

Basic level of healthy water habit or advanced level of consuming healthy water

- I. **Basic level** of water health habits (addiction):
 1. Consuming a healthy amount of water daily, with no signs of dehydration:
 - a. Thirst mechanism is fully functional
 2. Some type of home water system
 3. You don't drink out of plastic any more (only glass or other non plastic option).
 4. Shower filter in place to remove the chlorine
 5. Having read the Water monograph and consulted with a health coach.

- II. **Advanced level** of healthy water addiction:
 1. Healthy water consumption with little to no "Anti-Water" daily consumptions
 - a. Coffee, sugar (or artificial sweetener) drinks (fruit, soda, sports...), more than 1 alcoholic beverage per day (beer, wine but not booze),
 2. Consuming a healthy amount of water daily, with no signs of dehydration:
 - a. Thirst mechanism is fully functional
 3. Your home water system delivers pure water
 - a. No fluoride (or the fluoride is dramatically reduced) – this requires a special filter, and does not happen with reverse osmosis or distillation
 - b. Not chlorine or the organic-chlorine chemicals, no hormones, pesticides, bacterial, viral, and parasitic organism, no heavy metals (mercury, lead, arsenic...)
 - c. Your water has the bad calcium removed and the good magnesium (bicarbonate) added
 4. Your water habit adds electrolytes (and other healthy minerals) back into your drinking water
 5. The water you finally consume is structured water, which makes it more soluble and biological active – a necessary ingredient to duplicate the best water in the world!
 6. Shower filter in place to remove the chlorine
 7. You not only have read the Water monograph but you are an expert on healthy water and can spread the healthy word!

The quantity and quality of the water you drink has a direct effect on your short and long-term health.

Healthy water quiz

Analyze the water you and your family normally drink. Analyze your healthy water habits

1. How pure is the water you drink?: that is free of toxins and impurities - chlorine, fluoride, biofilm contamination, chemicals and drugs, too much calcium, is it too acidic
 - a. Excellent quality: high quality home water system, transported in glass
 - b. Moderate quality: water system (filter, reverse osmosis, distillation) with no enhancements
 - c. Poor quality: tap water or contaminated well/ spring
2. Do you get thirsty? How much water do you drink in a day?
 - a. In never get thirsty and I don't drink much water
 - b. I drink sugar or artificially sweetened beverages daily
 - c. I get thirsty and I drink about 8 ounces of water or quality beverages per day
3. Do you shower with a water filter that removes the chlorine and other gross contaminants?
4. Do you drink water from plastic bottles?
5. Are your kidneys functioning well?
 - a. Learn the signs and symptoms of kidney problems
 - i. The pH ratio between first morning urine and saliva
 - ii. If you have bowel/liver stress – you likely have kidney stress
 - iii. The 3rd kidney is the skin – needed to remove toxins from the blood when kidneys' are stressed.

Healthy water summary and action steps

Key concepts: **Natural drinking water is the most critical factor to health –**

1. The quantity of water is important:
 - a. Normal 1-2 quarts (or 4-8 eight ounces) of water a day
2. The quality - develop the best source of (natural drinking) water at home
 - a. What are your practical options for the best source of water for your family?
Purity:
 - i. Removing all harmful toxins includes fluoride, chlorine, biological contaminants, acids and toxic chemicals from water.
 - ii. Ease, cost effective, point of use
 - b. How to develop super natural drinking water: Finishing your water
 - i. Adding electrolytes (and minerals) to enhance the water is critical to detox and health
 - ii. Structured water

Step 2 on Road to Health: Take the Water Health quiz

“Drinking quality water is the most critical factor to health” – consensus of most health conscious clients and their doctors.

How do you rate? Could you use an upgrade? What do you want to know about healthy water?

Step 1: Take the pre test: please rate your healthy water habits in your daily life. The quality and quantity of the water you drink!

(poor) 0-----20-----45 (excellent)

Step 2: Now let's find out your real score!

