

Water






BIO-COMPATIBLE WATER SOLUTIONS

Water Guide for Human Bodies

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Water is the sense organ of the earth. It has the ability to perceive and transmit influences of all kinds, even the finest ones. In its movements and formations it reveals the forces that act upon it.

– Theodor Schwenk,
"Sensitive Chaos: The Creation of
Flowing Forms in Water and Air"



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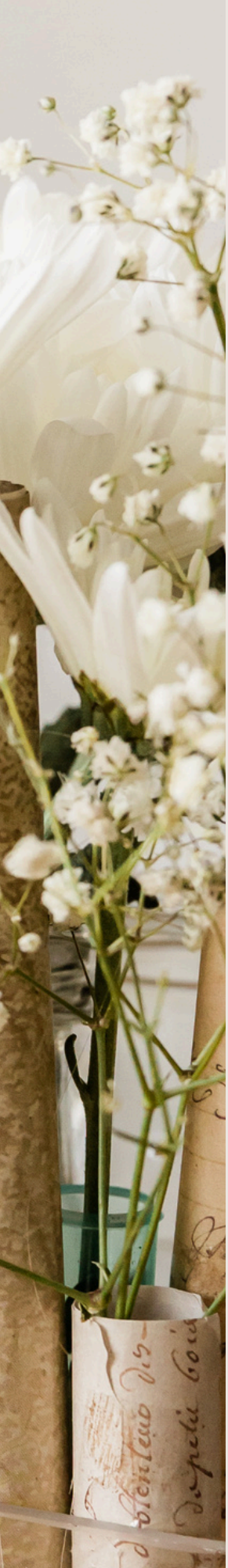


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INTRODUCTION

WHAT IS WATER?

When we think of water, we usually imagine a simple, familiar substance. A liquid made of two hydrogen atoms and one oxygen. It pours, splashes, freezes, boils. Just H_2O – a liquid we drink, swim in, boil for pasta. Case closed, right?

Not even close.

Water is, hands down, one of the least understood – and most mysterious – substances on Earth.

It breaks rules. It confuses scientists. It performs strange behaviors that don't quite make sense in the framework of classical chemistry or physics. It's both ordinary and wonderfully strange.

You may have learned that water exists in three phases: solid (ice), liquid (water in your glass), and gas (steam or vapor).

But there's a fourth phase – a structured phase – that forms under very specific conditions. It's not quite a liquid, not quite a solid, not quite a gas. It's called Exclusion Zone water, or EZ water for short.

This phase was brought into the spotlight by Dr. Gerald Pollack and his research team at the University of Washington. But he didn't invent the idea – he validated what earlier scientists and natural philosophers had been observing for centuries.

WHY SHOULD WE CARE?

Pollack discovered that when water comes into contact with certain hydrophilic (water-loving) surfaces – like the proteins and cell membranes inside our bodies – something strange happens: it begins to organize itself into a honeycomb-like molecular structure. Think of it like water crystallizing without freezing.



And get this: it stores energy.

Like a battery.

A liquid crystal battery... that lives inside of you, looks like water but is more gel like in its structure.

And it grows when exposed to sunlight and infrared light. Meaning: light fuels this phase of water, charging it up just like solar power. The sun doesn't just warm us – it builds us.

HOW TO USE THIS GUIDE

If you're curious about the "why's" behind our recommendations, read through the whole guide once or twice. This way you'll gain a basic understanding of all things water related, and be able to make your own decisions on water regardless of what's being peddled to you through mainstream or social media.



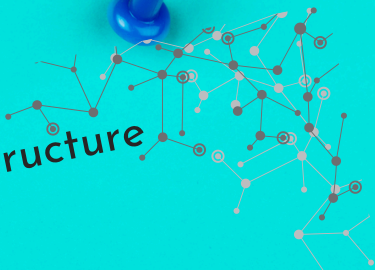
If you just want to skip straight to solutions and upgrade your water STAT, go straight to page ---- and use those links & discounts codes where applicable to order filters, structuring devices, softeners, and more.

Water's Hidden Dimensions

Structure

Filtration

Mineralization



Hydrogenation



Deuterium Depletion



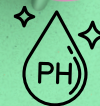
Carbonation



Primary Water



Alkalinity



Oxidative Reductive Potential (ORP)



