



## Water

### A Commodity or Medicine?

According to the website Earth911.com, the average American consumed 1.6 gallons of bottled water in 1976. In 2006, that number jumped to 28.3 gallons. I want to change those statistics, not only because of the belief in the health benefits for humans, but to help heal the earth. Americans buy an estimated 29.8 billion water filled plastic bottles every year and nearly eight out of ten bottles will end up in a landfill.

“Water is directly connected to our health and wellness, yet we don’t get the quality of water that we need to sustain our health,” said Dr. Mourier. “The best water on the planet comes from mountain springs. Even if you can get real mountain spring water, its delivery is most often through plastic bottles, robbing it of its ideal structure and health-giving capacities. I am firmly committed to bringing the best health and wellness technologies to our communities.”

Water covers nearly three quarters of the Earth’s surface. It is the most vital substance on this planet making it the SINGLE most important building block to our existence. We can live for nearly a month without food, but only 5-7 days without water. Water use in the 20th century increased more than six fold, and continues to increase about twice as fast as the human population is increasing.

#### **Tap water or bottled water or what?**

Many articles in the media claim that tap water is better and more regulated than bottle water in plastic bottles that leach contaminants into the water. This dilemma is more complicated than ever. Many people do not like to drink tap water for good reason. More than an objection to the taste, many people believe treated municipal water is bad for them. They aren’t far off in their thinking. Since 2004, Environments Working Group (EWG) has performed an analysis of drinking water using data from almost 20 million records obtained from state water officials. Testing results revealed 315 pollutants in the tap water that Americans are drinking.

- More than half of the chemicals detected are not subject to health or safety regulations and can legally be present in any amount.
- The federal government does have health guidelines for other contaminants, but 49 of them have been found in one place or another at levels above those guidelines, polluting the tap water for 53.6 million Americans.
- The government has not set a single new drinking water standard since 2001.

In recent years, many people have chosen bottled water over tap water, but bottled water has fewer purity regulations, and also leaches chemicals from the plastic bottles as it sits in hot warehouses or in transit. (see the movie Tapped). Water, clearly has become one of our greatest issues of the 21<sup>st</sup> century. There are no easy answers, but there is new technologies and products that can help address the problems.

Water is a unique entity. Water can be considered drinkable and still be “dead” by all criteria used to judge life and death. With a new awareness that most of our tap water is delivered through our faucets in a “dead” state, the new emphasis is on how to restore water to its former alive state. “Live water,” as it is in nature, contains energy, nutrients, and undeterminable essence that provides everything needed to sustain and maintain our living eco-systems. When we take in consideration what nature gives us freely, but we destroy through lack of awareness, it is no wonder the biggest issue of this century will be to clean and restore our most critical life support element – living water.

When we are born, 90% of our body is water. As we age, the percentage drops to about 75%. Like the earth, the human body encompasses an ocean within it. We are a complex system of circulating water involved in thousands of body functions. The saliva we use in digestion is mostly water. Nervous impulses are transmitted in water, your eyes move freely in a lubricant that is mostly water. Within living systems, everything happens in water. Water has the unique ability to form and transform, create and recreate, penetrate and dissolve anything it touches. It collects and deposits information wherever it flows and circulates new energy within each life body.

Since ancient times, people have discovered where to find healing waters in natural places and how to use them for health. The top five characteristics of restorative and healthy water found in certain natural springs are:

- Alkalinity
- Bio-available minerals
- Structure
- Ionization
- Negative ORP (stands for Oxidation Reduction Potential)

75% of American are chronically dehydrated, not only by the lack of water intake, but by the inefficient ways it is absorbed. Here are some interesting facts about dehydration.

- In 37% of Americans, the thirst mechanism is so weak, it is often mistaken for hunger.
- Dehydration will slow down one’s metabolism as much as 3% making it the number one trigger of daytime fatigue.
- Water decreases the risk of colon cancer by 45%. It is capable of slashing the risk of breast cancer by 79% and a person is 50% less likely to develop bladder cancer.
- Water is required for regulating blood pressure and body temperature, hydration and digestion.

