

# **The Incredible Science of Hot & Cold Showers: Hydrotherapy | Lifting the Veil on Patreon**

**WATCH FULL VIDEO PRESENTATION ABOVE.^^**

**Presentation compiled by [Cullen Smith of Lifting The Veil](#)**

**PLEASE DONT COPY TO OTHER BLOGS OR SITES, YOU  
MAY SHARE THIS PAGE, THANK YOU.**

**This will be part of an important video coaching series that I plan to continue on the significance of the great #lymphatic system in #health, #nutrition, #lifestyle, #fitness and so much more! See the video above for how to use this POWERFULL and simple practice in your daily routine!**

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**[Hydrotherapy](#) , also known as hydrotherapy is one of the**

most ancient therapeutic healing practices known to man. Even other species such as the Japanese Macaque regularly partake in the benefits and pleasures of hydrotherapy as they soak in the hot springs while also enduring the extreme winter weather. "Hydrotherapy involves the use of water for overall health maintenance, [detoxification and treatment of disease](#) . The term encompasses a broad range of approaches and therapeutic methods that take advantage of the physical properties of water, such as temperature and pressure, for therapeutic purposes, to stimulate blood circulation and treat the symptoms of certain diseases

["Hydrotherapy is used to treat many illnesses and conditions including:](#)

[https://collections.nlm.nih.gov/?](https://collections.nlm.nih.gov/?f%5Bdrep2.subjectAggregate%5D%5B%5D=Hydrotherapy)

[f%5Bdrep2.subjectAggregate%5D%5B%5D=Hydrotherapy](https://collections.nlm.nih.gov/?f%5Bdrep2.subjectAggregate%5D%5B%5D=Hydrotherapy)

- ***acne***
- ***arthritis***
- ***colds***
- ***depression***
- ***headaches***
- ***stomach problems***
- ***joint, muscle, and nerve problems***
- ***sleep disorders***
- ***stress***

***It is also commonly used for relaxation and to maintain a person's state of health. Hydrotherapy is also excellent for reducing or relieving sudden or long-lasting pain.***

## ***Benefits of Hydrotherapy***

***The benefits of hydrotherapy include:***

- ***dramatically increasing the elimination of waste, thus assisting detoxification***
- ***loosening tense, tight muscles and encouraging relaxation***
- ***increasing the metabolic rate and digestion activity***
- ***hydrating the cells, improving skin and muscle tone***
- ***boosting the immune system, allowing it to function more efficiently***
- ***improving the function of the internal organs by stimulating their blood supply"***

**Contraindications:** If you have severe conditions, make sure to consult with your physician beforehand. Check the list of contraindications here > <http://www.medispa-sheffield.co.uk/wp-content/uploads/2012/04/Hydrotherapy-sheet-2-contraindications.pdf>

**Read more:**

<http://www.naturaltherapypages.com.au/article/hydroth>

[erapy#ixzz4fn5AkBlF](#) The healing properties of hydrotherapy are based on its mechanical and/or thermal effects. Some of the key mechanisms of hydrotherapy include [vasodilation](#) and [vasoconstriction](#). These cause changes in blood flow and associated metabolic functions, via physiological mechanisms, including those of [thermoregulation.](#)" It makes use of the body's reaction to hot and cold stimuli, to the protracted application of heat, to the pressure exerted by the water, and to the sensation of the water itself. Nerves carry what is felt by the skin deeper into the body, where it is then vital in stimulating the immune system, influencing the production of stress hormones, improving circulation and digestion, encouraging the flow of blood, and lessening the body's sensitivity to pain.

All of nature pulses between polarities and seeks rest at the equilibrium between those polarities. The controlled fluctuation between extreme temperatures helps extend our capacity to sink even deeper into the state of balance, neutrality and stability between those extremes and helps us strengthen our nerves, on the mental, emotional, and physical level, in order to harness greater strength, endurance and stamina, as well as handle greater amounts of stress in our lives.

**Training our bodies to thermoregulate under extremes, involves a hard reset of the Autonomic nervous system.**

**Generally speaking, heat is used to calm, relax, quiet and soothe the body, and to slow down the activity of internal organs. Cold is used to stimulate and invigorate, increasing internal activity within the body, boosting metabolism and [turning harmful white fat to healthy brown fat to be burned for energy](#). Body temperature is highly dependent on the amount of thyroid hormone in the body. Hypothyroid people feel cold all the time (when others are not), and hyperthyroid people feel hot all the time (others are comfortable). Their metabolism reflects this too, with untreated hyperthyroidism leading to weight loss, and untreated hypothyroidism usually leading to weight gain. These responses involve the polarities of both the sympathetic and parasympathetic nervous systems.**

**The Sympathetic nervous system relays the active (masculine) principle of "fight or flight" reaction to external stimuli regulated by the adrenal glands, while the parasympathetic system controls the passive (feminine) "rest and digest" principle of regeneration,**

relaxation, and repair. Both of these responses are essential for healthy lifestyle functioning and they need to be in equilibrium. This is what the alternating temperatures can assist with. Alternating between the extremes of temperature, we can build our tolerance and stability for operating optimally between the extremes of life.

### **How the Body Affects the Mind:**

The [vagus nerve](#) innervates critical organs, such as the heart and lungs, making clear the importance of this nerve in controlling the heart rate, digesting food, and regulating breathing, all of which can be strengthened and improved with hydrothermal therapy. This is because the vagus nerve provides parasympathetic support to the cardiovascular system. " *It supplies parasympathetic fibers to these organs, meaning that the vagus nerve is a "rest and digest" nerve, not a fight or flight nerve. Van der Kolk quotes from Darwin's work, "the heart, guts and brain communicate intimately via a nerve" – the pneumogastric or vagus nerve – "the critical nerve in the expression and management of emotions in both humans and animals.... When the mind is strongly excited it instantly affects the state of the*

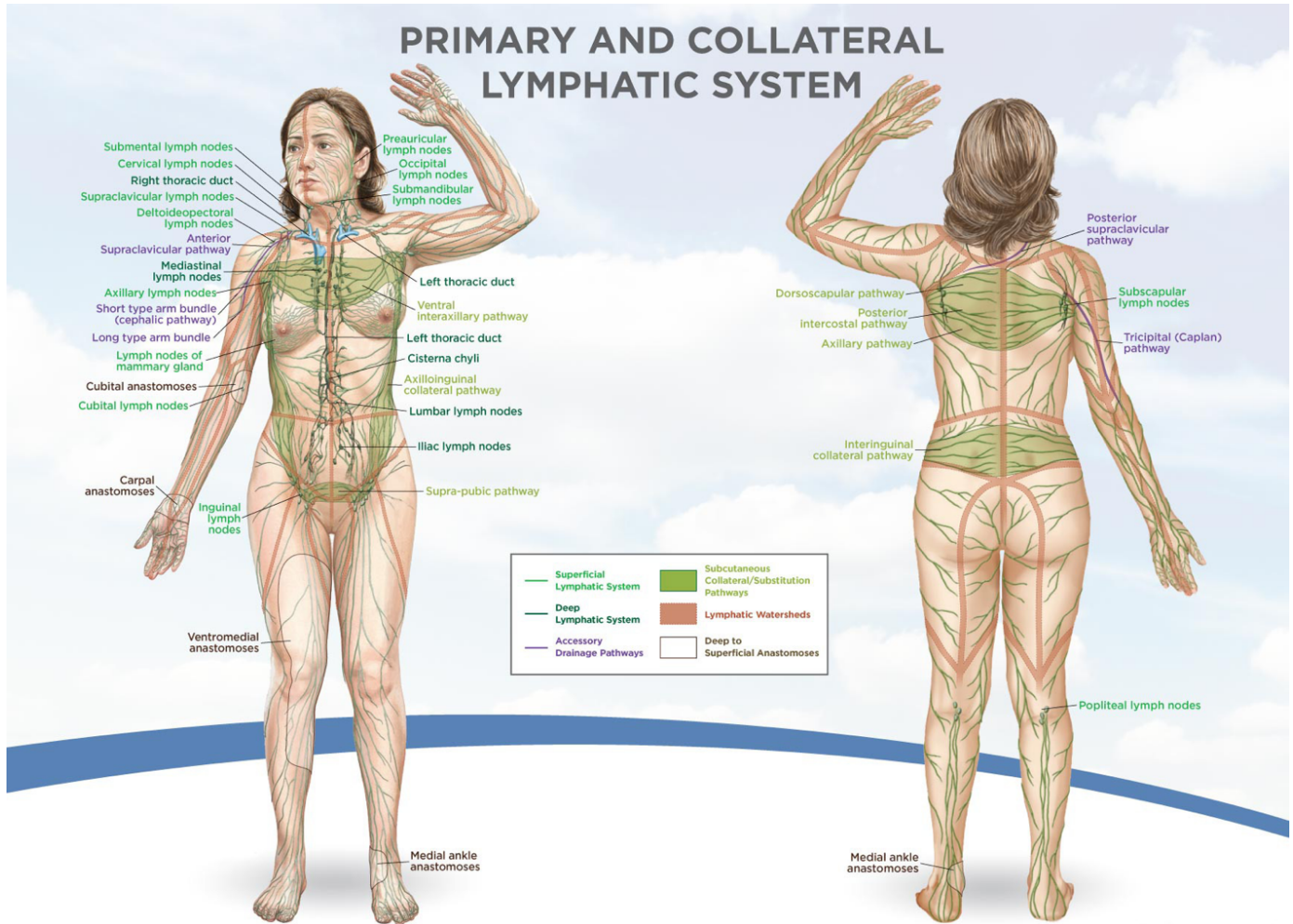
***viscera." This is, of course, why our guts react strongly to our emotional state."***