Memory

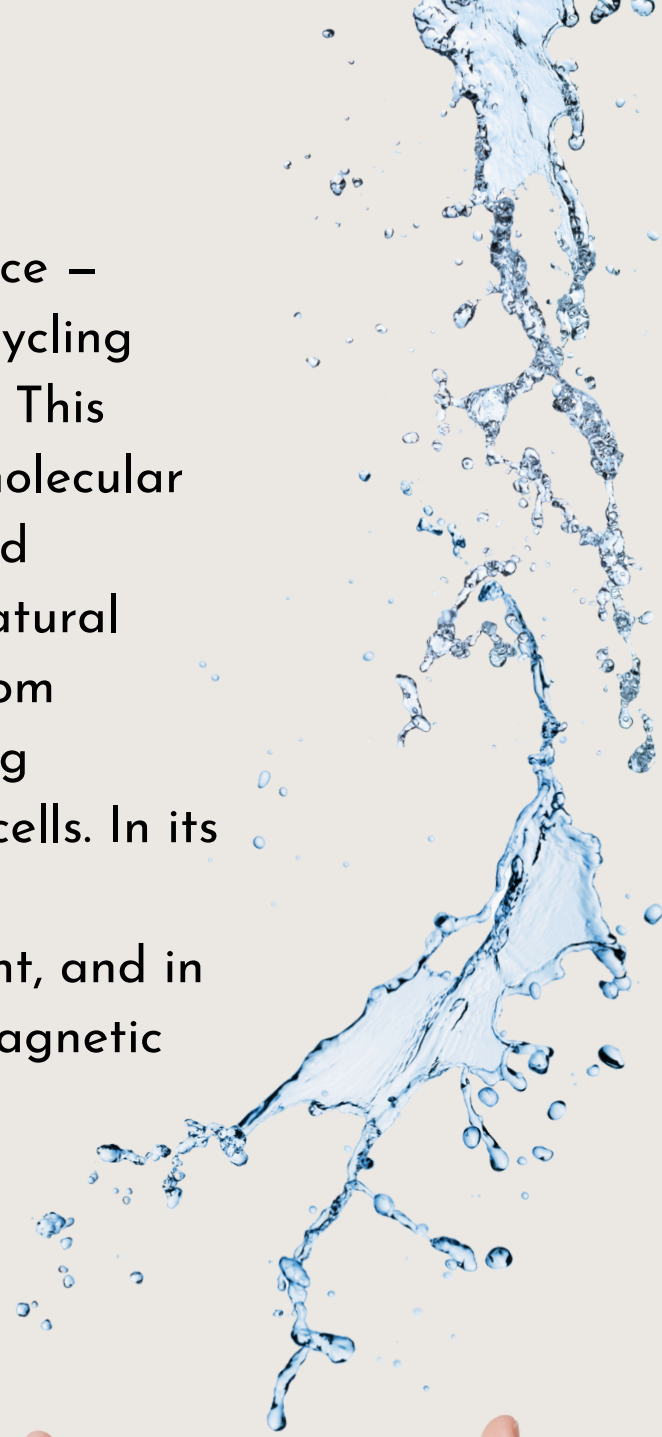


WATER IN NATURE

In nature, water is a living substance – constantly moving, spiraling, and cycling through springs, rivers, and clouds. This motion structures the water at a molecular level, creating a hexagonal, ordered arrangement that supports life. Natural water is also lightly mineralized from contact with rocks and soil, carrying essential electrolytes that nourish cells. In its pure form, it is free from harmful contaminants, energized by sunlight, and in harmony with the Earth's electromagnetic field.

TAP WATER

- Stagnant & unstructured
- Heavy metals
- Volatile organic compounds
- Pharmaceutical residues
- Neurotoxic additives (fluoride)
- Disinfection byproducts
- Petroleum compounds



Drinking and Cooking Water Filtration: The Boiling Myth

Benefits of Boiling:

- Kill some microorganisms
- Remove certain volatile compounds
-



What Boiling Doesn't Fix:

- Increases concentration of heavy metals
- Concentrates pharmaceuticals and inorganics like fluoride
- Leaves behind petroleum compounds



Always cook with filtered water!
Any filter is better than no filter.

Water Filtration Overview

Attribute	Reverse Osmosis (RO)	Distilled	Multi-Stage Filtration
Purity	Excellent at removing contaminants	Very pure, removes almost all substances	Very good, balances contaminant removal with keeping minerals
Minerals	Stripped Out	Stripped Out	Retains beneficial minerals (depending on filters)
Speed of Filtration	Slow	Very Slow	Faster
Waste Water	Varies but often wastes ~3–4x input water	Minimal Waste	Minimal Waste
Energetics	“Dead” water, needs re-structuring	“Flat” water, energetically depleted	Closer to natural living water
Best Use	Areas with high contamination	Emergency / short-term use	Everyday drinking + long-term health

Types of Water Filtration

REVERSE OSMOSIS

Reverse osmosis (RO) works by forcing water through a semipermeable membrane that blocks most contaminants, leaving behind purified water. While this makes RO highly effective at removing toxins, it also strips out beneficial minerals and flattens water's natural structure. If we view water as a "living" entity, this means RO water is clean but energetically depleted—lacking the vibrancy, mineralization, and structure that water in nature carries.

DISTILLATION SYSTEMS

Distillation boils water into steam, then condenses it back into liquid, leaving behind most contaminants (metals, salts, microbes, etc.). The result is extremely "pure" water with almost no dissolved minerals. It's a simple and low-tech process but one that's energy-intensive and slow compared to other systems. It does not address water's structure as a living element.

Types of Water Filtration

MULTISTAGE FILTRATION SYSTEMS

A multi-stage filtration system layers different filters (like activated carbon, ceramic, UV, bone char, etc.) to target specific contaminants while keeping beneficial minerals intact. Compared to reverse osmosis, these systems generally maintain better taste, natural mineral content, and energetic quality of water—but they may not filter as comprehensively as RO when it comes to very fine particles or dissolved solids.



- Often Customizable to address specific contaminants
- Additional minerals could be added as one of the cartridges
- These systems vary A LOT, need the most research

Testing Your Water

FREE RESOURCES

If you're on municipal water supply, you're entitled to get access to a free annual report. Look for it using this search term "[County Name] water quality report."

This report will provide you with basic information about what's in your tap water, though it will not be fully accurate because it does not take into account what's in the pipes between the water plant and your house. But it's a good start.

EWG also allows for water report searches by zip code

OUR PREFERRED WATER TEST

For municipal water this is the test we recommend. The way it works is that you'll receive a mail to lab kit and get a report back that provides information on 111 analytes. **PRICE \$290**

For well water, this is a good baseline test, unless you suspect radioactive particles contamination for one reason or another. In that case you'd need a more comprehensive test. **PRICE \$485**

Drinking and Cooking Water Filtration: Countertop

Countertop Unit

Countertop RO Bluevua (\$409) comes with glass carafe, 6 stage purification with remineralization (also available without remineralization filter). Filters should be flushed 4-6 times before use and replaced every 12-24 months (the screen will show when they are due for replacement).



Replacement Filters \$90 Lasts for 1 YR

Replacement Remineralization Filter \$34 (2 set, 1 per 6 months)

Replacement RO membrane - sold in combo with filters for \$150 total (it's \$60 more than just the filters so that's the rough cost every 2 years for membrane)

Drinking and Cooking Water Filtration: Under Sink

BEST IN CLASS: Spring Aqua Wet 7

Best in class drinking water filter, structuring, re-mineralizing, hydrogenising system: Spring Aqua Wet 7. This filtration masterpiece is an ecosystem under the sink. It uses no electricity, no storage tank, wastes no water. Perhaps most impressively it suffuses the water with stabilized molecular hydrogen without electrolysis. If you don't have access to spring water this is the closest thing to recreating a spring in your home.



Filters should be replaced every 12-18 months

This system sells at a premium price point that's totally worth it if you can afford it:

\$4200-\$4700

Drinking and Cooking Water Filtration: Under Sink

BUDGET MULTI-FILTER OPTION:

PureSync Light from Greenfield Solutions

This is a budget version (\$699) of their best selling PureSync under the sink water filtration solution. Operates **without electricity** and filters out most contaminants while reducing others to much lower levels. Does NOT filter out minerals and is available with an optional remineralization attachment (if your local water is low in minerals). It can be connected directly to the cold water line or a separate dedicated faucet. Impact on water pressure from this system is minimal. This is what would make it preferable to the Clearly Filtered under sink solution.