1. What is the **Quantity** of healthy water you drink daily?
 - a. Healthy habit: If you drink 1-2 quarts (4-8 eight ounces) a day give yourself-
10 points
 - b. Anti-Water drinks: reduce your score by 2 (for each) if you regularly consume soda, fruit juice, coffee, alcoholic (over one glass of beer or wine) beverages, sports drinks (sugar and chemicals) or any other unhealthy beverage
minus points _____
 - c. Do you become thirsty if you don't drink enough? A no means that you are chronically de-hydrated and your thirst mechanism is not working.
minus 5 points if no _____
Quantity of water total _____

2. What is the **Quality** of the water you drink?
 - a. Do you **have** a home water system? Add 3 points _____
 - b. How **pure** is your home water system?
 - i. If your home water source is tap water (containing fluoride and other toxins) does it purify the municipal water with:
 1. Filtering system only:
 2. Filtering system and distilling system
 3. Reverse osmosis and filtering system
 - ii. Do you know if your water has been purified of the fluoride, chlorine, organo-chlorides, hormones, chemicals, heavy metals (lead, arsenic, mercury...), pesticides, biological (bacteria, virus contaminants and other impurities)?
If all the above is removed, add 7 points. _____
 - iii. Do you drink bottled water? Do you know the purity, source and processing of the bottled water?

No points because all bottled water has no quality control and if you drink store bought water out of plastic – minus 5 points because you are drinking the plasticizers (bis-phenols...) _____

iv. Do you carry your drinking water in **glass or stainless steel bottles**? _____

If yes add 2 points _____

If no remove 2 points because you are using plastic _____

c. Does your finished water have **healthy minerals** (electrolytes or salts), either in it naturally or replaced in the finishing process? _____

If yes add 5 points _____

d. What is the **pH** of the water you drink? _____

If the pH is between 7 and 8 - add 3 points _____

e. Is your water **structured**? If you don't know it probably is not! _____

If yes add 5 points _____

Total for Quality of water _____

Basic healthy water quality level 15 points, highest quality 30 points

3. Do you **shower and bathe in filtered water**? _____

If yes add 5 points _____

Basic healthy water habits: 20 points: _____ highest healthy water habits: 45 points

Your score: _____

Action steps to upgrade: Enhance your healthy water habit!

1. Work with a health coach: Healthy water habits is step 1
2. Read "Water" monograph and follow the action steps and resource guide to upgrade your water game!

"Civilization will be maintained as long as there is pristine water, air and food," Zenda Avesta 3000 BC

"Hard water, acidic water which puts inorganic minerals into solution, is the cause of all human diseases" Charles Mayo MD

Health is maintaining one's electron storage; Aging and disease is losing electrons, the source of all energy and function -Qi

We gain or lose electrons through our food, air and water

Also our thoughts, our exposure to beneficial or noxious energies, and normal wear and tear

Pollution in our environment (food, air and water) greatly exacerbates the electron loss and is the cause of most of our modern health problems

All chronic diseases involve an acid-alkaline shift to the acidic, which manifests in the cells and milieu; no human function is optimized in an acidic milieu.

Healthy Water, Electrolytes and the Kidneys

Key concepts: **Natural drinking water is the most critical factor to health –**

1. The quantity of water is important:
 - a. Normal 1-2 quarts (or 4-8 eight ounces) of water a day
2. The quality - develop the best source of (natural drinking) water at home
 - a. What are your practical options for the best source of water for your family?
Purity:
 - i. Removing all harmful toxins includes fluoride, chlorine, biological contaminants, acids and toxic chemicals from water.
 - ii. Ease, cost effective, point of use
 - b. How to develop super natural drinking water: Finishing your water
 - i. Adding electrolytes (and minerals) to enhance the water is critical to detox and health
 - ii. Structured water
 - iii. pH: acidity, balanced or alkaline
 - iv. Magnesium bicarbonate
3. Information about kidney health, pH measurement, water therapy and resources about water.

Water cleans, purifies, enlivens, refreshes and quenches thirst. It splashes, rains, runs and makes everything grow...Water is this **unique substance that seems to contain the essence of life itself.**

Water is as much a **nutrient** as food. The human body is composed of 25% solid matter and 74% water. The brain is 85% water. You can survive for weeks without food; however, you can't survive for more than a few days without water.