**<https://healingfromthefreeze.wordpress.com/2011/08/18/the-vagus-nerve-and-the-difficulty-with-mindfulness/>**

## **Stimulating The Immune System**

**The body's greatest factor in health is the lymphatic system, also known as the IMMUNE SYSTEM. The lymph system composes around 75% of the body's major fluids while the blood only composes around 25%. The blood is the body's kitchen or nutrient delivery system to the cells, while the lymph is the cells' waste or sewer system. The Lymph system does not have a pump to circulate lymph like the cardiovascular system does. The ONLY way to move lymph is to pump it manually with frequent and consistent body movement, exercise, rebounding, massage, dry skin brushing, stretching, pressure mediations and fluctuation between hot and cold, and frequent sweating. When the lymph system begins to stagnate, it thickens, hardens and becomes like a plaque, causing swollen and hardened lymph nodes and fibroids and is the [underlying root cause of pretty much every chronic condition.](#)**

**More Information on Detoxification:**



**Diet and lifestyle play the biggest role in lymphatic stagnation.**

**The lymph transports acidic metabolic waste products from the cells and sequesters pathogenic viruses and bacteria into the lymph nodes, which are the septic tanks of the body. To use a metaphor, when your sewer**



or septic system becomes full, it will begin to back up and overflow into the kitchen, which is exactly what happens with lymphatic stagnation. [Protein is THE MOST DANGEROUS MACRONUTRIENT](#) when consumed in too high quantities and the wrong type of protein. PERIOD! Anyone that tries to tell you otherwise, is seriously disinformed. see my full ongoing series of presentations on "[THE GREAT PROTEIN CONSPIRACY](#)" here> <https://www.patreon.com/posts/10140919>

**THE PROTEIN MYTH**

**TOO MUCH?  
IS IT HEALTHY?**

**LIFTING THE VEIL**

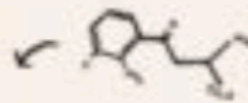
ESOTERIC INSIGHTS RESEARCH AND EDUCATION PORTAL

The Great Protein Conspiracy: Part 1: PLEASE SHARE! (more to come)

There is no such thing as an "ESSENTIAL PROTEIN."  
What the body utilizes are essential AMINO ACIDS,  
which are the building block of protein. When we

consume too much protein in general, but especially FOREIGN ANIMAL PROTEINS , then the liver has to overwork to BREAK DOWN all that protein into their AMINO ACIDS in order to even utilize them to synthesize our own endogenous proteins, which are what builds our body, and this requires massive amounts of energy which stimulates the adrenal glands and causes them to go "hyper" active, which is the acute stage of disease progression, and eventually burns them out from being hyper active, conversely, causing adrenal fatigue as they then begin to underperform in the "hypo" stage during chronic progression, which eventually causes renal (kidney) failure and the body is no longer able to adequately filter its acidic load as well as its toxic and pathogenic load which has been sequestered from the healthy cells by the lymph system. This then causes undigested protein molecules to begin to stagnate the lymph and back up into the interstitial spaces between the cells and into the bloodstream, causing autointoxication, and inflammation, (which we call "autoimmune disease") where it then causes strokes, Alzheimers and neurodegenerative diseases as well.

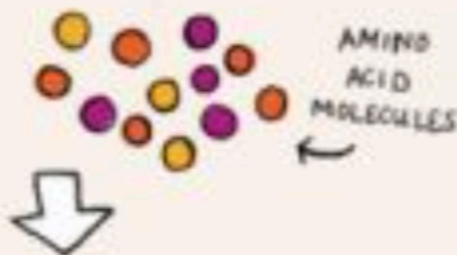
# PROTEIN



PROTEIN  
MOLECULE



AMINO  
ACIDS



AMINO  
ACID  
MOLECULES

## YOUR BODY NEEDS IT?

yes

OR

no



- BUILD NEW CELLS
- SYNTHESIZE NEW PROTEINS
- TISSUE MAINTENANCE

FILTERED OUT  
THROUGH THE BODY



From the University of Virginia's article: *"The unexpected presence of the lymphatic vessels raises a tremendous number of questions that now need answers, both about the workings of the brain and the diseases that plague it. For example, take Alzheimer's disease.*

*"IN ALZHEIMER'S, THERE ARE ACCUMULATIONS OF BIG PROTEIN CHUNKS IN THE BRAIN," KIPNIS SAID.*

*"WE THINK THEY MAY BE ACUMULATING IN THE BRAIN BECAUSE THEY'RE NOT BEING EFFICIENTLY REMOVED*

*BY THESE [LYMPHATIC] VESSELS ." He noted that the vessels look different with age, so the role that they play in aging is another avenue to explore. And there's an enormous array of other neurological diseases, from autism to multiple sclerosis, that must be reconsidered in light of the presence of something science insisted did not exist."*

I refer EVERYONE to the work of Dr Robert Morse "[Detox Miracle Sourcebook](#)" which is an amazing resource for physiology, biochemistry and nutrition. get it here! >> <http://amzn.to/2rRX6k6>

**Lifestyle:**

**The lifestyle is your number one key to success. What**

**you eat, drink, breathe, and what you put on your skin is how you bring the outside world in. Study and learn the concepts in "The Detox Miracle Sourcebook" in reference to a raw food diet. The greater percentage of raw fruits and vegetables (salads) you eat, the greater your success. If you have cancer, a spinal cord injury, Multiple Sclerosis, Parkinson's or any other chronic or degenerative condition, you will want to consume a 100% raw, LIVE food diet of fruits and vegetables (salads) only.**

### **#Lymphatic System:**

**Always move your Lymph System. This is the most vital system of your body to detoxify and is essential to your success. I will even be so bold as to say that everyone has a stagnant lymph system to one degree or another. This is vital in that all your cells "eat" and "excrete." Your lymph system is your sewer system. Your lymph nodes are your septic tanks. Keep them cleaned out!**

**1. Use an herbal formula for your kidneys and eat lots of fruits. Your lymph system uses your kidneys as one of the main doorways for body's sewage to be removed (other doors include the skin and the colon).**