Coupon Code:
Homebody

Filter should be replaced every 6-12 months depending on usage. Filter cost (\$201)

Bathroom Sink Water Filtration

BUDGET FILTER: Great for high fluoride filtration & other contaminants in bathroom sink cold water supply line. Easy maintenance.

2 Stage Under Sink Filter

This is a very budget friendly under sink water filter **(\$200)** that does NOT require a separate faucet.

→ Hooks up directly into cold water line

→ Filters out about 85% of fluoride (according to lab results posted) and many other contaminants though there's limited transparency on which contaminants are filtered at what rates.

→ Good for brushing teeth and general bathroom sink use when a full home filtration system is not an option.

Fluoride filter should be replaced every 1.5 yrs or 5000 gallons; regular filter is good for 8000 gallons. Combined filter cost (\$153 with subscription).

Drinking and Cooking Water Filtration: Under Sink

TANKLESS RO:

Waterdrop G3P600 (\$540)



*Requires under
sink electricity*

Tankless RO avoids the biofilm issue common in RO systems with water storage. This particular model tracks when filters need changing without use of bluetooth or external apps. It's also very easy to swap out the filter. It's important to swap out filters in a timely manner (about 1x/year) so as to avoid membrane degradation and deposits of microplastics into your filtered water. Components materials for this model are NSF certified.

Dimensions: 18.12" x 17.72" x 5.67"

8 Stage Tankless Reverse Osmosis Water Filter

2:1 Drain Ratio

Bluetooth Free

Filters out: chromium, PFAS, radium, fluoride, arsenic salt, iron, calcium, particles, chloride, chlorine and radioactive substances, and minerals

Filter replacement kit (\$91) must be swapped annually

RO membrane replacement (\$109) should be swapped once every 2 yrs

Remineralization Filter - Replace every 12 months

Drinking and Cooking Water Filtration: Under Sink

BASIC RO:

Home Master Artesian (\$230)

For a situation with no under the sink power supply, a traditional tank water storage RO model may be used. NOTE, the storage tank must be sanitized every 6-8 months. This model has an easy to change filter and doesn't use bluetooth or wifi. The filters are designed for annual replacement.

Filter replacement kit (\$72) must be swapped annually

RO membrane replacement (\$20) should be swapped once every 2 yrs

Drinking and Cooking Water Filtration: Portable

Best Pitcher

The best water pitcher option is Clearly Filtered. Filters need to be changed every 4 months. Pitcher plus 3 replacement filters cost is roughly \$250. Annual cost for this option is around \$180

Individual replacement filters are sold for \$60 and need to be replaced every 4 months

Japanese Filtration Stick

Binchotan Charcoal Stick water filter.

This activated charcoal water filter attracts the ions of contaminants to the surface of the carbon, and at the same time releases minerals such as calcium, iron and magnesium back into the water. It's not as robust as the rest of the recommendations here but simple and good in a pinch



Point of Use (POU) Filters: Shower, Bath, Tap Filtration

Point of use filters are a great tool for bathing and cleaning water in an apartment or a rental situation where you're unable to install a whole home filter.

BEST IN CLASS SHOWER FILTER

This is the most comprehensive POU filter as of the time of writing. (**\$219 initial investment**, \$139 annual replacement cartridge cost-long lasting, **low maintenance**). Why this is our pick:

- Highest volume of KDF medium (30 oz of combined KDF-55 and KDF-85. KDF = Kinetic Degradation Fluxion, copper-zinc alloy known for reducing chlorine, heavy metals, bacteria and scale and performing better than carbon at higher temperatures.
- Activated Catalytic Carbon - removes chloramines, VOCs, and chemical byproducts
- SIR-900 Resin - targets fluoride, arsenic and lead

BUDGET SHOWER FILTER

Initial **investment is \$90**. Filters should be replaced every 5-6 months and cost \$25 per replacement cycle (sold for \$50 for a set of 4)

Point of Use (POU) Filters: Shower, Bath, Tap Filtration

BEST SINK TAP FILTER

- There are no good bathtub tap filters but this sink filter can be used in the kitchen and bathroom depending on your faucet design. (**starts at \$28**).
- Replace the filter every 3 months (\$45 for 4 filters).
- Doesn't fit many designer faucets ("standard" faucets only, comes with 4 faucet adaptors but company can be contacted for different adapters if needed).
- NSF certified, performed best in tests eliminating the most heavy metals, VOCs, PFAS, and pesticides when compared to other faucet filters. We recommend this water for washing your face (instead of the marketing hype Filterbaby option), washing your fruit and watering your plants.
- If you live in an area where water gets fluoridated, we do not recommend this for drinking water but of course it's better than straight tap water.

Point of Use (POU) Filters: Shower, Bath, Tap Filtration

WHAT TO DO ABOUT BATH WATER

Unfortunately bath water filters currently on the market span the range of utterly useless to maybe 10% effective.

If you have a shower in your tub, we recommend installing the shower filter listed earlier and filling the tub from the shower.

If you don't have a shower in the tub and a whole home filtration system is not an option, we recommend combining 2 of the following measures.

1. This filtration ball will slightly reduce your toxicant exposure
2. Adding a teaspoon to ascorbic acid powder (synthetic vitamin C) to your warm bath water will help to neutralise chlorine and chloramine in the water

Whole House Filtration



BUDGET OPTION (not suitable for well water)

- This is a cartridge based system that's more compact (for smaller spaces: town homes, apartments with main water line access).
- It is a great budget filter that removes fluoride (VERY UNUSUAL at this price point) along with chlorine, PFAS, VOCs and reduces heavy metals by 90-95%. It's unusual to find a budget filter that removes fluoride because that requires bone char carbon while most whole home systems use coconut carbon or similar.
- It doesn't have all the certifications but has performed well in independent lab tests. This system requires professional installation. Maintenance is minimal. The bone char media lasts about 5 years and should be professionally replaced at that point.

We recommend installing a pre-filter with this system (\$40 for 2). The sediment pre-filter should be replaced every 6-12 months, depending on the city water quality.

This is a standard pre-filter housing (which you only have to buy once \$53).

Whole House Filtration



PREMIUM OPTION

- This is a **tank based system** that uses carbon media.
- Backwashing system is good at maintaining water pressure and functionality because it has a built-in debris removal process (from the filters) that runs automatically. The backwashing process removes debris that may otherwise cause clogs thereby impacting water pressure.
- This filter allows for **upgrades** including a **fluoride removal** add on filter (\$1299) and whole house salt based and non-salt **water softeners**.
- This system also allows for **flow rate customization**, making it suitable for larger homes (up to 20 gallon flow rate).
- The one caveat with this system is that we recommend disabling wifi function, which should be a simple process.

