on, the clinical efficacy of any homeopathic remedy. However, it does definitively demolish the objection against homeopathy, when such is based on the wholly incorrect claim that since there is no difference in composition between a remedy and the pure water used, there can be no differences at all between them. We show the untenability of this claim against the central paradigm of materials science that it is structure (not composition) that (largely) controls properties, and structures can easily be changed in inorganic phases without any change in composition. The burden of proof on critics of homeopathy is to establish that the structure of the processed remedy is not different from the original solvent.”

Structured Water and Covid -19

Examining the role of water's "fourth phase" in coronavirus infection.

Dr. Pollack has been studying the role of water in cell function. His lab identified a "fourth phase" of water that fills biological cells. A decade ago, they found that this phase excludes viruses. They are now considering the possibility that cell water might similarly exclude the novel coronavirus, and if so, whether those who are dehydrated, and therefore deficient in fourth phase water, might be more susceptible than others to the virus.

University of Washington.

The Secret Intelligence of Water



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Summary - Key Points to Remember



- Be careful as to the quality of the water you drink. Water should be clean of contaminants, have good structure, an alkaline pH and be mineral rich.
- We should drink sufficient water every day to ensure that our body is properly hydrated. The requirement will differ for everyone. We should find our ideal consumption level and consistently maintain it.
- We need to consume adequate amounts of minerals to ensure that the water we drink is properly absorbed.
- Water should be regarded as the Number 1 nutrient for the body.

Summary - Key Points to Remember



- Water is not just an inert substance that fills the spaces between our cells.
- The structure of the water around our cells has got a very important role in protecting the integrity and health of our cells.
- Water is a carrier of information. Our environment and our emotions have a huge impact on the structure of the water in our bodies.
- Water stores energy.
- Water gets energy from light.
- Water sustains life. Water enhances life. Water is Life.

Energy Plus Water Filter



- Designed to give high levels of contaminant removal including fluoride
- Releases small amounts of molecular hydrogen into the water
- Uses bioceramic mineral crystals to improve water structure and absorption
- Not just clean water - health giving water

Recommended Reading

You Body's Many Cries for Water

by Dr F. Batmanghelidj

Water and Salt

by Dr F. Batmanghelidj

Living Water

Viktor Schauberger and the Secrets of
Natural Energy

Cancer and the New Biology of Water

by Dr Thomas Cowan

Messages from Water and the Universe

by Dr Masuru Emoto

Quench

by Dr Dana Cohen and Gina Briar

The Healing Power of Water

by Dr Masuru Emoto



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