Water is the **most important detoxification agent** and is the solvent that makes **all bodily functions possible.** The quantity and quality of the water you drink has a direct effect on your short and long-term health.

Dehydration, common in our 21st century, fast-paced life, can be a major contributor to your health problems. Therefore, the water is not only basic preventive medicine, but also an important ingredient for healing. Water is not only by far the **cheapest form of medicine**; it is also one of the most important.

The best water is fresh naturally filtered spring water, low in Calcium, not too acidic or alkaline, high in minerals and electrons, pulled naturally from the earth, or water flowing from a glacier. This water will act as an anti-oxidant (adding electrons), pulling inflammation out of the body. Unfortunately, natural water coming from springs is contaminated with acid rain and other contaminant – healthy natural water is hard to find!

There are three components to the water health issue:

1. Quantity of how much you drink
2. Quality or what's in the water – remove the bad stuff and put in the good stuff
3. Structure – water, the universal solvent, has structure which can greatly enhance its health properties

I. How much water should you drink (Quantity)?

The easy answer is drink **whenever you are thirsty**; however if you have chronic dehydration your thirst mechanism does not work well and you may not feel thirst. Whether you are recovering or maintaining your health the suggestions are the same, drink a minimum of 6-8 eight ounce glasses of water per day and more if you are exercising or in hot weather. Alcohol, tea, coffee and caffeine containing beverages and sugar/ chemical drinks (sports drinks) do not count because the drugs in these liquids cause dehydration. The best time to drink water is away from food. If you drink over half a glass of water at meals you may dilute your digestive juices. Your thirst should be satisfied at all times.

It takes time for hydration therapy (drinking water) to take effect. Like a sponge, the tissue membranes will take on water slowly. The kidneys must be watched for adequate functioning when increasing your water consumption. Measuring your intake of fluids and urine output may be helpful if there's a question about your kidney function. In addition, electrolytes (salt) and minerals in the water are very important, for we are not just replacing water but the salts and minerals in the water also.

Quantity of Water Action steps:

1. Drink when stomach is empty is the best; drinking with food dilutes the digestive juices and leads to poor absorption of nutrients and constipation.
2. Normal water consumption: whenever thirsty, don't over or under do it!
3. The best time to drink is in the morning and day-time, at least ½ liter (16 fluid ounces) or more at time. At night will ensure more nocturnal bathroom trips.
4. If you eat raw and fruits/ vegetables (75% + is water), you are also getting water but you need more.
5. Taking your total weight and divide by 4 is the ideal number of daily fluid ounces of water to drink. E.g. 200lb. =50 fluid oz.; 150lb. = 37 fl. oz
6. **Hydration therapy** – to balance body chemistry if a water problem

We suggest hydration therapy for many of our patients as an initial step to balance their body chemistries. All biochemical indicators in the bodily fluids are always improved with hydration therapy.

To adequately hydrate the body, it is best if you drink a little water at a time over one, two or three days. Tissues and membranes can only take on water slowly. Hydration therapy may take one to three days, depending on your weight.

1. Drink 4 ounces of water each half hour
2. The amount of hours is determined by your weight divided by 8, which equals the number of hours you need to drink 4 oz. of water.
 - a. E.g. if you weigh 100 lb. 100 divided by 8 = 12 hours of drinking 4 oz. of water. This could be done in 1 day.
 - b. If you weigh 200 lb. this = 25 hours of drinking 4 oz. of water, this will take 2 days.
3. Note: if you have hydration problems – not able to hold water, try to eat more protein, especially at breakfast.
 - a. See the notes on Leptin
 - b. **Fluid retention** is a problem and also a test – for fat-burning mode

- I. Are too many carbohydrates eaten?
 - II. If your weight fluctuates over 2 lbs. from the morning to the evening – one of the 5 rules have been broken. If you have followed the first 4 rules – then you have eaten too many carbs. The reason is you have enhanced your water retention.
7. To constantly satisfy your water needs it is advisable to **carry your water with you**. The type of container used is important. Glass, ceramic, or stainless steel are best. Hard plastic containers with a #7 stamped on the bottom have the least amount of phthalates and are a reasonable second choice. Soft plastic containers with a number lower than #7 or no number have many phthalates and are the least desirable. It is most economical and healthiest to make your water a home and carry it with you!