Whole House Filtration



PREMIUM OPTION Cont.

- The carbon filter will last 5-7 years (about 1,000,000 gallons) depending on your water quality before requiring a replacement replacement media. The cost of replacement carbon is around \$250.

• Note for Well Water:
recommendations would
be based on test results.
This company has all the
components that can
address your well water
contaminants in a single
combination of filters and
pre-filters.



Whole House Filtration



PREMIUM OPTION Cont.

When purchasing this filter you'll have 2 more optional Pre-Filter upgrades (not counting the fluoride upgrade):

- For municipal water we recommend that you add the 5 Micron Magna (\$150 extra). Replace 1x/yr; cost \$57
- For well water we recommend that you add the Interceptor (\$254 extra). Replace 1x/yr; cost \$170
- Determining appropriate flow rate for your home:
 - 10 GPM (gallons per minute) is good for 1-2 bathrooms
 - 15 GPM is good for 3-5 bathrooms
 - 20 GPM is for 6+ bathrooms

More on water softeners in the next section but if you wanted to buy them with this system you have this salt based option and this salt free option. We'll explain the difference in the next section.

Whole House Filtration



PREMIUM OPTION Cont.

What you can expect **to pay all in** if you get all the upgrades.

The all-in filtration system cost of this option including fluoride upgrade, magna pre-filter upgrade, and salt water softener for a home with 3-5 bathrooms would be: \$1479 + 1299 + 150 + 1079 = \$4K.

Expect to pay \$1.5K-\$3K for professional installation by a plumber. Thus a **realistic total investment** for this option would be **\$6K-7K**.

US Water Systems has installation instructions on their website and it is possible to DIY the installation if you're handy and have some understanding of plumbing systems, but taking on this scope of work is definitely a significant commitment.

Mineralization

Mineralized water is water that contains dissolved minerals (most commonly **calcium, magnesium, sodium, potassium, bicarbonate, silica, ALSO chlorate, sulfate, and nitrate**) either naturally or artificially.

Spring water naturally accumulates minerals along the way. Reverse osmosis and distilled water filtration equipment benefit from adding minerals back in.

The concentration of these minerals is usually referred to as TDS (total dissolved solids) and measured in PPM (parts per million).

- 0-50 ppm = very low mineral content (RO or Distilled)
- 100-300 ppm = typical natural spring water
- >500 ppm = may affect natural taste or quality

Why minerals in WATER not just food matter for health

- The body is basically a liquid crystal electrical system (Dr. Robert Becker's "Body Electric" work).
- If water is mineral-free, it can't carry the subtle electrical signals needed for repair, regeneration, and healthy cell communication.
- Remineralization isn't just about nutrition – it's about restoring conductivity and vitality to the water.

Mineral Function in Water



1. Conductivity & Electrical Charge

- Minerals (like calcium, magnesium, potassium, sodium) dissolve into water as ions.
- These ions carry electrical charge, which makes water conductive.
- Conductivity is important for nerve signaling, muscle contraction, hydration at the cellular level, and even how water interacts with electromagnetic fields.
- Ultra-purified water (like RO or distilled) has almost zero conductivity – which is why it's considered “dead” or energetically flat.



2. Electrolyte Balance & Hydration

- Minerals make water function as a biological electrolyte solution (similar to plasma in your blood).
- Without minerals, drinking water can actually leach minerals from your body (since the water seeks ionic balance).
- This is why people often feel weak or headachy if they drink a lot of distilled or RO water without remineralizing.

Mineral Function in Water

3. Structure & Clustering of Water

- Minerals influence hydrogen bonding networks in water.
- Certain ions (like magnesium, calcium) promote more coherent, structured clusters – which some research suggests may improve how easily water penetrates and hydrates cells.
- “Living water” advocates point to minerals as one of the key factors that distinguish spring water from lab-purified water.

4. Taste & Satiety

- The flavor profile of water comes almost entirely from its mineral content (think “hard” vs “soft” water).
- Mineralized water is also more satiating – you actually feel hydrated, whereas demineralized water often feels “empty.”

5. Biological Co-Factors

- Trace minerals in water (like silica, lithium, zinc, manganese) act as enzyme co-factors in metabolism, detoxification, and hormone regulation.
- Even at tiny concentrations, these trace minerals contribute to vitality over the long term.

Soft and Hard Water

Water hardness is determined by concentration of calcium and magnesium; hard water is fine to drink but can damage pipes and appliances and dry out skin and hair.



To know for sure whether you have hard water you'll need a lab test. In my experience PH strips and even aquarium GH and KH water test kits do not provide reliable results.

But you can often see mineral residue in the shower and feel the effects on your hair and skin.

Hardness Level	Hardness Level mg/L (ppm) as CaCO ₃	Grains per Gallon (gpg)
0-60	0-3.5	Soft
61-120	3.6-7.0	Moderately Hard (Ideal Balance)
121-180	7.1-10.5	Hard
180+	10.6+	Very Hard

Soft and Hard Water

ISSUES WITH OVERLY HARD WATER

Issues with overly hard water: metallic or chalky water taste, mineral build-up on kettles and coffee makers, shower heads lose up to 75% of flow rate in 18 months, cloudy ice cubes, dry itchy skin, eczema flare ups, dull or dry hair, scalp irritation, reduced soap and cleaning product lather, scale buildup in pipes, water heaters, and appliances, laundry issues like residue buildup on clothing and stiff faded clothes.

SOLUTION TO HARD WATER

Whole house softener. This is complex in that:

- **Salt based solutions** require **monthly maintenance** (and releases some salinated water into the environment, not ideal); **potassium is the better option** if you can afford it.
- **Salt free solutions** can be very beneficial to the health of your pipes (they address the scale build up issue) but because they **don't actually eliminate the minerals**, just turn them into larger crystals, their impact on skin and hair is not as dramatic

Recommended Salt-Based Softeners

This solution will add about 19 mg of sodium per glass of drinking water if your water has a hardness of 10 GPG (unless you use under sink reverse osmosis after the softening process).

To put this into perspective natural spring water usually has between 5 and 10 mg of sodium per glass. You will likely not taste salt at this dilution.

BUDGET OPTION (\$700)

This is a solid model, not as efficient as the Elite version (the elite uses 70% less salt). This model also has a digital monitor and can use either sodium or potassium (better for the environment). The control valve warranty is 5 years.