- Most humans consume only about six, eight ounce servings of water a day and nearly 10% declared that they do not drink water at all.

*“By the time dry mouth becomes an indicator of water shortage, many delicate functions of the body have been shut down and prepared for deletion. A dehydrated body loses sophistication and versatility.”*

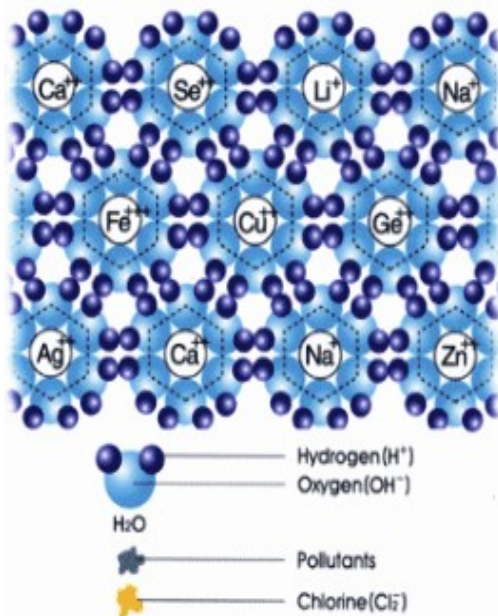
Dr F Batmanghelidj, Author “Your Body’s Many Cries for Water”

So what are some of the signs of dehydration?

- Yawning in an attempt to get more oxygen to the brain
- Craving sweet foods in an attempt to increase blood sugar
- Sleepiness may overtake you as your brain struggles to satisfy its own oxygen demands
- The Pituitary Gland releases a hormone called Anti Diuretic Hormone (ADH).

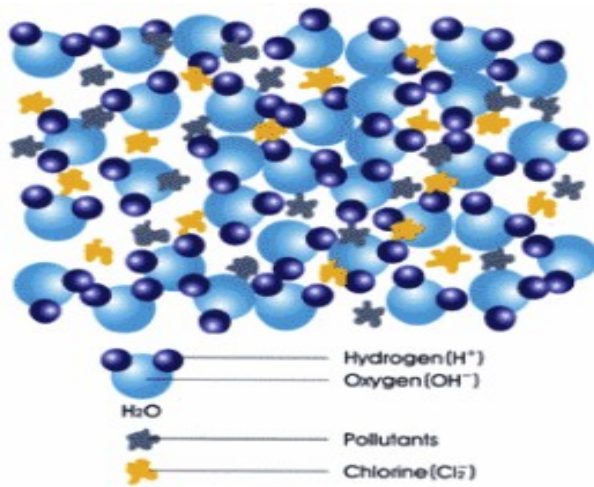
### The Structure of Healthy Cells

- The structure of healthy cells is supported by tightly bonded, hexagonal water clusters created by "structure making" ions. The ions that are in nature bring nutrients to the cells and when present, the cells are bound tightly protecting them from harmful effects.



### The Structure of Unhealthy Cells

- Unhealthy cells are characterized by loosely bonded, pentagonal or unstructured water clusters and "structure-breaking" ions.
- If cell structure and water structure are disorganized, illness can appear.

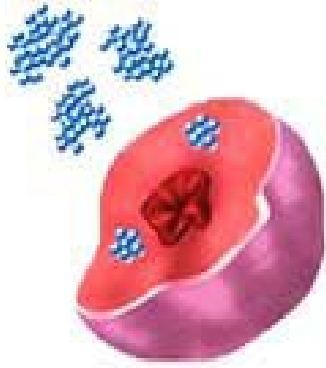


### Cluster Size

Clusters of water are damaged and destabilized by water pipes, containers, time, travel and storage.

When the size of the clusters are small, more oxygen is available, nutrients are easily carried into the cells, lactic acid is removed faster and the work of cleaning the cells of acid waste become more efficient. The balance of the cells can be maintained creating a better defense against the many aggressions of modern life that constantly attack our bodies.