**2. Clean and enhance your GI tract. Raw foods and intestinal restorative herbal formulas are the supreme**

**way to accomplish this. Do not use laxatives or purgatives if you can help it. These are very addicting. You want to restore proper digestion, absorption, and elimination through this "hub" of your body. One to three colonics may also help. Dr. Bernard Jensen's Colema Board is a better idea yet. I do not recommend acidophilus, bifidophilus or any other intestinal flora. Your intestinal flora will restore itself.**

**3. "Sweat!" Underactive thyroid function makes it more difficult to sweat, and sweating is vital to remove toxins from the body. Your skin is your largest eliminative organ; called the "third kidney". Keep it clean and stimulated with skin brushing, regular as well as hot and cold showers, and sweating.**

**4. Walk and swim! Exercise is extremely important in moving your lymphatic system, especially in your lower extremities. Caution: Make sure your kidneys are filtering before vigorous exercise.**

### **Herbal Parasite Formula:**

**You will want to spend a month on an herbal parasite formula. This will help get rid of larger worms, flukes, etc. It will also help reduce the microorganisms that affect your desire for foods; candida, bacteria, etc.**

## **Cleansing Process:**

**One of the most important things that you can learn about the detoxification process is the cleansing process or what's called the "healing crisis". Study and learn this process and you'll understand what "diseases" truly are. Remember so-called disease symptoms manifest from only two sources – congestion and cellular weakness. That's it!**

**FINALLY: Attitude, attitude, attitude! Enjoy what you're doing. Always remember WHY you're getting your body, or physical vehicle, healthy. It's your mobility in this physical world. Without it, life isn't much fun here! Don't let anything stop you and don't take no for an answer. Make your body do what you want it to do. Many of your weaknesses are genetically passed to you. Your toxicity may have developed when you were still incubating inside your mother, so give it time. Vibrant health in this world does not occur overnight. Sometimes it's hard work, but well worth it! It connects you with life, love and GOD.**

**You are the healer. These opinions, suggestions, and references made are based on my personal experience and is for personal study and research purposes only. This is about health and vitality, not disease.**

# ORGANIC HERBAL BODY CARE PRODUCTS I USE:

you can also find Dr Bronner's Organic herbal essential oil soaps mentioned in the video here >>

<http://amzn.to/2qXT0sy>



I also use Dr Christopher's incredible organic herbal essential oil shampoo, NOTHING BUT HERBS! here>>

<http://amzn.to/2rBjm4p>

**Ingredients:** Aloe Vera Gel, Coconut Oil Oilfin, Coconut Oil



Betaine, Lemon Extract, Avocado Oil, Grape Fruit Seed Extract, Vitamins A, C, & E, Essential Oils of Juniper, Cedarwood, Gernium, Rose, Cypress, Basil, Chamomile, Cardamon, Lavender, Rosemary, Frankincense, Myrrh, Neroli, Jasmine, BF&C Formula, White Oak.

## **TOOLS FOR LYMPHATIC MOVEMENT:**

**Exfoliating Hemp Loofah:**

<http://amzn.to/2rBF3Bw>



## Dry Skin Brush:

<http://amzn.to/2rSuU0j>

Perfect for both wet or dry skin brushing to reduce cellulite, improve circulation, to have healthier, softer and smoother skin everyday.



*Radical Sexy Self Care*

### DRY BRUSHING



- Re-energizes your skin by sloughing off dead, dull, lifeless skin cells
- Stimulates natural healing
- Facilitates detoxification
- Increases Circulation
- Stimulates the Lymphatic System
- Exfoliates & Invigorates
- FEELS FANTASTIC!
- Brush skin when it is dry, once or twice a day
- Just prior to a bath or shower is best
- Use long sweeping stokes, starting with your feet
- Always brush towards your heart
- Avoid sensitive areas
- End your shower with 3 cycles of hot/cold
- Add a few drops of essential oil to your shower
- Clean your brush regularly (at least once a week)

Nurture yourself by adding Dry Brushing to your daily self care ritual!

## Gua Sha Massage Stone kit: Rose Quartz

<http://amzn.to/2qIpNnG>



**Vibrational Platforms:**

<http://amzn.to/2qXQi6o>

**The QUALITY of Your Water MATTERS!**

**Your Skin is highly absorptive, so anything you put ON YOUR SKIN, is what you are putting INTO YOUR SKIN, as**

**the cell membrane absorbs soluble chemicals and oils through an osmotic process!**

**Your skin is the largest organ in your body and you should NEVER put ANYTHING on your skin that you cant or wouldnt also PUT IN YOUR MOUTH.**

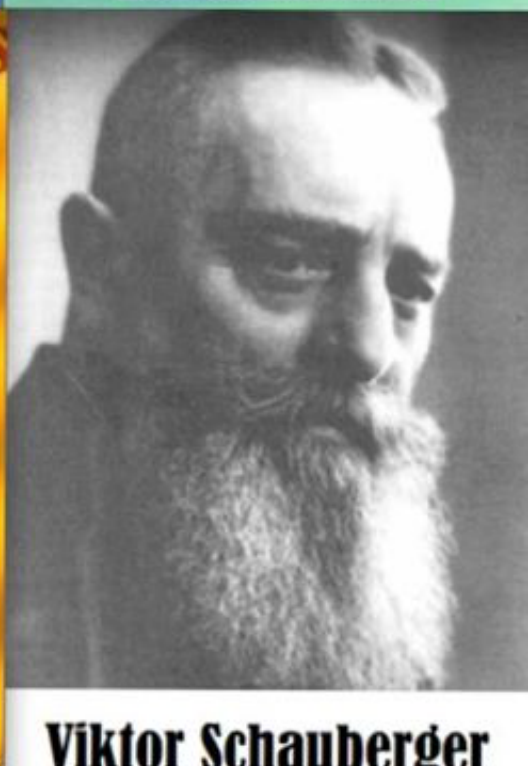
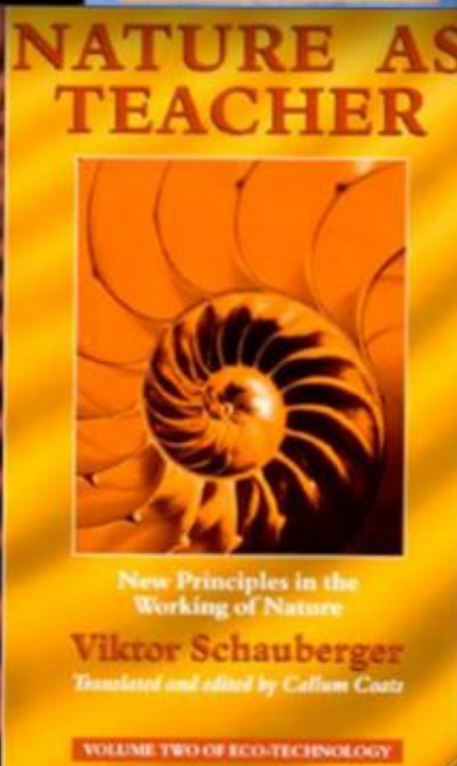
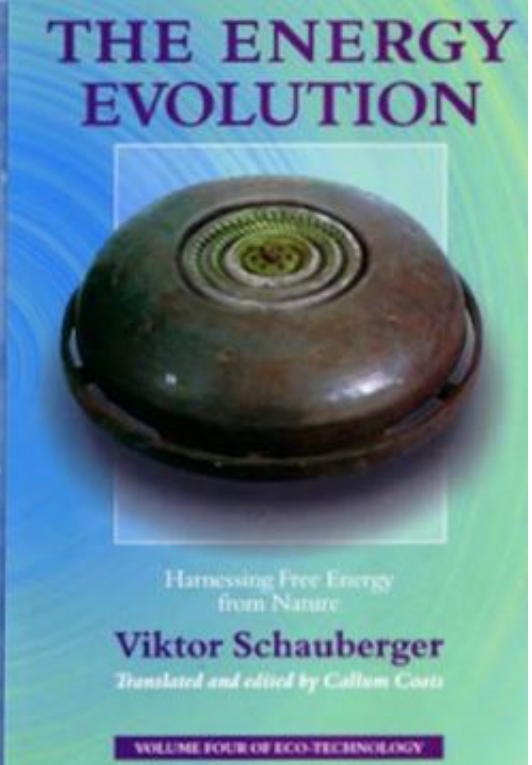
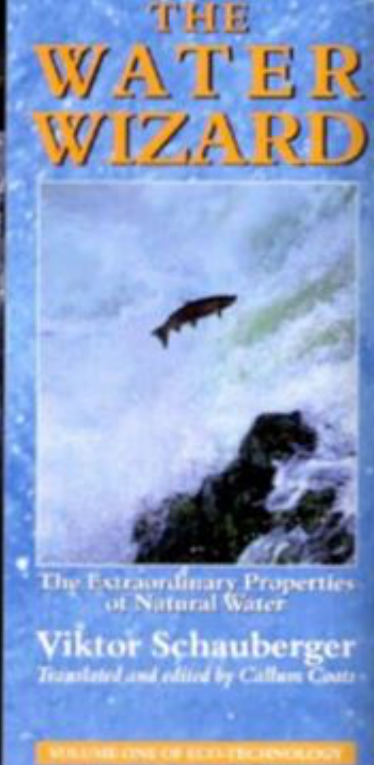
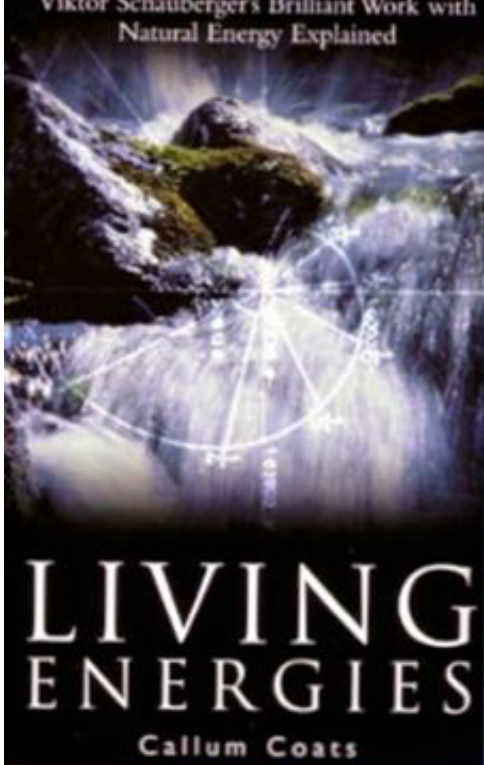
**It's critical for your scalp, skin, hair and internal health that you filter out flouride, chlorine, and other public water treatments from your shower and home water supply!**