II. Quality of water – making super water

The quality of water you drink, like food, can have an impact on our health. The quality of water involves its **purity and enhancements** that will add to its health-giving effects.

i. Purity of water:

“Don’t drink tap water!” The public is becoming more and more aware of the problems with tap water. Our water sources are increasingly becoming contaminated with toxic metals and chemicals, bacteria-laden biofilms line our pipes and water mains – a problem that gets worse as our water infrastructure ages. Chlorine and other chemicals are used in increasingly larger quantities to minimize the bacterial contamination. Reactions with these chemicals and the bacteria and proteins in the water produce by-products which are harmful. In addition, (fluoride in the form of hydrofluorosilicic acid) is added to the water for the purpose of preventing tooth decay. But the safety of fluoride (a potent poison) has never been proven, and many scientists are becoming more and more concerned about its use. Unfortunately, well and spring water is also contaminated with acidity from acid rain, heavy metals (mercury and lead) which are in the air and soils, chemicals from agriculture and industry. If you are on these ancient “good water” systems (well or spring water), check your water out you may be surprised (as I was)..

Building your best water source at home – start with the basics - your choices.

1. The best water source according to David Wolfe is a pure natural spring with the energy bubbling from the earth. This water has no contaminants, minerals, low in calcium- high in magnesium and charged with electrons that attract it to the positively charged atmosphere. Most of us don’t have access to this type of resource and we have found that this water does not exist in our geographical area.
2. Well water contains minerals and is naturally filtered, but is increasingly becoming contaminated as pollutants seep in the ground water. Must continually be checked.
3. Filter systems create pure water from tap water **but cannot remove fluoride unless they have special filters for fluoride and other contaminants including acidity.**

These units can be adapted to the whole house (usually impractical) or just the main point of use drinking and cooking water. **Different filters will remove the different contaminant types; therefore the most pure, safe water requires a series of replaceable filters.** This is the system that we feel is the most economical, easiest to use and can be the easiest modified for quality. Reverse osmosis is a type of filtering system that removes minerals but not fluoride.

4. **Distillation produces pure but “dead” water and the fluoride (and acidity) is not removed,** therefore needs to be enhanced with special filters. Equipment required.
5. Alkaline water – the Japanese have developed technology in which water is electrolyzed and then separated into alkaline water and acid water. Alkaline water contains the mineral ions and is used for drinking. However the **chemicals in the water remain and are ionized,** which can be detrimental to health. There are many alkaline water systems sold throughout the world. Drinking excessive pH water over time can be an additional problem. We have not evolved drinking water with an 8 and above pH.
6. Bottled water requires no equipment but the purity is always questionable and is costly over time. Never buy or store in plastic, always store water in glass.

ii. **Finishing or Enhancing water**

1. **Additives to create super water**

Purity of the water is important. However, the quality of the same water can be enhanced to increase its health and life giving potential. Water flowing from glaciers or from the springs deep inside the earth, moving over mountain streams enriching the water with dissolved minerals, low in calcium, higher in magnesium and infused with oxygen has been analyzed as the healthiest and accredited to the dramatic longevity of the people who drink it. Adding the following can enhance the vitality of the water – bottled, filtered or distilled that you create at home.

A. Electrolytes, salts and minerals: healthy water is mineral rich but low in the bad calcium and high in magnesium.

- Enhance your water with electrolytes, trace minerals, bio-absorbable silica and whatever minerals your functional medicine testing indicates that you are low.
- If your water is acidic (pH under 6.5), finish your water with magnesium bicarbonate only, don't add calcium.

The kidneys cannot function adequately unless adequate **electrolytes** are present, which is often not the case. Therefore adding electrolytes to the water is **critical** for macro mineral supplementation (magnesium, sodium, potassium, bicarbonate, chloride and phosphorus). In addition to kidney function, electrolytes provide the electrical charge needed for the body to function. All muscular and nervous symptoms of detox are minimized, nutrient and toxins are better transported, and the body is better able to regulate itself with blood pressure, temperature and other bodily functions when electrolytes are used in the water.