MID-RANGE OPTION (\$1129)

This is a solid high efficiency model. It can use either sodium or potassium. As of 2025, there's a 7 year warranty on the circuit board, 10 year warranty on the crosslinked resin, and limited lifetime warranty on the control valve (check product listing for details). There's also a 6 months satisfaction guarantee. It digitally monitors when regeneration is needed so operation is very easy. Maintenance just involves refilling the salt tank every 1-2 months.

Salt-Free Softener

CATALYTIC DESCALER (\$500-1K depending on size)

This water conditioning technology is a set it and forget it option (comes in 3 sizes).

- It doesn't require any salt, electricity, or maintenance and has a 10 year warranty.
- It doesn't have any medium unlike other brands.
- It works by transforming calcium carbonate into aragonite crystals which don't stick to pipes and actually help to remove existing scale in your pipes.
- It doesn't have the same skin and hair benefits as the salt based softening but it's still an improvement to unmitigated hard water when it comes to your skin and hair.

This is the specific product we recommend but it does require sourcing it through a dealer you can find on the NaturalSof website.

Water Conditioning Shower Attachment (POU, \$36)

This shower attachment can mitigate the effects of hard water (it's a water conditioner rather than softener). This product will not soften your water but it will make it a little easier on your skin.

Structured Water: Water's Crystal Symphony

Tap Water Crystallography



Spring Water Crystallography

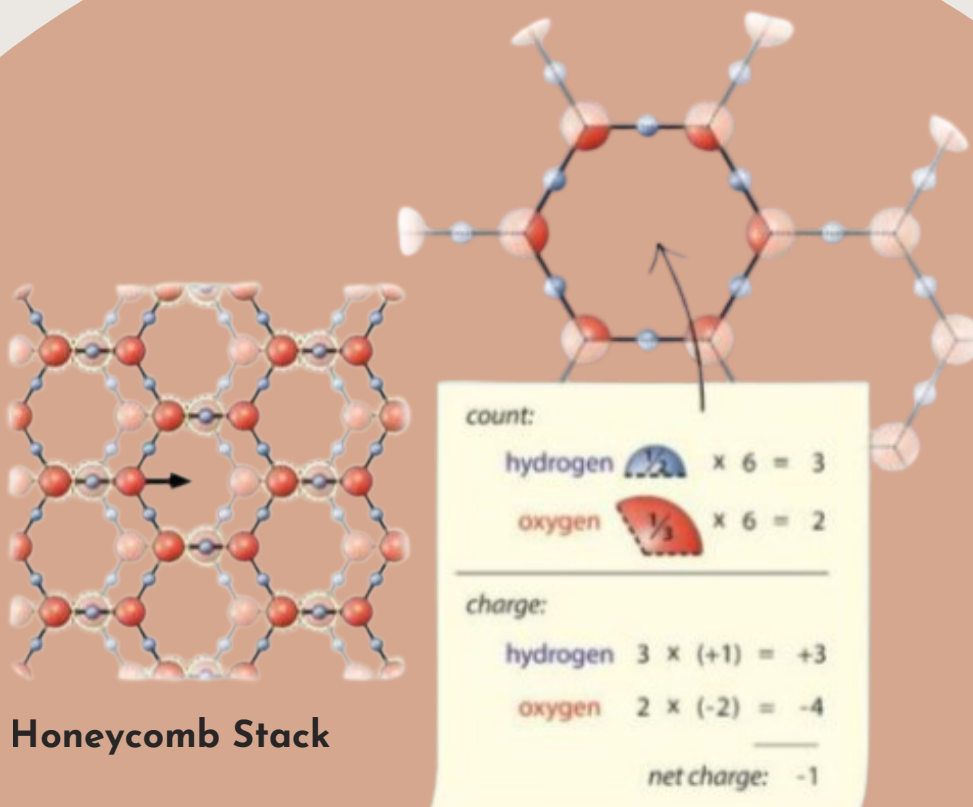


Water structure refers to the crystallinity of water: the way hydrogen and oxygen molecules are organized, but these images give you an instant more visceral understanding.

The Science of Structured Water

What Makes Water "Structured":

- Negatively charged due to stacked water molecules
- H_3O_2 honeycomb sheets with shared protons
- Known as structured water or EZ (exclusion zone) water
- This is the form of water that makes up 60% of your body
- Powers cellular processes throughout your body



Structuring Process in Nature

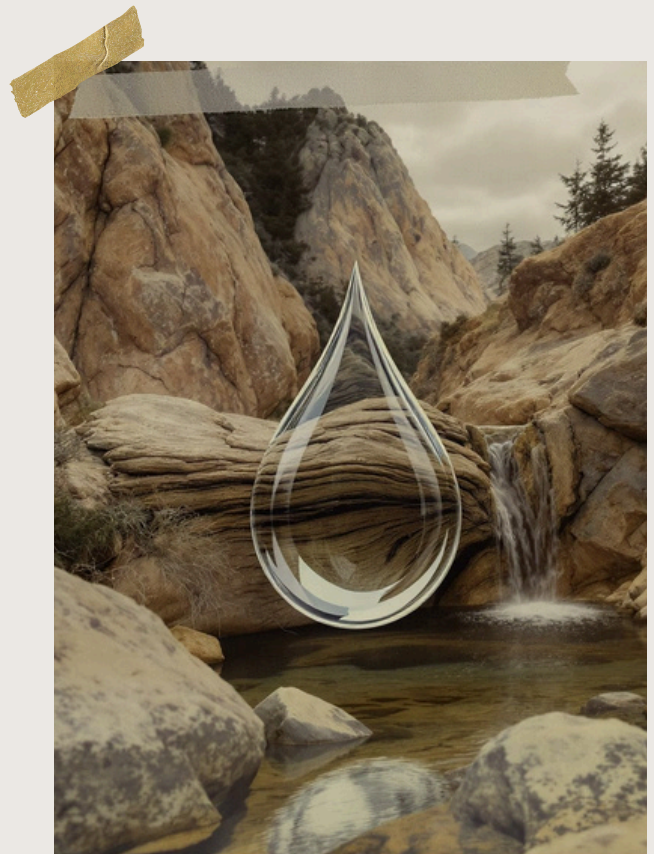
Natural Sources & Modern Challenges

Structuring happens through:

- Exposure to Infrared
- Vortexing
- Schumann resonance fields
- Mineral electrical conductivity
- Intent, sound, frequency of surroundings

Spring water is **naturally structured**, but loses its structure due to:

- Non-Native EMF exposure
- Industrial plumbing systems
- Processing and storage methods



Seeing is Believing: The Plant Test

Structured Water's Impact on Plants

- Flower, fruit and vegetable yields increase by 20-40% 🤖
- Soil microbiome heals and becomes more vibrant
- Plants absorb nutrients more efficiently
- Stems become stronger and thicker, leaves grow larger 🌿
- Water needed for irrigation reduced by 20-30%



Real Photo from a client Michael L. He's not a photographer or a professional gardener but he started watering his backyard plants with structured water.