**There are some great and afforable filters and filtration systems available.**

**The Importance of LIVING AND STRUCTURED, vortex, implosion or naturally free flowing ionized water from the rocks and soil cannot be overstated!**

**"Water Ways of Life: Viktor Schauberger**

[Researched and compiled by Denise Turner:](#)



*"Viktor had given his life for water, the forests, the soil and for #Nature's wholeness and order. Academically untrained his writings and testimonials confirm his breadth of learning and his #research reflects his extensive #knowledge of #physics,*

***#chemistry and hydrology. He was once asked to explain his authority and knowledge, he replied that no one had taught him but he had the advantage of inheritance which he defined further: "Everything is corpuscular, even #energy and #light waves.***

***Even matter is inert energy. This also applies to blood, which is a materialised power flow that carries energy from past generations through present to future generations. This flow is not broken with the person's death, but is carried further to his successors.***

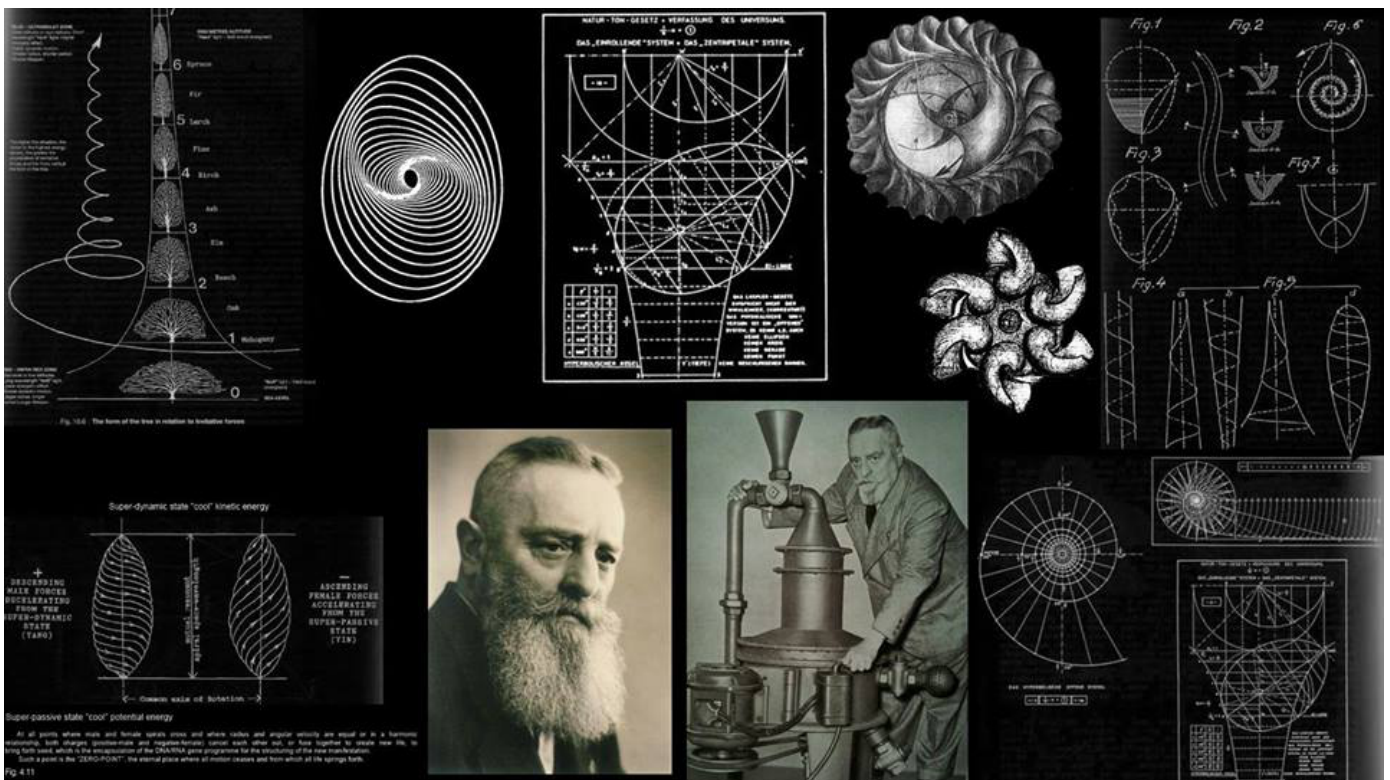
***However, this energy can be degenerated, for example, by negative #technology, so that the thoughts and outlook which have accumulated within a person's being over thousands of years, is lost. It is possible for the person who has the advantage of this gift of inheritance to summon up from his blood all this reservoir of knowledge." (p.125 ibid.)***

***Inventions of Viktor Schauburger:***

***Later in his life after witnessing the deterioration of the land and its water ways Viktor produced a number of inventions to counteract the catastrophes propagated by industrialisation.***

***From the observable environmental problems, Viktor concluded that there must be fundamental design errors in the technology which produced such upheavals in nature or at least produces such poor results. For example steam and internal combustion engines work on less than 50% of their capacity. As always he looked to nature to find the answer and the solution he found was that harmful technologies were using the wrong sort of motion.***

***Nature frequently uses the hyperbolic #spiral which is externally centripetal and internally moves towards the centre, such spirally movements are found in the spiral nebula of galaxies in #space, in the natural flow of water, blood and sap.***