Mineralizing the tissues promotes tissue repair, cellular enzymatic function and detoxification, while correcting the accompanying acidosis. Knowing what minerals that are deficient and adding them to your water (in liquid form) is a great way to effectively re-mineralize. Re-mineralization is a major objective in all detox strategies.

Bio absorbable silica is always in need of supplementation because it is important for aging, all connective tissues including blood vessels, bone density, teeth and jaw formation, bowel biofilm and making good bodily calcium maintenance.

According to David Wolfe, “**Fulvic acid (minerals)** is an ancient nutritious and detoxifying compound, created by beneficial microbes working on decaying plant matter in the soil. Layered in bedrock set down in sediments over thousands of years, fulvic compounds make nutrients more absorbable, dissolve bad calcium, bond minerals, and draw nutritional elements into its molecular structure.” There are other ancient sources of trace minerals that can be added to the water to enhance mineralization – Mesozoic deposits (**Ultra Minerals**)

B. Oxygen: water bubbling over brooks in a forest increases the exposure to air, thus ensuring the absorption of more oxygen. Oxygen enhances animal life while inhibiting bad bacteria. Oxygen can be added to water with various formulations. In addition, ozone can be bubbled through water and/or oxygen can be infused under pressure for oxygen enhancement.

2. Finishing super water: Structure or changing- up water to be more bio-active

Water that is moving is living, vibrant water – with more life, energy and health!

Why? Water can be made more bio-active in two ways:

- 1) macroscopically or as clusters
- 2) microscopically with an increased charge.

Hexagonal water (clustered):

Water is the universal solvent and is essential for all our bodily functions. Water, by its structure is held together by loose covalent bonds forming a cluster of water H₂O molecules. Water researchers can explain all the unique properties of water through the unstructured water and predominance of the clusters that water forms. Most water is in predominance clusters of 5 sided pentagonal, but water that approaches freezing, water moving over brooks, water with turbulence and water where certain energy forces have passed through can have a predominance of 6 sided hexagonal clusters. An example is pure glacial water, which is highly hexagonally structured.

It appears that this high-energy state of structured water is the key to more efficient hydration and the enhancement of every biological function within the body. It is also interesting to know that the immediate layer of water surrounding healthy DNA, proteins and other macromolecules in the body is highly hexagonal, Water surrounds all bio-molecules, forming a highly active hydration complex, which facilitates the function of the DNA, enzymes, collagen, protein and all bodily processes. Conversely, cancer

cells and other non-healthy cells are also characterized by little structured water surrounding them.

The work of Dr. Jhon and other scientists have demonstrated that a specific molecular hexagonal structuring of water play a significant role in the movement and energy transformation of water throughout the body. From Dr. Jhon: “Aging is a loss of hexagonal water from organs, tissues and cells and overall decrease of total body water”.

Sources of hexagonal/ structured water:

- Turbulence is the key to healthy high-energized water; turbulence can be natural such as a bubbling brook or manufactured through energetic fields – magnetic or electrolyzation.
- When unpolluted water freezes a high degree of hexagonal water is produced
 - Natural sources include: certain natural healing springs (usually not bottled spring water) but some glacial waters

Charging water means changing the water angle, where the hydrogen molecules are further apart, structuring the water to create more hexagonal clusters and other enhancements that create water whose surface tension is decreased and has a stronger life pattern.

Biologic active water

In addition to clustered (hexagonal) water, the molecules can be charged imparting a slightly more alkaline pH and more energy to the water.

The bio-activity of water is dependent of the angle between the hydrogen atoms to the oxygen. Distilled water is “dead” or not very bio-active because the angle between the hydrogen atoms is 101°; distilled water is acidic because when neutral water with an angle of 106° is distilled, the angle expands to 109° during boiling but collapses to 101° upon cooling. This places the hydrogen atoms closer together thus creating an increase in hydrogen ions – thus making the water acidic. When distilled water is ozonated, the water molecule is stretched or pulled apart. The angle between the two hydrogen atoms increases to 109.5°. This creates water with decreased surface tension, where everything is more dissolvable and much more biologically active. Therefore ozonating water is one way of making super water.