Creating Structured Water At Home

The Free Method: Sunlight

1

Place water in a glass jar covered with cheesecloth and leave in direct sunlight for 4-5 hours. The infrared light naturally structures the water molecules into organized patterns.



The Convenient Option: Annalema Wand

2

This portable tool quickly structures water through vortexing action. Perfect for daily use without the time commitment of solar structuring. Links and product recommendations will be provided in the final PDF.



Whole-Home Solutions

3

For those ready to fully commit, whole-house or kitchen-specific structuring systems are available that treat all water entering your home.

a

Whole Home
Annalema
Device

b

POU Vortexing
pipes for kitchen
and bathroom

Hydrogen Infused Water

Hydrogenated water a.k.a. Hydrogen water is water that has extra hydrogen gas dissolved into it. It's not the same as hydrogen chemically bonded to oxygen to form water; it's free, dissolved hydrogen gas. There are over 1600 studies on the health benefits of molecular hydrogen, but hydrogen dissolved in water is not very stable and evaporates quickly. Water needs to be consumed quickly to get the full benefits.

3 main ways to get extra hydrogen in your water:

- hydrogen tabs you dissolve in your water (this will impact taste)
- Electrolysis (no impact on taste but it rips apart water bonds, by definition destroying structure ->SKIP THE KANGEN)
- Through a chemical reaction with magnesium (this is what our top drinking water filtration system does)

Deuterium Depleted Water (DDW)

Hydrogen comes in 3 forms: protium, deuterium, tritium.

Protium is the most common form and the one we want in our bodies. Deuterium is a naturally occurring heavy isotope of hydrogen found in all water, but modern environmental factors—like industrial pollution, fossil fuel combustion, and changes in hydrological cycles—have led to a higher concentration of deuterium in many water sources today compared to ancestral environments.

This matters because excess deuterium can:

- disrupt cellular processes, particularly in the mitochondria, where it interferes with ATP (energy) production by replacing regular hydrogen
- lead to cellular stress, DNA damage, metabolic dysfunction, and impaired energy levels—especially problematic for adults with already compromised mitochondrial function or chronic conditions.

DDW is made through industrial processes like fractional distillation under vacuum or electrolytic separation, which require precise, energy-intensive equipment. It's impossible to make DDW at home but you can purchase it for intermittent therapeutic applications.

Ozonated Water

Ozone water is simply water that has been infused with ozone (O₃), a highly reactive form of oxygen. Ozone is a powerful oxidizer that can neutralize many contaminants, microbes, and chemicals when dissolved in water. Because ozone naturally breaks down into oxygen, it leaves no harmful chemical residues.

Top Uses of Ozone Water

1. Disinfection & Cleaning

- Kills bacteria and fungi on contact
- Used in food preparation areas, kitchens, and hospitals
- Natural alternative to chlorine or harsh chemical disinfectants

2. Food Safety

- Rinsing fruits, vegetables, and meats to reduce microbial contamination
- Extends shelf life of produce
- Approved in some regions for organic food processing as a safe sanitizer

3. Dental & Medical Applications

- Used in some dental clinics for mouth rinses to reduce bacteria and support gum health
- Can help disinfect wounds or skin surfaces (topical use in certain clinical settings)

4. Home & Personal Use

- Sanitizing cutting boards, countertops, and utensils
- Laundry: reduces odor and disinfects fabrics without bleach
- Hand and surface sanitizing in place of alcohol-based products

Primary Water

Water scarcity feels baked into modern life—until you learn about a concept that flips the script: "Primary Water." This is water that didn't come from rain, rivers, or snowmelt. It's Earth-made—deep in the mantle—and continuously being formed. It's also NATURALLY lower in **deuterium** (as opposed to industrially manipulated).

What Sets Primary Water Apart

- Not meteoric, meaning it has never been part of the atmospheric water cycle. It didn't fall from the sky.
- Formed deep underground, under intense pressure and heat, where elemental hydrogen and oxygen combine chemically within crystalline rock.
- Pushed to the surface through fissures and faults—sometimes shooting out as hot springs, geysers, or artesian wells. Doesn't require a pump.
- It tends to be pure and uncontaminated, since it bypasses surface pollutants—but can still pick up minerals as it ascends.

It shows different isotopic signatures from regular water. It's tritium depleted. Tritium is a radioactive isotope of hydrogen, always detected in hydrological cycle water due to atmospheric exposure. Primary water is tritium free.

Primary Water



From Nordenskiöld to Riess: The People Who Saw It First

- Adolf Erik Nordenskiöld (late 1800s) drilled into hard rock and found fresh water, concluding the source must be Earth's interior—not rain or runoff.
- Dr. Stephan Riess (mid-20th century) coined the term Primary Water and drilled over 800 wells, many producing artesian flow from deep granite formations—even during severe droughts.
- Pal Pauer, Riess's protégé, expanded the work globally—Kenya, Morocco, India—demonstrating this “new water” was accessible and reliable in water-scarce regions.



Not Just Deep Groundwater—But a Living Resource

- Genuine primary water wells often flow bi-directionally with no pump, unlike conventional aquifers that rely on meteoric recharge.
- Known springs like Horton Springs in Arizona and Ain El Figeih in Syria discharge thousands of gallons per minute—all without rainfall, thanks to Earth's internal pressure.
- Israel reportedly sourced primary water via Riess's guidance to support an entire rising city—and the water was so clean, no chlorination was needed.

Primary Water

How It's Identified—and Could You Tap It?