Our current water delivery system combined with the lack of a complete set of naturally occurring minerals destroys water's natural structure creating larger clusters which can not fully penetrate the cell walls. People would say something like "I drink a lot of water but I am always thirsty".



Large water clusters do not hydrate cells easily.



Small water clusters can easily penetrate cells for improved hydration.

### What is a Healthy Water?

Water that will fully penetrate the cells and hydrate them three times better than regular water. This allows vitamins, minerals and other substances to enter the cells and do their jobs more efficiently instead of being lost somewhere in the tissues.

Healthy water will promote faster detoxification and cleansing allowing your cells to better face the many demands of modern life.

### Is your water making you age faster?

**Water can be a powerful antioxidant water measured as ORP ("Oxidation Reduction Potential")--ORP** sometimes referred to as "Redox". The alteration of the ORP of your drinking water is what causes the micro-clustering, antioxidant and hydrating effects.

ORP is a "potential" energy that is stored and ready to be put to work. The value of ORP quantifies the amount of energy in water by numbering electrons, it is expressed in millivolts.

ORP measures the presence of oxidizing or [oxidation] reducing agents by their specific electrical charge, thus Oxidation Reduction "Potential". Oxidation in simple terms is what turns an apple brown after it is cut or causes metal to rust. Rust weakens metal and signifies the deterioration of the apple. High pH water has more "reducing" agents (-ORP) and low pH water has more oxidizing agents (+ORP).

**The ORP of most tap water in the USA is between +150 to +600mv and so is an oxidizing agent.** Chlorinated water will show a positive ORP. Most bottled waters are acidic (low pH).

**High water pH and proper ionization water demonstrates a -ORP and so is a reducing agent and has the ability to be an amazing anti-oxidant.** This in brief, part of the process of aging.

### Not all Water are Created Equal

Here are a few examples of bottled water taken from “The Miracle Ph for Weight Loss” by Robert Young.

Name	PH	ORP
■ Aquafina	5.96	+431
■ Fiji	6.65	+ 406
■ Voss	6.67	+ 357
■ Calistoga	6.93	+ 404
■ Smart Water	6.97	+ 368
■ Evian	7.53	+390
■ Dannon	7.84	+546
■ Essentia	8.57	+58

Healthy Water Characteristics

- Ph > 8
- ORP of -50 to – a few hundred
- 5-7 molecules per cluster

### Water a “Live” Process

Another secret is that water is a **"live process"** that is stable for 18-20 hours. Lithium which is a stable molecule in chemistry is present in healing water. Not only does it play a role in balancing the brain, it also plays a part in the stability of the water and its ability to keep the clusters to a small size.

Water’s amazing ability to change structures has only been recently validated and is now looked at as one of the most important characteristics of water.

Water can change structure and other characteristics when it is influenced by external energy

Different energies will affect water, in a good way or in a way that is disruptive to the body. Some examples are:

- Sounds
- Light
- Electromagnetic radiations
- Thoughts
- Music
- Environment
- Prayers
- Holograms
- Monoatomic minerals... I will write more about this in my next newsletter

So, what is the **Water Wand**?

We can drink water that is healing or water that makes us sick. We can drink water that is living or water that is dead. In other words, water can make you age faster **or** can be one of the most powerful natural **anti-oxidants**.

The Avantgarde of Wellness Water Wand is a new green technology that creates restorative water that both alkalizes and ionizes drinking water by transforming into the best healing water through bio-mimicry. It changes the structure of water molecules so they penetrate your cell membranes more easily. This structure makes hydration 3-6 times more efficient than normal water, so it cleans and vitalizes the body far more powerfully.

We can use this new green chemistry in the Water Wand to remove most of the contaminants from fresh water sources saving the environment 30 billion bottles of waste per year. Not only will this greatly affect our oceans but it will eventually trickle all the way down to our very own communities.

The cost.... I forgot. Cheaper than buying a bottle a day, with no oil and chemicals...and no electricity....

***The Avantgarde of Wellness Water Wand is the next level of water technology for  
Performance, Hydration, Health and the Environment***