Quality of Water Action steps:

Adding healthy minerals and salts to water: one or more

- Electrolytes: Selectrolytes, E-lytes, Matrix Electrolytes, Cell food, dissolved Himalayan sea salt
 - To taste (not too salty), ½ - 2 teaspoon
- Bio-available silica: Bio-sil,
 - 4-10 drops
- Ultra Minerals or Fulvic minerals: strengths vary
- Minerals: use as needed; most important is zinc, selenium and whatever is low per functional medical testing (note magnesium in also important but it is best to super supplement magnesium through the skin (Epson salts baths).

- Angstrom Liquid minerals:
 - Most absorbable, smallest size, closest to how minerals are found in plants.
- Body-bio- minerals:
 - Drops of minerals complex with salts
- Adya clarity- Black mica extract
 - general drops minerals, structures and reduces toxic elements in water
- LiquMins - Concentrate trace mineral drops

Making hexagonal and structured water at home:

1. Pristine Hydro filtering system makes pure (free of all contaminants), alkaline with magnesium bicarbonate, hexagonal structured water (the only water system that we know that is the most complete).
2. Vortex machines using magnetic fields (i.e. Vitalizer plus)
 - Need to start with pure water
3. Ionization (electrolyzation) – alkaline water processing (Kangen)
 - Can be adapted to facet water
4. M-water Aqua Technologies
 - Requires pure water
5. Alkalark system – uses special minerals and hand agitation
 - Requires pure water
6. Bubbling ozone water through water will increase the “opening angle of the H₂O, and create hexagonal water
 - Requires distilled water

Other methods to enhance or charge water (starting with pure water) are: (From David Wolfe’s Longevity Now Program)

- Squeeze fresh juices into the water, Lemons or limes are excellent choices because they have incredible cleansing and mucus-dissolving properties.
- Add a blade of grass or a few green herbs and leaves into the water
- Add some green super-food powders into the water (you can add some agave, homey, yacon or stevia to sweeten up the taste)
- Add a few pinches of Celtic grey Mineral Sea Salt or Himalayan Pink Salt. These are some of the best choices for non-vegetable sources of salt. These salts each contain over 80 different minerals in similar ratios as they appear in sea water. They are “raw” salts, thus they differ from coagulated table salt and most “kiln-dried” sea salts that have had their minerals oxidized away through heating.
- Add Dr. Patrick Flanagan’s Crystal Energy
- Add MSM Powder crystals
- Place a crystal inside your glass of water
- Put water in a glass jar outside under moonlight for the night (especially the full moon). Water reacts positively to moonlight (yin energy).

- Run water through a magnetic vortex, water spinner (the tornado effect) to improve its quality (e.g. Vitalizer plus)

Imparting information into water:

- Dr. Emoto in his book, “The Messages from Water” has shown that water responds to emotions, thoughts and words written on the bottle. The application of this information is priceless.

Summary Action steps: for making the best water for your family at home: see resources for references.

1. Determine your water system: now and future (the basic water that you will make at home). Making pure water is the first step.
2. Structure the water (requires starting with pure water)
3. Enhance the water with:
 - a. Add electrolytes to the water you drink and of course the other minerals in liquid form.
 - i. Add electrolytes to taste, the more you need the more that you won't taste in the water.
 - Selectrolytes (Morin labs); Matrix electrolytes (BioPure); E-Lyte; Cell food, Himalayan sea salt
 - b. Add Silica: Bio-sil, other silica products
 - i. As directed – 5-10 drops per day
 - c. Add selected liquid minerals: liquid mineral drops per need as determined by functional assessment (RBC mineral analysis)
 - d. Add Ultra minerals (1 capsule) or Fulvic acid into water
 - i. Both are excellent sources of trace minerals from ancient (non-polluted) sources
4. Oxygen enhancement:
 - a. Stabilized oxygen additives
 - b. Ozone water, oxygen water (requires equipment)
5. Carry or store your water made at home in glass bottles

Don't forget the bath and shower! While in a 30 minute bath, it has been shown that you can absorb as many toxic chemicals as you would if you were drinking the water all day. It could be helpful to install a competent water filter at your showerhead to remove the chlorine or a whole house purification system to that all of your skin is exposed to filtered water.