- Locations are chosen based on geological maps, fault lines, and satellite/LIDAR scans tied to seismic data
- Testing involves looking for low tritium content, since primary water hasn't been exposed to nuclear fallout or recent precipitation
- Primary Water Institute experts use a blend of mapping, on-site logic, and even dowsing to find potential sites—and have had success in flat desert areas as well as mountains.
- You can also buy it bottled but it's very pricey

Why It Matters to Us

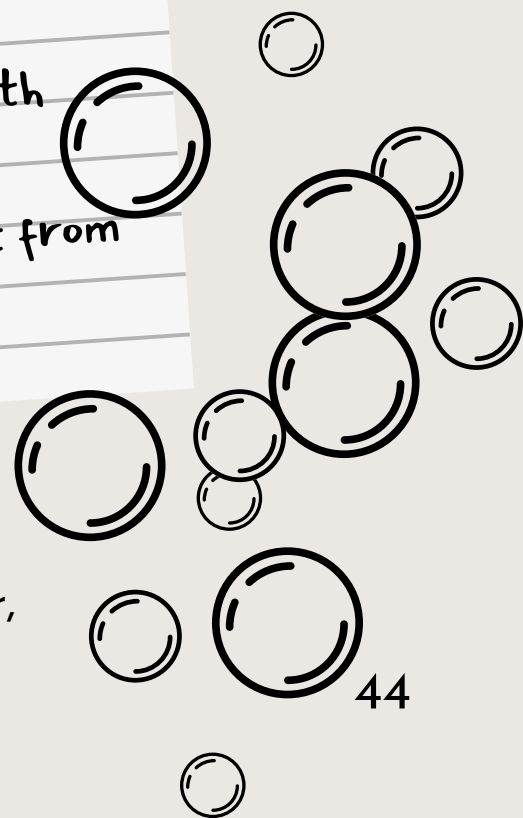
- It challenges the narrative of scarcity, offering a potential renewable source independent of rainfall cycles.
- It highlights how Earth is actively creating clean water—deep inside its structure.
- Whether or not you drill, understanding it shifts your perspective on planetary resilience, ecosystem design, and how health intersects with geology.
- Consuming primary water if you do manage to get access to it is the ultimate health giving elixir practice according to my top secret naturopathic healing sources 😊

Carbonated Water

Carbonated drinking water...does carbonation matter? There is a long history in naturopathic and European hydrotherapy traditions of using **natural** sparkling waters for health. Some of this may be attributed to beneficial mineral content of certain natural carbonated waters but as it turns out there are also benefits associated with the carbonation itself (natural or manmade). Some of these benefits include:

- Improved digestion through stimulation of gastric secretions
- Reduced constipation and bowel movement stimulation
- Nausea relief and better appetite control
- Reduced acidity in the mouth (temporarily) through neutralization of acids left from food

You don't need to go out of your way to consume unsweetened, plain carbonated water, but if you enjoy it then this is your permission slip to do it 😊.



Water Alkalinity



Alkaline versus acidic:

balance of hydrogen ions H^+ And hydroxide ions OH^-

What affects PH: dissolved minerals (calcium, magnesium, potassium, bicarbonate). These minerals buffer acidity and raise the PH. Hard water is usually alkaline but can be acidic or neutral if it also contains acidic compounds like sulfur, iron, or industrial pollutants.

It's true that water in the human body is neutral to slightly alkaline for the most part

BUT stomach is highly acidic, and skin is medium acidic. It's **USELESS** to source alkaline water for alkalinity's sake because your stomach will immediately neutralize the PH of the water you're drinking.

What matters is the mineralization of your water AND the infusion of molecular hydrogen gas (not the same as hydrogen ions). So the benefits of "alkaline water" are actually not about the PH of the water but mineralization and hydrogenation.

Water Ionization: Stop Electrocuting Water

Ionized water a.k.a. Electrolyzed water is water that's split into 2 components: alkaline and acidic. The effectiveness of the ionization process itself depends on the mineral content of the source water. Source water must be mineralized in order for this process to work. The acidic water can be used for cleaning applications. We already discussed uselessness of alkaline water.

Pure water (H_2O) is mostly neutral molecules, but it's in a constant state of very slight self-ionization:

$\text{H}_2\text{O} \rightleftharpoons \text{H}^+ + \text{OH}^-$ This means at any moment, a tiny fraction of water molecules split into:

- Hydrogen ions (H^+) – acidic
- Hydroxide ions (OH^-) – alkaline

In neutral water, these are in equal balance, keeping the pH at 7.

Water Ionization: The Process

When you run electricity through water with minerals (electrolytes), you force this natural process to go further:

At the cathode (-):

- H^+ ions gain electrons \rightarrow become hydrogen gas (H_2)
- OH^- ions remain \rightarrow water becomes more alkaline
- Alkaline minerals (like calcium, magnesium) migrate here and stabilize the high pH

At the anode (+):

- OH^- ions lose electrons \rightarrow form oxygen gas (O_2)
- H^+ ions remain \rightarrow water becomes more acidic
- Acidic minerals collect here

In other words: Electrolysis pushes the balance of naturally present H^+ and OH^- ions:

- It concentrates OH^- in one stream (alkaline water)
- And concentrates H^+ in the other (acidic water)

This only works well if the water has dissolved minerals, because pure H_2O is a poor conductor.

Water Ionization: Hydrogen Water at a Cost

In SUMMARY:

- Hydrogenated water in this case is **formed as a byproduct of electrolysis/ionization**, which disrupts water's natural molecular structure and crystallinity
- While this process dissolves molecular hydrogen, it **leaves the water disorganized and energetically "flat"**
- A far better option is Spring Aqua Wet 7, which preserves water's natural structure, while infusing it with hydrogen WITHOUT electrocuting the water
- The extra hydrogen is healing to the body without damaging the integrity of the water itself
- In the section on Memory of Water it will become clear why consuming electrocuted water is not ideal



Oxidative Reactive Potential (ORP)

ORP is a measure of water's ability to either:

- Gain electrons (tendency to oxidize useful for antimicrobial applications) or
- Lose electrons (tendency to antioxidant)

ORP is measured in millivolts and generally it's considered beneficial to drink water with highly negative ORP (-200 to -600 mV range).

However, the ORP in and of itself, just like alkalinity in and of itself, is not hugely beneficial. What makes the ORP negative is the more important consideration.

Highly negative ORP can be created through

- hydrogenation process
- electrolysis
- chemical reactions (like adding ascorbic acid to water)

The effectiveness of these interventions also depends on the conductivity of water which is a function of water mineral content.