***While the centrifugal force used by current technology, occurs in nature in its destructive aspects, on occasions for dissolving energy, pushing the medium from the centre outwards towards the periphery in straight lines.***

***The particles of the medium being first weakened and then dissolved and broken up. "Nature uses this action to disintegrate complexes which have lost their vitality or have died" (p. 77 ibid.)***

***Characteristically the centripetal, hyperbolic spiral movement is symptomatic of falling temperature, contraction and concentration while the centrifugal movement is synonymous with raising temperature, heat extension, expansion and #explosion, "in nature there is a continual switch from one movement to the other, but if development is to occur then the movement of growth must be predominant." (p.77 ibid.) source***

***<http://www.lightnet.co.uk/frontier/viktor.htm>***





*~ Viktor Schauberger  
1885-1958*



*Low Energy Water Drop*



*High Energy Water Drop*

**Upgrade your Life and protect your health with the**

**worlds HIGHEST QUALITY structured, living vitalized and filtered water attachments on the planet! Following Sacred geometrical natural sciences of Viktor Schauberger, the famous water wizard who was the Nikola Tesla of water!**

**I Rarely endorse products, but these are what I use for my home and shower.**

**<https://tinyurl.com/y8yhfrno>**

**WHAT IS WATER?**

**STRUCTURED WATER DEVICES CHANGE THE ENERGY OF WATER**

*Water is ubiquitous and it may be from this property that it is frequently taken for granted. Even though it is everywhere, water is anything but common.*

*Most people think that water comes in 3 shapes and sizes and they all have the formula H<sub>2</sub>O. We recognize ice as water in its solid form, water as the liquid stage and steam as water as a gas.*

***AND, THERE IS MORE TO THE STORY.***

*For the last few decades, researchers have been differentiating "bulk water" from other water and there is now a name for this other water: Exclusion Zone or EZ Water. It is also called structured water, energized water, revitalized water, activated water and more. Whatever the name, this fourth stage of water acts like a battery capable of storing energy. When EZ water is structured by movement, prayer or light, the energy in it increases.*



*In the old way of thinking about water, the addition of energy leads to a rise in temperature. In EZ water, an increase in energy leads to an increase in structure. Not only is this understanding of water uncovering a new state of water, but it is also illuminating a new*

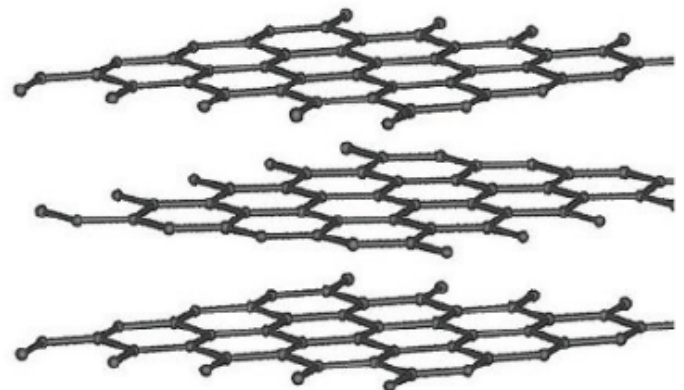
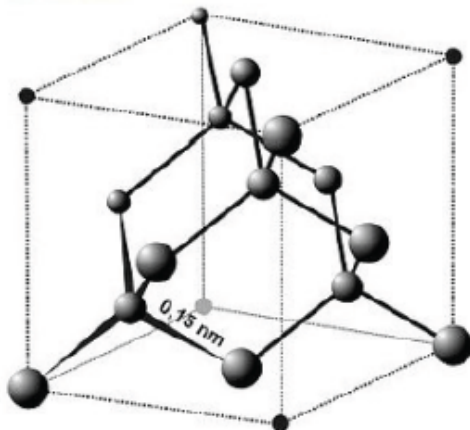
*chemical formula.*

*The most common formula for water is H<sub>2</sub>O, but it can also be H<sub>3</sub>O<sub>2</sub>, OH<sup>-</sup>, -OH<sub>2</sub><sup>+</sup> and dozens of other configurations of hydrogen and oxygen.*

**ONE OF THE LEADING RESEARCHERS ON THIS TOPIC IS [DR. GERALD POLLACK](#) WHO HAS RECENTLY PUBLISHED A NEW BOOK: "THE FOURTH PHASE OF WATER." IN HIS BOOK, DR. POLLACK PUTS FORTH A NEW FORMULA FOR US TO PONDER:**

**HOW STRUCTURING CHANGES WATER MOLECULES**

SOURCE: THE WIKIMEDIA COMMONS



*When water is structured, its properties change. Before taking a deep look at this with water, consider where else this occurs in the natural world.*

*These pictures show that while the chemical composition of diamonds and coal are both made of carbon, the difference in the bonding angles of the carbon gives the two physical substances very different properties. All will agree that diamonds and coal are very different and that is largely because the differences can be seen with our vision.*

*Unfortunately, the differences between structured water and bulk water are just beyond the frequencies where our eyes can see so we are left with science to show us how different waters change.*

## Dr. Gerald Pollack and Structured Water Science

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Dr. Gerald Pollack, University of Washington professor of bioengineering, has developed a theory of water that has been called revolutionary. He has spent the past decade convincing worldwide audiences that water is not actually a liquid.

Dr. Pollack received his PhD in biomedical engineering from the University of Pennsylvania in 1968. He then joined the University of Washington faculty and is now professor of bioengineering. For years, Dr. Pollack had researched muscles and how they contract. It struck him as odd that the most common ideas about muscle contraction did not involve water, despite the fact muscle tissue consists of 99 percent water molecules.

Water Research happens at [Pollack Laboratories](#), which states, "Our orientation is rather fundamental -- we are oriented toward uncovering some of nature's most deeply held secrets, although applications interest us as well."

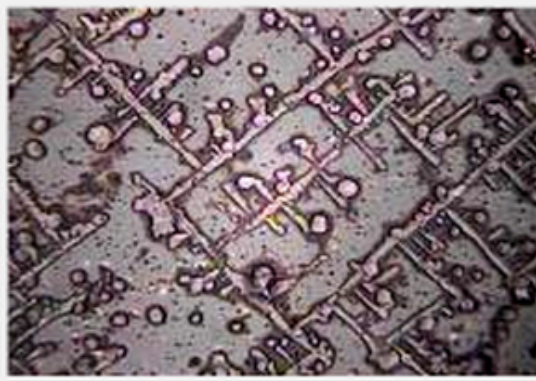
Uncovering nature's secrets involving water is what Dr. Pollack, his staff and students do best.

In his 2001 book, "*Cells, Gels and the Engines of Life*," Dr. Pollack explains how the cell functions. Research suggests that much of the cell biology may be governed by a single unifying mechanism - the phase transition. **Water is absolutely central to every function of the cell - whether it's muscle contraction, cells dividing, or nerves conducting, etc.**

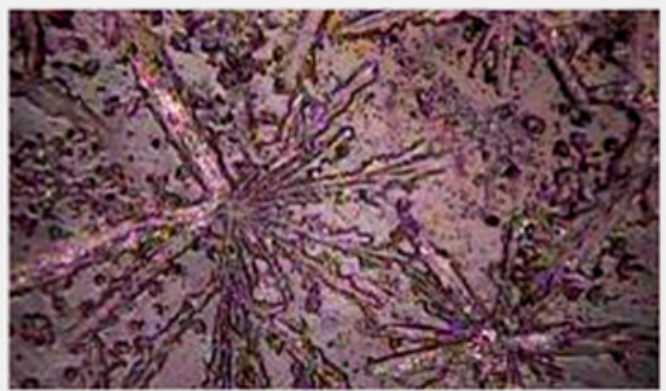
This extraordinary book challenges many of the concepts that have been accepted in contemporary cell biology. The underlying premise of this book is that a cell's cytoplasm is gel-like rather than an ordinary aqueous solution.