Summary: Water is critical for health and detoxification program

Commit to drinking the best water you can:

- Made in your home, stored in glass containers, (not in plastic bottles that contain toxic chemicals - phthalates and Bisphenol A)

- Quality: as pure as possible (free of chemicals, fluoride, biological contaminants) and structured (hexagonal) if possible.
 - Add electrolytes and minerals
 - other additions: zeta potential crystals
- Quantity: try to drink at least 2 liters/ day
- Don't forget water filters for the shower or bath. In a bath or shower we absorb large amounts of water through the skin.

The Kidney during detox

The best drainage remedy for the kidney's to detox is **water**. In addition, the kidneys require **electrolytes** to expand the kidney cells. The kidneys need to operate in an **acid environment** to process the toxins.

Measuring pH of urine and saliva: to test kidney detox capacity

How well are your kidney's functioning? Monitoring kidney function - needed is pH paper.

- To detox heavy metals and other toxins, the kidneys must dissolve the metals (toxins) in acidic urine. Therefore, the kidneys must have an acid pH to be effective at all. According to Revichi's research, the normal pH in (50,000) healthy people was 6.2 +/- .2 - the range therefore is 6.0 to 6.4. The healthy range for saliva is 6.7 +/- .2.
- The range between the two is .5 and the measurements will vary throughout the day in healthy people. The following are problems to observe:
 - Blocked regulation: refers to the identical measurements with no variance. Check urine and saliva throughout the day to evaluate regulation
 - If the range between saliva and urine narrows (less than .5), the kidneys are losing their detox function.
 - And if the saliva and urine pH actually invert, the kidneys cannot detoxify. That is the kidney pH is higher (more alkaline) than the saliva.
 - The body is now trying to use the saliva as an excretory route, to get rid of its acids, toxins and heavy metals. This is a very poor method because the acids and toxins are likely to be reabsorbed in the bowel; and the teeth will start to dissolve – i.e. cavities around the gum line and between the teeth, and periodontal disease. This will explain how these common dental diseases occur without the plaque build-up and no other apparent causes.

Action steps: for kidney support and to correct the kidney pH, if there is a problem.

- **Phosphorous:** is important to help the kidneys clear out the acids (kidney repair); Angstrom Phosphorous Minerals Liquid, Carlson Complex Phosphorus tabs;
 - a. Children 5 and under – work up to 1 tsp 3 times daily
 - b. Over 5 work up to 2 tsp 3 times daily
 - c. Adults – 4-5 tsp 3 times daily
- Chlorella (and IMD) will protect the kidneys from heavy metals during heavy metal detox (and for that reason should always be part of the strategy), but chlorella will not correct the problem. Chlorella is therefore a kidney sparing detox agent that saves the

kidneys from heavy metal damage by directing the toxic metals through the liver-bowel. Using chlorella and IMD in your detox strategies will greatly enhance the total yield – measured through the urine and feces.

Kidney drainage remedies are homeopathic and herbal remedies that help the kidney to better function; there are many good companies, these are the best we know about.

- MarcoPharmo: Solidago, Bucco
- DesBio: Detox II (kidney)
- NutraMedics: Parsley (Cowden)
- Soluna
- Unda
- Pekana

Resources: need to be developed

1. Baubiologie: web site for healthy living
2. David Wolfe
3. Books on water:
 - “Your Body’s Many Cries for Water”, Dr. Batmanghelidj
 - Dr. Emoto “The Messages From Water”
4. The concepts and consensus for this paper have been gathered from many sources:
 - The professionals and their patients at NIHA
 - The faculty and students at Capital University of Integrative Medicine
 - The organizations and web/ programs and that are involved in water and healthy living
 - David Wolfe: The Longevity Now Program
 - This program and others from David Wolfe is highly recommended
 - Joe Mercola: #1 holistic web site – good information
 - Dr. Majid Ali – President emeritus of Capital University of Integrative Medicine, clinician, author and radio show

