

Doctor Explains How Water Works

Dr. Raymond Dent has practiced Naturopathic Medicine for 27 years. He graduated as a member



of the first class at The John Bastyr College of Naturopathic Medicine, at Seattle, Washington (now Bastyr University), in 1982 after completing pre-med studies at Cal State Northridge, Brigham Young University, and Pierce College.

Dr. Dent has practiced in Manhattan, Maine, Massachusetts, Connecticut, and Washington State. He has been associated with several medical doctors who practice alternative medicine including doctors Jonathan V. Wright, Thomas A. Dorman, and Ira Rabin.

My interest in the properties and benefits of water as it relates to alkaline content, bio-efficiencies, and ionization began while I was working with a company at Paradise, Idaho. The company owned natural springs arising at the base of the Saw-Tooth Mountain in Idaho.

This particular spring water emerges with an alkalinity of about 9.7 in conjunction with very low

dissolved solids. It has abundant free electron activity and a negative ORP reading, similar to alkaline antioxidant water produced technologically. Working with the research and quality control division of that company laid the foundation for my subsequent work involving alkaline antioxidant water.

Leading biochemistry textbooks inform us that water is the most important nutritional substance on the planet. As such, it is a very powerful tool for improving and maintaining health. Alkaline antioxidant water is unlike any water that the average person in our society drinks because it is more than just "water." It's a health drink. Daily use of alkaline antioxidant water may be the best form of natural health maintenance and improvement you can adopt.

Structured alkaline antioxidant water contains greater concentrations of ionized H₂O molecules which have been restructured through electromagnetic means in a way that creates a greater probability of physiologically desirable "cluster" sizes. This causes more free electrons to be available in the water as well as greater hydration potential. The "free" electrons can act as antioxidants while the 6-sided or "hexagonal" water molecule clusters enhance the proper hydration of our cells.

All of this results in many patients feeling a gen-

eralized sense of well-being and improved health when they drink alkaline antioxidant water. Alkaline antioxidant water is not said to "cure" any specific ailment, but it has been noted to promote an overall perception of health and well-being in the people who drink it. These 6-sided clusters found in ionized, structured, alkaline water appear to allow for the fastest internal rehydration possible.

Clustering of water involves a phenomenon known as hydrogen bonding which directly affects the structuring of water molecule arrays. When you change the structure of the water in a way that favors proper cluster size, you are creating conditions more conducive to health. We are able to change the physical structure of the water through ionization. Because water is so dynamic, it can be changed dramatically and quickly. Water clustering and ionization are key factors in determining the functional power of water.

Alkaline antioxidant water is produced through means that favor the development of 6-sided water molecules resulting in what we call hexagonal water. Hexagonal water is water which has undergone hydrogen bonding which favors its peculiar structure and energy state.

In water such as regular tap water or water from municipal water sources, you can get structures



involving up to 12, 13, 16 or greater numbers of water molecules. Such water does not promote optimal health in the same way that hexagonally structured water does.

Alkaline antioxidant water can increase the general efficiency of all systems of the body. There are many benefits to this. One of the benefits I appreciate most is that alkaline antioxidant water is many times more hydrating and better tasting than tap water. That's one of the greatest things I have identified because people will drink more water. It's smooth, refreshing, and satisfying.

The percentage of hexagonal units found in water, as well as their stability, appears to depend upon a number of factors, including toxin levels, mineral content, motion, and energetic influences that water is exposed to. For example chlorine, fluoride, and many pollutants typically found in municipal water sources decrease the ability of water to form significant numbers of hexagonal units. Tap water typically has a very low percentage of these structures. By switching from tap water to alkaline antioxidant water, one may greatly improve the functioning of the body by supplying it with truly rejuvenating, clean, healthy water.

The hexagonal water affects health by improving the body's ability to use the water effectively. With

alkaline antioxidant water, the water is also purified. Substances commonly added to municipal water, such as chlorine, are removed from alkaline antioxidant water before the water is consumed. The alkaline antioxidant water processor removes many harmful toxins from drinking water for good.

Water is a very dynamic substance. When we take the water through the ionization process, we cause changes that occur in a fraction of a second. We create an energetic effect which causes the water to be structured in a way that improves the body's ability to use the water optimally and maximize the benefits of the water. You get better interaction from vital enzymes, vitamins, structural, and antioxidant molecules because all of these substances operate in a water environment. The better the quality of the water, the better it is for the body. The effects of this may be seen in many ways including improved sleep, enhanced sense of well-being, better exercise endurance, improved elimination of cellular wastes, clearer thinking, increased overall hydration, less discomfort, better skin health, and enhanced overall health.

People are able to produce alkaline antioxidant water in the comfort of their own homes. Some of the processors used to produce alkaline antioxidant water offer a filtration system that is 50 percent

better than what is used in hospital or compounding pharmacies today. Typical alkaline antioxidant water filtration is set at 1/10 of a micron, compared with pharmacies which typically use a 2/10 of a micron filter for preparing injection solutions. This produces very pure water which is virtually free of microbiological contaminants.

Alkaline antioxidant water is nature's best. It's the kind of water you find flowing freely from many of the world's best natural springs.

Modern lifestyle, diets, and pollution promote an acidic metabolism in the typical individual. Having a mild and harmless alkaline influence in the form of water can go a long way in buffering and protecting one's health against the harmful chronic effects of an acidic metabolism. Alkaline antioxidant water can help you resist disease and slow the aging process. In the body, alkaline antioxidant water helps to buffer a chronic state of acid stress.

This improves the body's ability to maintain good health and proper overall functioning. Therefore we would expect to observe the helpful benefits of increased ionization and alkalinity in a combination which would include the effects of antioxidants, the micro clustering of the water, the alkalinity of the water, and the improved taste and texture of the water.

Finally, alkaline antioxidant water tastes better. It feels wetter and smoother and it hydrates the individual more, making it much more refreshing and satisfying to drink. People discover a new joy in drinking water when they begin drinking alkaline antioxidant water.

The benefits of drinking more water are clear to see, because when people drink alkaline antioxidant water in sufficient quantities it helps maintain optimal states of healthy hydration. Properly produced alkaline antioxidant water is a natural, non-polluted water, containing appropriate levels of calcium, magnesium, potassium, and silica in addition to improved structural characteristics and electronegativity. It is amazing what this water can do for the body. More people, particularly physicians, need and deserve to know about this.

In general, we see wonderful testimonials from people who were experiencing chronic joint pain, low back pain, and other similar ailments. When they drink this water they have experienced reduction in pain, improved joint function, and less overall discomfort.

I sincerely do not think you could drink too much properly produced alkaline antioxidant water if you are a normal individual. You should start out with alkalinity at near neutral levels then gradually

increase the alkalinity as your body demonstrates tolerance to the alkaline antioxidant water.

If a person starts out slowly and follows the basic guidelines, as well as consults one's physician if he or she is on any type of medication, I believe the water will offer very good and beneficial results. I advise most people to drink about six glasses per day. However, hydration requirements vary sharply with climate and the degree of physical activity one is involved in. It is important to remember that where high water intake is required, attention must be paid to replacing electrolytes, and this can be easily accomplished through the use of supplements.

I believe that the proper use of alkaline antioxidant water is the single most important thing that one can do for his or her health. I believe this alkaline antioxidant water is the most valuable single tool that I have yet discovered for the promotion and preservation a sound metabolism.

I know of no other health maintenance product that one could avail him or herself of that would give them as favorable results and benefits as this tool does. Health, in general, should be improved as the result of using this product. It's truly the most beneficial health product available to people today.