*The following images were produced by an Independent laboratory in Germany that analyzed Structured Water.*

*The images show evidence of a change in bonding angles much like what we see with diamonds and coal.*



**Sample of Neutral Tap Water, Bottighofen, Switzerland. The 90 degree angular structures represent toxic substances.**



**Structured sample of Bottighofen tap water processed with a Natural Action Water structuring device. Note the absence of 90 degree structures, indicating the structured sample is free of toxic substances.**

*While the images clearly show water that is structured looks different, we have to rely on the scientists to interpret what that means in terms of how the properties of the water change.*

*The conclusions of the lab that performed this analysis, Hagalis AG, are that the structured water:*

*has different hydrogen bonding angles than unstructured water*

*has increased life force energy*

*increased bio-availability of trace minerals and elements*

*neutralized all toxins*

[The full report may be read here.](#)

*The conversation about the diamonds, coal and hydrogen bonding angles can best be summarized by the well known materials scientist, Dr. Rustum Roy. Roy who had professorships at Arizona State University, University of Arizona, and Pennsylvania State University offered:*

***“STRUCTURES CHANGE PROPERTIES VASTLY MORE EASILY AND DRAMATICALLY THAN CHEMISTRY CHANGES THEM.”***

***– DR. RUSTUM ROY***

*Looking at the natural world shows this to be true in all areas of life. Consider the structure of your life. Consider where you live, who you interact with and how you know yourself to be. Now, if we were to remove you from those structures and put you in an entirely different socio-economic class, do you think you would change? We do. We think the structures around you would dictate new ways of speaking and being.*

***THE MOST IMPORTANT PROPERTY OF WATER IS ENERGY***

*To truly understand the science of water, it is important to understand that water is energy and this*



*energy is measurable.*

## **MEASURING THE ENERGY OF WATER**

*“GDV” or Gas Discharge Visualization is a collection of photographic processes used to capture images of electrical discharges. Through this process we’re able to measure variances of everyday substances, such as water. GDV is a pathway to measuring how much “E” is found in a given type of water. Consider the results to the right.*

*In the image with the black background, increased brightness is indicative of increased energy. Notice how Filtered Water and natural Spring Water have significantly less energy than water structured by a structuring device. Structuring water can increase the energy by up to 83%*

*This increase in energy can have a very beneficial impact on your body. See to the right as GDV analysis is used to measure the human body.*

*This image shows how drinking Structured Water impacts the human body’s energy. The image on the left is before drinking Structured Water and on the right, after. People who drink Structured Water experience a minimum 10% increase in their energy*

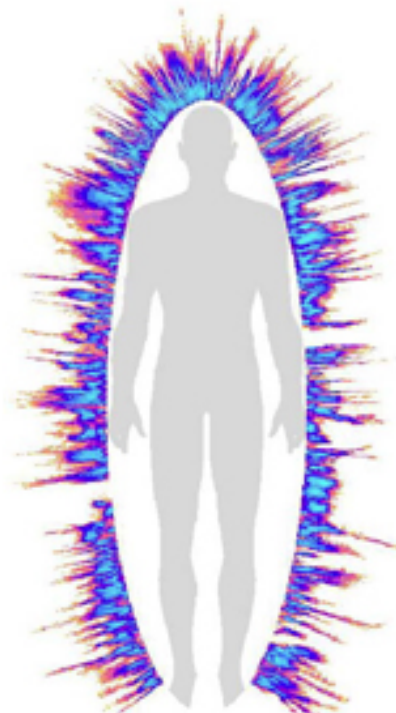
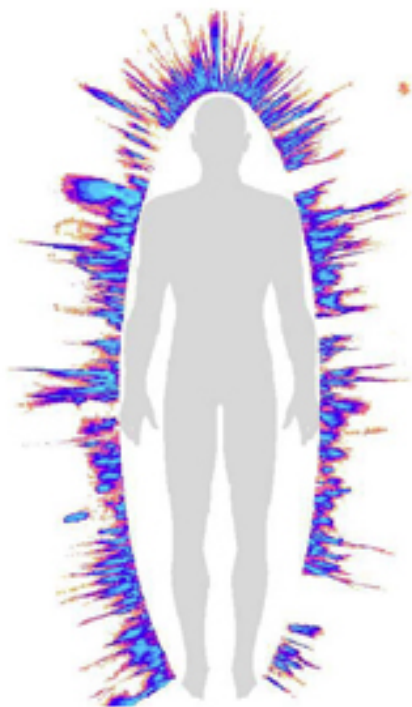
*and for some it is as high as 40%.*

## ***MEASURING THE ENERGY OF YOU***

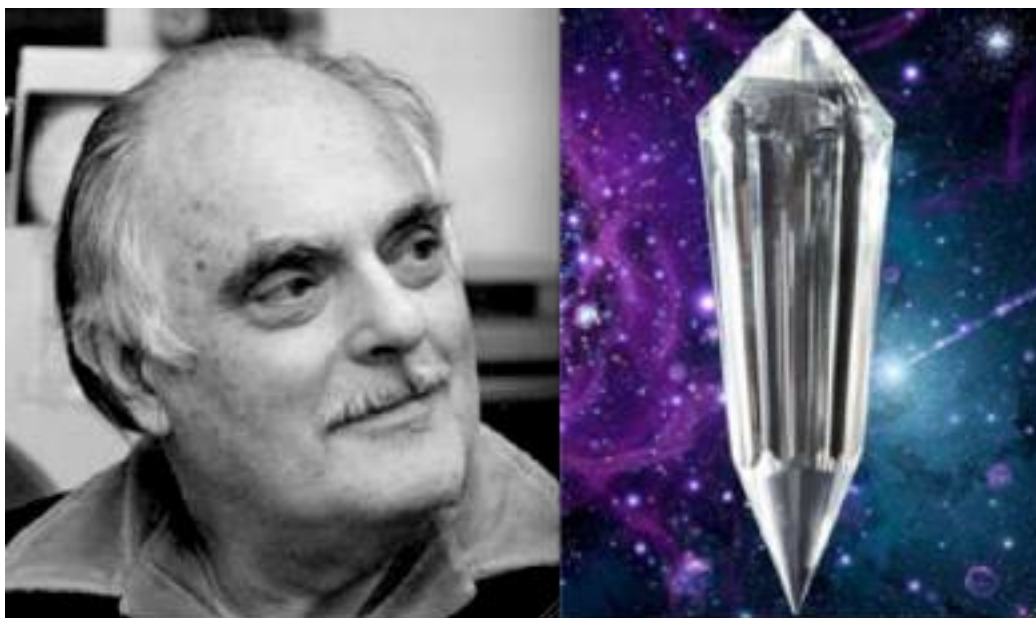
*The human body is made of water so it naturally follows that water with more energy in it will lead to a body with more energy in it. And that is exactly what the results show.*

*Even with proof showing the increased energy of Structured Water, there will still be those who need more information to understand that Structured Water exists. While the naked eye is unable to distinguish a glass of tap water from a glass of Structured Water, scientists are able to do it.*





***IF YOU WOULD LIKE TO LEARN MORE ABOUT GDV,  
WATCH THIS VIDEO FEATURING THE CREATOR OF  
THE TECHNOLOGY.***



**Marcel Vogel**

***TO LEARN MORE FROM DR. VOGEL DIRECTLY,***

## **WATCH THIS VIDEO:**

***[Dr. Marcel Vogel](#) was a top research scientist for 27 years for IBM. His life's passion was expressed through the use of scientific instruments. He spent over 1 year of his life focused on experiments to determine or deny the existence of Structured Water. Using Ultra Violet Spectral Photometry he concluded:***

***evidence of structuring in the form of visual bands in the range of 3000-4000 angstrom units***

***Structured Water is different than bulk water including that it stores energy***

***one drop of Structured Water raises the energy level of a container of liquid instantly***

***when water molecules link up in structure, they form a consciousness which is to say that water molecules organize themselves and store information***