Water home systems that you can research:

1. Pristine Water Systems: Hydro Living Water: www.pristinehydro.com, 949-581-9191
 - a. 7 stage filter and reverse osmosis system, which re-mineralizes and structures the water (complete)
 - i. Under the counter system: \$2000; On the counter: \$1200
 - ii. Delivery is a fountain installed at kitchen sink
2. Aqua Technology.net, 800-478-7342: this home water system consists of
 - a. Home water distiller, filters and water softeners,

- b. Under the counter system that has components that can be added to enhance the purity of the water. Costs range from \$300 to \$2000 for the most pure systems
 - c. Advantage is the increased water delivered and using the kitchen faucet, good for cooking.
- 3. Vitalizer plus – creates hexagonal water clusters (from distilled or reverse osmosis water)
 - a. Requires pure water to process in the Vitalizer: filtered and distilled, reverse osmosis...
 - b. Then add minerals, electrolytes, silica... to water
- 4. Kangen water system: www.enagicinfo.com (multilevel marketing)
 - a. This is a filtering, ionization unit that makes alkaline water (pH 9.5)
 - b. Easy to attach to any ordinary faucet
- 5. Berkey Natural Purifiers www.hisdesignforhealth.com, 5713321795
 - a. Filtration system, without tools, electricity, water pressure and plumbing
 - b. Economical: \$200- \$1000
 - c. Tap water or untreated water
- 6. M-water Aqua Technologies – Dr. David Wheeler
 - a. Requires pure water to place in the M-water device: filtered then distilled or reverse osmosis water, then add any additives

Glossary: water and minerals, from David Wolfe's Longevity Now Program

Fulvic Acid: Fulvic acid is a nutritious and detoxifying compound created in extremely small amounts by millions of beneficial microbes working on decaying plant matter in the soil. The fulvic acid is layered in humic acid and other compounds in sediments set down over tens of thousands of years (sediments that were never stripped to the bedrock and washed into the ocean). Beds containing fulvic acid are sometimes estimated to be millions of years old. Fulvic acid has always occurred naturally in soils. The more fulvic acid in the soil, the more powerful is the growth of plants in that soil. The agriculture benefits of adding fulvic acid to soils have enormous potential to heal damaged soils all over the world, In human consumption, scientist have found that fulvic acid is an elemental compound that makes nutrients more absorbable. Because of fulvic acid's low molecular weight and small molecular size it has the ability to readily dissolve bad calcium, bond minerals, and draw nutritional elements into its molecular structure. Once the fulvic acid chelates these substances, they are in ideal form to be either detoxified or to interact with and be absorbed by living cells. One single fulvic acid molecule is capable of carrying sixty of more minerals and trace elements into the cells. Fulvic acid is also one of the most efficient transporters of vitamins into the cells. Fulvic acid is a provider of powerful natural electrolytes. It is also one of the most powerful anti-oxidants ever. Fulvic acid detoxifies bad calcium, heavy metals and pollutants. Fulvic acid is a chelated molecule that can also chelate. Research has shown that fulvic acid improves enzymatic reactions in cells. Many years of human consumption of plant-derived mineral fulvic complexes shows that they will not build up in bodily tissues as do metallic minerals. Fulvic acid is available in powdered form or liquid at various concentrates.

Angstrom Liquid Minerals; These liquid minerals lead the field of mineral supplementation. Angstrom minerals are an enormous advancement in mineral technology and represent a quantum leap in supplement nutrition. Unlike bulky, difficult to absorb, colloidal minerals or mineral compounds (calcium citrate, calcium carbonate, copper glucinate, chromium picolinate, zinc picolinate, potassium sorbate, ect.) all of which are of uncertain quality and effect, angstrom-size minerals are small enough to be easily assimilated into the human body. Angstrom-size minerals are the same size as the minerals found in plants. Angstrom-sized mineral supplementation dramatically increase the strength of the immune system, the endocrine system, the digestive system, the skin and increase alertness as well as the ability to focus.