

Living Water

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Planet Water

Water is a primal element of life and plays a crucial role in agriculture and health. Our body and our planet are ~70 percent water. Artisan bread is typically ~70 percent water. The water we drink is as important as the food we eat, but few of us are aware that conventionally processed water may be as damaging to our health as conventionally processed foods, and may be less bioavailable under conventional treatment systems.

Natural Water

What is living water? In nature water flows through a spectrum of natural processes that each effect the quality of the water, from the disinfecting ultraviolet rays of sunshine, the magnetic fields surrounding the planet, aeration in waterfalls, swirling vortexes in streams and rivers, flowing over naturally magnetic stones, percolation through filtering soil, the deep waters in the mineral-rich sea, finally evaporating into the electrically-charged atmosphere to begin anew. Eliminate any one of these natural processes and water lacks an essential aspect of its full potential to nourish life.

Natural Water is Structured

In its natural state, water has structure and holds energy. Cutting-edge scientific research today has discovered that in addition to cleansing the content of water, there are fields and molecular structures within water that need to be renewed for fully healthy water. When water is treated with chemicals and flowed through miles of straight pipes, its molecular arrangement becomes de-structured, chaotic, losing its natural negative charge.

The totality of natural processes create a molecular structure in pristine water that is naturally clustered into fluid hexagonal molecules, like liquid honeycombs in a beehive. Living water arranges its hydrogen and oxygen molecules into a hexagonal crystal-like honeycombed fluid.

Structured water in healthy cells is negatively charged, like a liquid crystal, while unhealthy and diseased cells have a chaotic arrangement of hydrogen and oxygen water molecules, a

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lower energy 'bulk water'. The structure of water effects its wetness - its absorbability by living creatures. This state of liquid, crystal hexagon clusters are considered a *fourth phase of water*.

Structured Fourth Phase of Water

According to Dr Gerald Pollack¹, a pioneering researcher in water, healthy cells are made up of structured H₃O₂ water which carries a greater electrical charge and energy than standard H₂O or 'bulk water'. The beneficial effect that structured water has on our cells are encompassing, improving hydration and cell-to-cell communication. Structured water enhances energy levels, digestion, nutrient absorption, sleep, decrease inflammation - powering us like a battery. Let us explore the fascinating properties to build a deeper understanding.

Drinking Structured Water

How can we structure our water? Although there are many expensive products on the market to revitalize water, restructuring water can be done effectively and affordably by vortexing water and flowing it through magnets.

Vortexing Water

Healthy water structure is created in natural water vortexes and swirls in streams and rivers, in waterfalls and ripples, and develops in plants, fruits and vegetables. Scientists have discovered that if tap water is flowed through a vortex that mimics the swirling movements of water in natural settings, its structure is changed into H₃O₂ clusters. This 'structured' vortexed water is denser, has decreased viscosity and surface tension, and more dissolved oxygen. It develops a negative charge becoming more ionized that enables it to be *absorbed more easily by our cells*². Structured water is like a water battery that carries and stores electricity, imparting greater energy and vitality when we drink it. It is 'wetter' - more easy to absorb. Vortexing has measurable effects on the quality of water.

¹ <https://www.pollacklab.org>

² Soil fertility is understood as the cation anion exchange capacity. so too water's hydration capacity, its wetness, can be measured in its electric charge and molecular structure.

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Flowing Water through Magnetic Fields

Since the invention of the magnetometer in the 1830s, the intensity of the Earth's surface magnetic field has been documented to be slowly decreasing.³ In recent times the Earth's magnetic field has been decreasing at the rate of about 5% per century with indirect observations suggesting a decay from at least 1600 or even earlier.⁴ It is possible plants may have evolved under a greater magnetic field than they are currently exposed to.

Rain falls from the sky through earth's vast magnetic fields in the atmosphere and flows over naturally magnetic rock in the earth. Magnetized water is produced by flowing water through a magnet field that aligns its molecules into hexagonal clusters that are easier for cells to absorb. The surface tension of water decreases when flowing through a [magnetic field](#). This may contribute to an increase in water's permeability by making nutrients more available to plants and to soil organisms. Enhancing water by magnetic field exposure may increase plant growth and yield, and bioavailability to human cells⁵.

Affordable Systems to Structure Water

Start with the purest water available. A standard laboratory magnetic stirrer can vortex water at minimal expense. Your kitchen blender or a tornado tube attached to two bottles works just fine too. Attach magnets around the blender, tube attachment or water container. I am researching what magnet arrangements and strength are most effective by watering seedlings and comparing growth. Stay tuned for results.

³ https://www.usgs.gov/faqs/are-we-about-have-a-magnetic-reversal?qt-news_science_products=0#qt-news_science_products

⁴ Earth's magnetic field is probably not reversing. Maxwell Brown, Monika Korte, Richard Holme, Ingo Wardinski, and Sydney Gunnarson. PNAS May 15, 2018 115 (20) 5111-5116; first published April 30, 2018; <https://doi.org/10.1073/pnas.1722110115>. <https://www.pnas.org/content/115/20/5111>

⁵ Lee, Hye-Jin, and Myung-Hee Kang. "Effect of the magnetized water supplementation on blood glucose, lymphocyte DNA damage, antioxidant status, and lipid profiles in STZ-induced rats." *Nutrition research and practice* vol. 7,1 (2013): 34-42. doi:10.4162/nrp.2013.7.1.34
Weblink: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3572224/>

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Effects of Structuring Water include:

1. Oxygenation

Oxygen from the air is usually present in water, either dissolved or in bubbles. Flowing out of a vortex, the large air-water interface increases as the water dissolves bubbles or oxygen from the air into the water at the molecular scale. The dissolved oxygen content is increased in vortexed water. The vortex increases the surface area of the water that is exposed to air.

2. Viscosity and Surface Tension

Vortexing water decreases viscosity and surface tension, so that water better penetrates cell walls, allowing improved hydration and bioavailability.

3. Ionization

The water flowing out of a vortex temporarily has a negative charge, is slightly more ionized.

Structured water requires light to form - sunlight, ultraviolet or infrared light.

Pollack documented that infrared light is the most effective, especially at wavelengths of the ~ three micro-metres all around us. When impacted by infrared light, structured water continues to build. This could explain why infrared saunas penetrate deep inside our cells, promoting structured water and a feeling of well being. Sunbathing promotes this healing effect.

Earthing

Take off your shoes and on the earth or beach in bare feet. Soak up the negative electrons that renew your cells. This is important to balance exposure to EMFs - electromagnetic fields from mobile phones, smart meters and Wi-Fi.

Collagen⁶ and Trace Minerals

Taking a collagen supplement may help. Research linked collagen as a superconductor for crystalline water. A pinch of natural salt enhances conductivity of water.

⁶ Super-Conducting Liquid Crystalline Water Aligned with Collagen Fibres in the Fascia as Acupuncture Meridians of Traditional Chinese Medicine, Immunopathological Diseases and Therapeutics 3 (3-4):221-236, DOI: [10.1615/ForumImmunDisTher.2013007869](https://doi.org/10.1615/ForumImmunDisTher.2013007869)

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Dr. Pollack suggests that a key benefit of green juicing is because water in plants is in the structured state. “You’re basically extracting structured water from the plant cells and putting into your cells. Good strategy.” If you don’t have a juicer, simply blend veggies with a bit of apple juice, then strain. The veggie pulp is terrific in soup.



Magnetic Stirrer



Tornado Tube