***water is the future of medicine as it can be programmed to have desired health giving energies***

***[https://l.facebook.com/l.php?  
u=http%3A%2F%2Fwww.dreamhillresearch.com%2Fmarcelvogel&h=AT0jLzkwZtz4f4y3zEUSqUtSrb3O6DX4orRO7HZ2bWLVJSaVyx2TA\\_ArkKSByHluRXNulvJ](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.dreamhillresearch.com%2Fmarcelvogel&h=AT0jLzkwZtz4f4y3zEUSqUtSrb3O6DX4orRO7HZ2bWLVJSaVyx2TA_ArkKSByHluRXNulvJ)***

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## **PURITY**

### **THE SCIENCE BEHIND TRADITIONAL FILTERS: CHEMISTRY**

*A water molecule is smaller than a wave of light and many contaminants are measured in parts per million, billion or even trillion. These small sizes make the science of water filtration much less precise than people think. After working for six different filter companies and doing due diligence on many more, we think it is important to consider the following science and practices.*

*traditional filters don't remove contaminants as much as they reduce them*

*testing is expensive and companies do their best to avoid having to test for more than the bare minimum*

*companies that make claims about toxin removal often do so based on extrapolation rather than laboratory testing. For example, we know of a*

***publicly traded traditional filter company that claims pharmaceutical removal based upon extrapolation rather than testing.***

***traditional filters may not protect us at all***

***At least \$100 billion is spent annually on traditional water filters and plastic bottled water. There is a lot of money being made on our fear about the safety of our drinking water. Much of that money goes into marketing campaigns that infiltrate our thinking and cause us to come to the same conclusion.***

***I've spent an awful lot of time thinking about why almost all people have the same questions and concerns about water and my conclusion is that it is because that is the way our minds are programmed by marketing.***

***You probably entered the conversation about protecting yourself from contaminants in water with concerns about Fluoride and Chlorine. It is kind of ironic that those are the toxins that we are concerned about because those are the ones that are intentionally added to water. Regardless of what you think, we suggest you consider the following logic as a more likely truth about safe drinking water.***

***Everything is energy including each contaminant in your water.***

***Homeopathy proves that when a physical substance is removed from water (like traditional filters try to do) the energy of it is left behind.***

***Traditional filters don't even acknowledge let alone reduce or remove toxic energetic residue in your water.***

***Structuring Water changes the energy of water and clears all toxic memory.***

***To have safe drinking water, at a minimum, you must deal with it as an energy and if it aligns with your budget, values and beliefs you can add a traditional filter as well.***

***Reports from the field:***

***According to known scientific principles, the Bio Chem Lab report results "shouldn't" exist. AND, Bio Chem is a NELAP Accredited Laboratory and the results come from November 2012. [Click Here for the Bio Chem Lab Report](#)***

***What the results show is that water that was poured through a structuring device that is not expected to have an impact on chemistry showed a reduction of***

***25% of Ecoli in the water and 40.2% of TDS or Total Dissolved Solids.***

***By passing through the device the expected results included changes in energetic properties but not chemistry. Nevertheless, a significant change was observed. We asked Clayton Nolte about this and he said that by structuring water it spins in a double vortex and when it does solids are crushed and transformed. The implications of this are that the chemistry of water can change without adding or removing anything from water.***

***These types of results are becoming more common.***

***Hannah Noel is an organic farmer and the Editor of [Organic Life Magazine](#). Several years ago, the State of Vermont tested her well and told her she was going to have to use bleach to get rid of the Chloroform that was in the water. As a cancer survivor and an organic farmer, this was untenable for her.***

***Rather than use a traditional physical filtration method, Hannah treated her well with an energetic process. Nothing was physically added or removed from her well and the result was that the State came back and tested for the Chloroform again and found***



*that it was gone.*

*How can this happen? Our scientific equipment is based upon observation of the physical world AND we are learning more and more about what it means to live as energetic beings. In the coming years as Quantum Physics proves we are energetic beings we are going to want to have equipment that measures in alignment with who and what we are.*

### **A PLAUSIBLE EXPLANATION**

*As individual slices of humanity, we often forget our inherent connectedness and the possibility that their is consciousness in this universe beyond what happens inside our personal world view. This makes sense as it appears that we are wired for self preservation and that can include an overly important sense of self. Nevertheless, a new truth is emerging.*

*Many are experiencing connection to others and the universe through energy. We are finding the evidence that shows that there is much more to life than what is discerned through our traditional five senses. Inside of this emerging world view, it makes sense to consider that water is alive, that is has its own consciousness, that it is our partner and carrier in creating our lives.*

*Today, we hear many people speak of understanding ourselves as beings made of light. This thought appears somewhat confusing for us as when we look at each other, we see solids and not what we think of as light. Nevertheless, many people are able to see the auras of others and according to Dr. Joe Mercola, this light is 1000 times less intense than levels that can be seen with the naked eye.*

*Dr. Mercola is known for his avid research and he explains the work of Dr. Fritz Albert Popp who in 1974 proved that light, in the form of biophotons, is involved in every process in the body including healing.*

*“Every living organism emits biophotons. It is thought that the higher the level of light energy a cell emits, the greater its vitality and the potential for the transfer of that energy to the individual who consumes it... The greater your store of light energy... the greater the power of your overall electromagnetic field, and consequently the more energy is available for healing and maintenance of optimal health.*

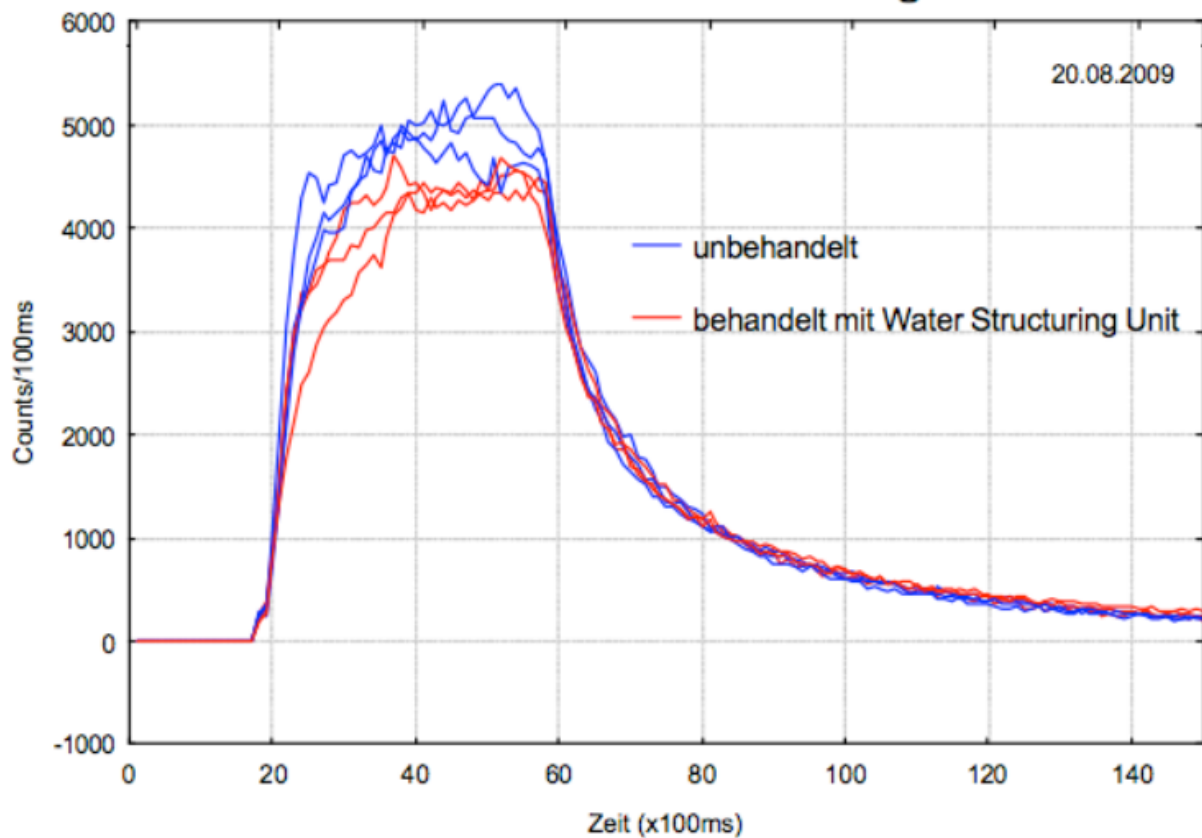
*I firmly believe it's only a matter of time before the importance of light energy in your health and well-being becomes more widely recognized and applied*