OVERALL, OUR RECOMMENDATION IS NOT TO FOCUS ON A NEGATIVE ORP AS A GOAL

Water Has Memory

- Emerging evidence suggests water can store and transmit information, beyond just its chemical formula.
- Nobel Laureate Luc Montagnier demonstrated that water can retain the “memory” of DNA frequencies even after the DNA is removed.
- This builds on decades of research suggesting water’s structure can reorganize itself in response to external influences (sound, light, energy fields).

MIND BOGGLING OBSERVATIONS

- Luc Montagnier (2010s): Showed that water could transmit electromagnetic signals of DNA to recreate DNA in another sample.
- Masaru Emoto (2000s): Famous for showing how words, music, and prayer changed water crystal formations into either beautiful or chaotic shapes.
- Veda Austin (present day): Uses crystallography to reveal water’s ability to respond to human intention, imagery, and symbols in real time.
- Together, their work suggests water is not inert—it’s responsive and intelligent in ways science is only beginning to understand.

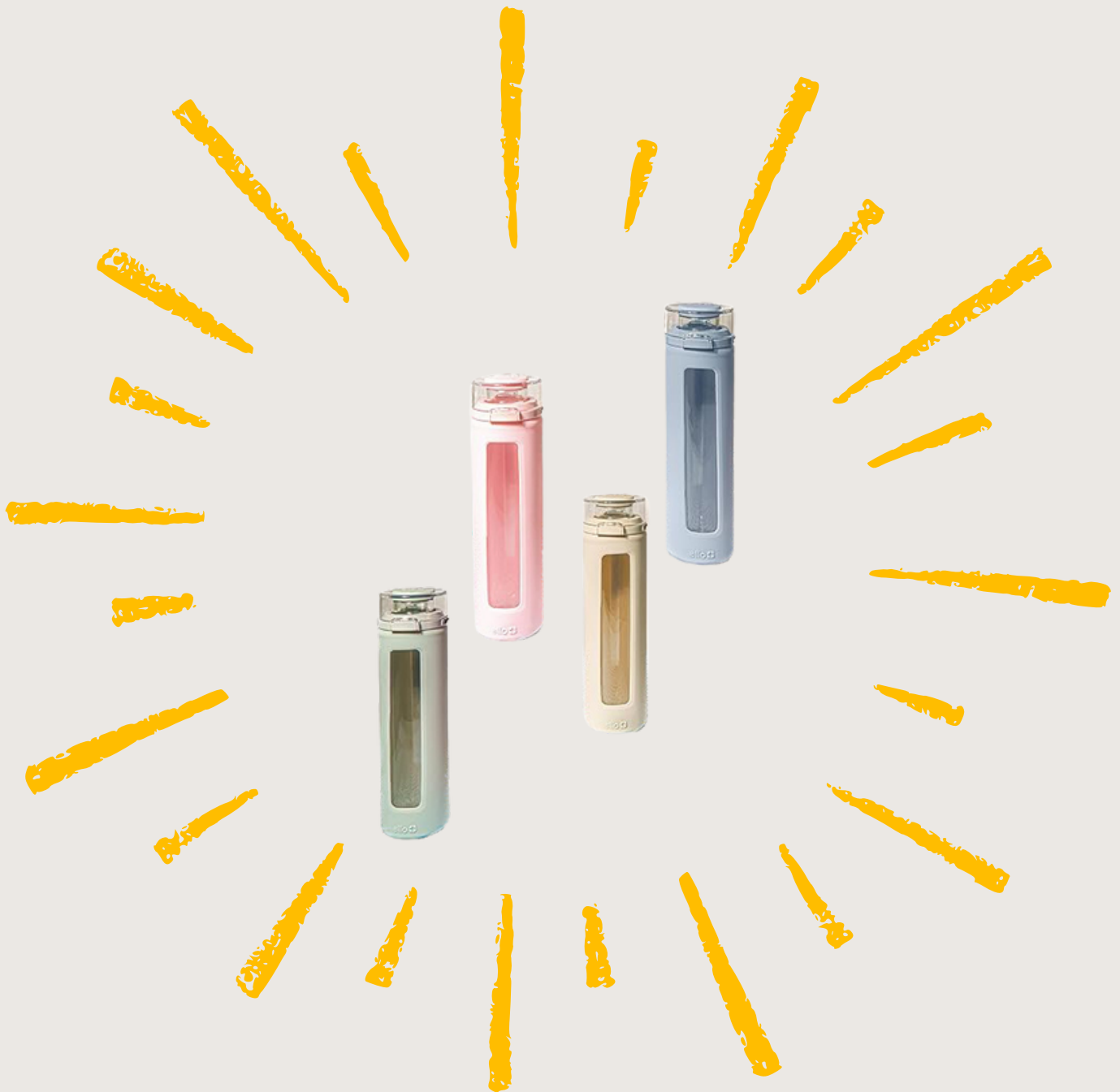
Water Responds to Us

- When water is prayed over, played music to, or spoken kindly to, its structure becomes more harmonious, symmetrical, and beautiful.
- Negative words, chaotic noise, or harmful intent cause water crystals to form in distorted, fragmented patterns.
- Since our bodies are ~70% water, these findings suggest that how we speak, think, and engage may directly influence our biology.

WHY THIS MATTERS

- If water holds memory, then the quality of water we drink and the way we treat it may impact health, vitality, and consciousness.
- This means water is not just a fuel—it is a carrier of information.
- We should treat water with respect, stop abusing it with electrolysis, etc.
- By honoring water, we honor ourselves.

Our Fave Water Bottles: Glass



Glass Bottle with a silicone sleeve, minimalist and super cute; clumsy hands friendly (\$18.97)

Our Fave Water Bottles: Stainless Steel

There are grown
up enough to o
into a purse and
colorful enough to
make your inner
child squeal with
glee (\$23.99)



Our Fave Water Bottles: Crystals

Your inner Glinda would be thrilled to infuse some crystal juju into your hydration situation. And who are you to say no to Glinda?! (\$22.99)



Our Fave Water Bottles: Copper

This Ayurvedically inclined beauty will add some trace copper to your water consumption. Do not leave water in here for days on end in the interest of not over-supplementing on copper. (\$109)



Our Fave Water Bottles: Bougie

Obnoxiously designer, unapologetically Italian, this water bottle is money honey. Insulated stainless steel for roughly \$120.



Our Fave Water Bottles: With Built-In Filter

This bottle empowers international travelers and outdoor adventurers to make the world's sketchiest water sources clean to drink. Ideal for global travel and outdoor adventures.

Comes with a replaceable filter

Grade 1 Titanium

