

Sophia Health Institute

## The Importance of Structured Water to Health

Structured water is not something made up by health gurus for marketing purposes. It is a real phenomenon, so real that it can be clearly seen under a microscope. A lot of the research on structured water has come together in the last decade or so, thanks to the work of Dr. Gerald Pollack and other scientists before him. Structured water, also known as hexagonal water exclusion zone (EZ) water, has many biological roles that are important to life.

What is structured water?

Structured water forms on any hydrophilic (water loving) surface when it is exposed to light. The visible light spectrum and ultraviolet light will create structured water, but infrared light is the most powerful. Regular water is H<sub>2</sub>O, but when structured water is formed, it turns into H<sub>3</sub>O<sub>2</sub>, and the extra protons go to the "bulk" water in the form of hydronium ions. The result is two separate parts of the water: Next to the hydrophilic surface, a hexagonal, honeycomb shaped lattice of H<sub>3</sub>O<sub>2</sub> with a negative charge and higher viscosity, that excludes all solutes (hence the term exclusion zone), and the bulk water of hydronium ions with a positive charge. Essentially this creates a battery, with a positive and negative end.

The honeycomb shaped lattice is why it is sometimes called hexagonal water

It is a common fact that the cells in your body are negatively charged.

But where does this come from? The water inside your cells is actually EZ water, creating the negative charge that your cells need to function. EZ water helps your cells create energy, and aids in cellular detoxification, among many other functions. Your body can use energy to create EZ water from regular H<sub>2</sub>O internally, or you can save that energy by supplying your body externally with EZ water.

How to use structured water as a healing tool:

There are two methods of using structured water to support your health. One is to create structured water from the water already in your body. The other way is to create structured water for drinking. Structured water can also be used for bathing. This explains the healing power of swimming in natural bodies of water.

How to create structured water in your body:

Almost any form of energy exposed to water will create EZ water.

-Infrared from the sun or Infrared saunas and mats. The creation of EZ water from an infrared is what causes the detoxing effect of mats like the biomat that don't even cause you to sweat

-Whole body vibration

-PEMF

-Negative charge from magnets

-Grounding

-Collagen: Collagen is the main hydrophilic surface in the body that EZ water forms around. This is thought to be the conductor of electrical currents in the skin that create acupuncture meridians. Borrelia, glyphosate, and aluminum all destroy collagen. Even more interesting is that anesthetics like lidocaine are known to destroy EZ water. Could this be how neural therapy works? When procaine is injected under the skin, is it resetting the electrical charge by destroying EZ water?

How to create structured drinking water:

-Exposing water to infrared light (note: IR will not go through glass)

-Vortexing- there are many different devices that vortex water

-Fresh spring water is already structured from the high pressures in deep aquifers. It will lose its structure after about 30 days of being bottled. High amounts of structured water are what cause the better mouth-feel of spring water. EZ water is more viscous than bulk water. This also why reverse osmosis water has a thin, flat mouth-feel. The process of reverse osmosis destroys structured water. Findaspring.com has locations for springs all over the country, if you are willing to put in the work hauling jugs of water to and from a spring.

-Fresh vegetable and fruit juices. The water inside plants is EZ water. This explains the benefits of juicing beyond just the nutrition.

-EZ water will form around the gel of soaked chia seeds

-Gemstone water bottles

An ice crystal from tap water (right), and an ice crystal from gemstone water (Left)

-Dr. Flagnigan's crystal energy drops and Megahydrate powder

-Cold: this is why water has a unique phenomenon of being the densest at around 4 degrees Celsius. Almost all other substances are densest in the solid state.

-Various healing waters like Divinia water.

-Research from Masaru Emoto has also shown that simply writing words like "thank you", "gratitude", or "Love" on a bottle of water will create structured water.

Ice crystals from water exposed to different phrases

Water has an ability to store memory

Water has an ability to store memory (this is why positive phrases can create structured water). This is the basis of how homeopathic dilutions work. Take low dose immunotherapy for example. Doses are typically 6C or more, which is a dilution of 1 part per trillion or greater. After this many dilutions, there are no longer any molecules of the original substance left. Only the "memory", or information of the substance remains, yet patients can have a reaction immediately after receiving a dose. The immune system is somehow able to utilize the information in the water to create a proper tolerance response.

Who knows what effect cell tower radiation has on the water.

Dr. Pollack also showed that EZ water will cause flow through hydrophilic tubes. This is how circulation of blood through the capillaries works. It is a misconception that the heart's pumping action causes circulation. The heart is not actually strong enough to cause red blood cells to flow through the tiny capillaries. If it were, your blood pressure would be so high that you would die. The capillaries are hydrophilic tubes, and they require EZ water for blood flow. Trees also use EZ water in this same fashion in order to get water a hundred or more feet to the top leaves. This is why infrared saunas and mats increase circulation. It is not from the heat, but the infrared light creating EZ water. PEMF devices also cause increased circulation, but in this case it is the negative charge that is creating EZ water.

These are just some of the ways in which structured water can benefit your health. There are probably more that will be discovered in the future. If there is one book that everyone should read, it is Dr. Pollack's book *The Fourth Phase of Water*. I highly recommend it, as it explains a lot of the unusual phenomena of water. Since 99% of the molecules in the human body are water, much of the information can be applied to human health.

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