***in the field of medicine. Until then, remember that your body is not only made up of tissue, blood vessels and organs. It's also composed of light."* – Dr. Mercola**

***According to Dr. Pollock (the researcher teaching us about the 4th phase of water) water may be structured in many ways including by adding radiant light. Piecing all of this together what we see is that it may be that a benefit to spending time in the sun beyond getting our Vitamin D is that adding sunlight to our body increases the structure of the water inside us.***

***Getting back to Dr. Popp, he is a German physicist who has written 150 scientific journal articles and eight books and his research shows Structured Water encapsulates micro-particles.***

## Elektrolumineszenzkurven von Leitungswasser



*\*PMS2 – interval 100ms; 4 sec. ; 50 volt*

*This chart shows the differences in light emissions between structured and tap water. Water that is polluted is more electrolytic because it has more micro particles inside. The readings for Structured Water demonstrate that they are less electrolytic proving that the micro particles (toxins) are no longer present. The laws of chemistry are being challenged and shown to be insufficient for understanding the inner workings of water molecules.*

*The Bio Chem lab report shown above, the State of Vermont testing with Hannah Noel, and this study by Dr. Popp show that water is capable of encapsulating*

***or imploding toxins and rendering water safe.***

***Whether you believe the toxins go to the center of the water molecule (as taught by Clayton Nolte) or transform through vortexing as seen in the Bio Chem report the one thing that is clear is that there is more here than meets the eye.***

***Water does protect us from toxins when it is in a vortex state as found in nature.***

## ***ESTROGEN***

***With 21 billion pounds of toxins released into the environment every year there is no safe place to hide. The following study of 83 remote European lakes reveals that estrogenic compounds are literally everywhere. Estrogen impacts fertility as well as breast formation in males. The solution for rampant pollution is to be aware of the significance of the issues we face and to set your own standard for water quality. [READ STUDY](#)***

## ***LET'S REVIEW***

***The most important property of water is energy. Water Magic™ has shown that water acts like a battery capable of storing energy. This energy is measurable. Drinking water with more energy adds***

***more energy to the body. When water is structured (or energized) its properties change. Reports from certified independent laboratories and scientists show that the physical substances (such as toxins) that are present in water transform when water is structured.***

***With all of this said, we want to offer an explanation as to why this scientific data is discredited when the benefits to humanity are so impactful. From our perspective, the answer is simply. Money.***

***Many businesses have been created to earn profits rather than to serve people. While this may be sad, it is also true. There is over \$100 billion in revenue being generated every year by companies selling disposable water filters and plastic water bottles. If their offerings were hydrating people, then we might find a different line of work.***

***However, they are not.***

***At The Wellness Enterprise Inc. our allegiance is to stand for you and your health and vitality. We know that a kinder and more joyful humanity will emerge when people feel healthy and strong and the basis for this vitality begins at the cellular level. We are committed to improving the vitality of your cells and***

***we have the scientific proof to show that Structured Water does exactly that.***

### **[LIVE BLOOD CELL ANALYSIS VIDEO](#)**

***The video above shows Live Blood Cell Analysis in two segments taken 48 hours apart. The first segment shows spontaneous cell death. The second segment shows the cells after drinking structured water. The cells are shining with light and vitality. Notice in the first segment how cells on the screen simply disappear (die) while in the second segment that is no longer happening.***

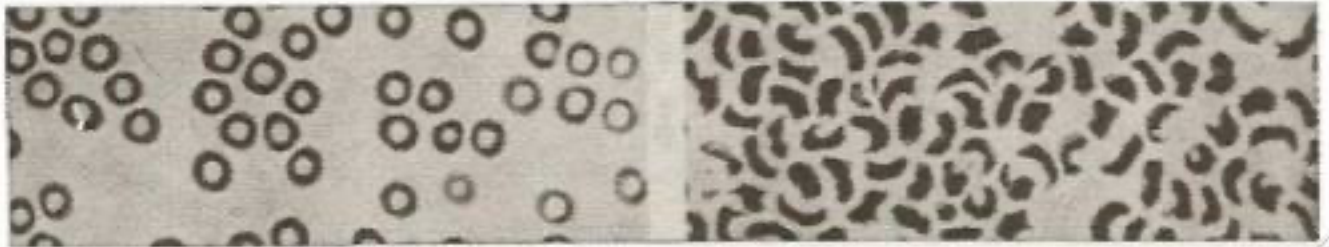
***Scientifically speaking, this is the crown jewel of Water Magic. It shows that we can recreate the human body from the inside out simply by changing the water a person consumes.***





If people only realized that a happy body cannot exist as a normal body without a happy state of Mind, there would be no "mental cases," or insanity, stomach ulcers or heart diseases.

One little example of such effects should be enough. Consider the red blood corpuscles as that example. The blood is the basic



*For those who would like to listen to a discussion about the points presented on this page, there is a recording available:*

*"Scientific Minds Want To Know"*

**00:0000:00**

*Or download here:*

<http://thewellnessenterprise.com/recordings/Scientific-Minds-Wants-To-Know.mp3>

*(Hint: to save to your computer, right click the link*

***and then choose either "Save Target As" or "Save Link As")***

***Whether you call it "structuring", "energizing", "activating" or something else, we can all agree that there is an enormous amount of interest globally in restoring coherence and vitality to Water and ourselves. As the industry expands and new reports, studies and videos are published, we will continue to publish them here so you may be well informed about the science of Structured Water.***

**[Observational Study #1 Kidney Dehydration](#)**

**[Observational Study #2 Sports Drink Analysis](#)**

**[H4H Report – Hydration Biomarkers and Dietary Fluid Consumption of Women](#)**

**[A great interview with the inventor of the GDV machine that measures the energy of water, Konstantin Korotkov "](#)**

**source:**

**<https://thewellnessenterprise.com/scientificminds/>**

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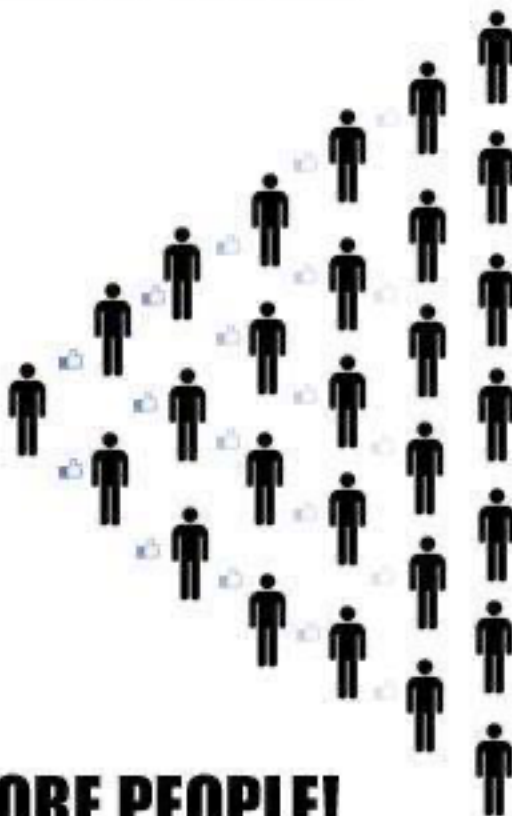


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