



Water - much more than H₂O

If you suffer from water retention, cellulite, arthritis, gout, rheumatism, gallstones or kidney stones, obesity, diabetes, high blood pressure, stomach ulcers, digestive problems, migraines, chronic fatigue syndrome, skin problems, strong body odor or unexplained pain, it could be due to (not drinking) water. The same reason may apply to multiple sclerosis, Alzheimer's disease or cancer.

The amount of water drunk has a massive influence on well-being, performance and regeneration capacity. If there is no regular "replenishment" from outside, your organism takes water from the cells to maintain its functions as well as possible. If there is a lack of water over a longer period of time, diseases will develop. And already existing diseases get worse.

The need for water varies from person to person, a general guideline is 30 ml/per kg of body weight, more in the warm season or when consumed through sweating or sports. A person weighing 60 kg should therefore drink 1.8 l of water a day. Not all at once, but distributed throughout the day.

Why do many drink too little water?

Children or older people often forget to drink. There are several reasons for this

- The feeling of thirst is missing.
- Elderly people with incontinence or prostate problems are afraid if they drink they will have to visit a toilet at night or on the road.
- Young people often quench their thirst with sugary soft drinks because they are addicted to sugar.
- Those who think that other fluids, beer, for example, contains so much water that they no longer need to drink it, are mistaken. Beer dehydrates. That is, it withdraws water from the body. Coffee, like beer, requires three times the amount of ingested water to compensate for the resulting loss. The flushing out effect occurs because your body is trying to get rid of any toxins as quickly as possible - alcohol, which draws water from the brain cells in particular; caffeine, which causes the adrenal glands to excrete stress hormones; or other substances in drinks that are toxic.

In a healthy organism, there is more water inside the cells than in the intercellular spaces, the "extracellular matrix". However, if the cells have released water into the "extracellular matrix", for example in order to dilute toxins located there that have not been excreted, their own activity is restricted. All cell types show this behavior equally. As a result, waste products generated by cellular metabolism are no longer disposed of from the cell. Nutrients

that require water in the cell in order to be processed by the cells are no longer available, even though you have ingested them.

Your brain, in order to maintain its energy for its many tasks, requires more water than any other cells in your body. If this is not available, you may be plagued by negative emotions, such as anxiety or aggression, and even depression. Chronic fatigue and headaches are often a typical sign of water deficiency.

Any pain can indicate a lack of water. When there is a lack of water, the brain activates the neurotransmitter histamine, which then ensures through subsequent regulatory mechanisms that the amount of water in circulation is redistributed. During this redistribution, pain-registering nerve pathways throughout the body can become irritated. If you were possibly prescribed antihistamines for pain in order to cancel the irritating effect of the body's own histamine, other mechanisms for which histamine is important are prevented from functioning. If you have been prescribed "water tablets" (diuretics), their long-term use can cause your body to forget how to regulate its own fluid balance.

What does "pure" water mean?

In Europe, tap water is regularly tested for pollutants in a certain quantity, the so-called 33 "priority" chemicals. Limits determined in the laboratory on water fleas in short-term tests are rarely exceeded, but this does not mean that the water is "pure". This is because there are about 30,000 different substances in Europe that are produced and used and can therefore also end up in the water. 200 of them have already been detected, and these are substances for which detection methods exist. Of these, about one third are considered to be of concern, as there is too little data available on their accumulation over a longer period of exposure or on possible interactions. Wastewater treatment plants are only capable of filtering out pollutants to a limited extent. For example, residues of painkillers, the pill or X-ray contrast media remain in wastewater. Plasticizers from plastic bottles also contaminating water.

Normally, water from artesian springs is less polluted, as fewer contaminants enter from the surface. However, it often contains higher amounts of dissolved magnesium and calcium salts that cannot be processed by the body. Therefore, it makes more sense to take in minerals through food (fruits, vegetables, herbs) because then they can be processed by the body. Water that contains fewer minerals is able to bind more toxins in the body and then flush them out. Tap water, even if it comes from very deep reservoirs or springs, can be contaminated by "contaminated sites" [1]. A high number of such "contaminated sites", whose "suspicion of danger still has to be clarified", exist in Germany in every federal state [2].

Chemical substances may also be added by water suppliers to make the raw water "drinkable" [3]. If you want to drink reasonably clean water, it is worth buying a water filter. In the meantime, there are filters that are able to purify water more intensively than sewage treatment plants do.

Chemically clean is still far from "pure"

Even if water is purified from the chemical residues by various methods, according to the research of top-class scientists, including two Nobel Prize winners, the "physical fingerprints" of the substances/chemicals can still be detected in the form of electromagnetic vibrations [4]. Based on this research, it can be assumed that when you drink, your body is still influenced by the vibrations of the substances that were present in the past, even if they are

no longer present chemically, because everything in our body also vibrates and the frequencies present in the water combine with the body's own frequencies.

Vitality of water

Research indicates that water from straight water pipes, where the water is moved forward with artificial pressure, loses important properties. In nature, water forms vortices that may break up existing structures. At natural interfaces (e.g., rocks, minerals), vortices create new "information" that can imprint water like a stamp [5]. Water forms a special structure on water-loving (hydrophilic) surfaces, such as those found on all cell membranes, molecules, and proteins in cells, which could allow large amounts of information to be stored like a kind of mutable hard drive. With a water whirler, for example the "Wirbelino" [6], which fits almost on every bottle, living water can be produced at home.

Water as a storehouse of information - homeopathy uses it

Water seems to be able to react to thoughts, feelings, words and symbols. Intensive research is currently being done on this subject. If you are aware of the fact that your body consists of about 70% water, you yourself have a great influence on the structure of your body water [1]. However, since water is contained in the cells of all living beings, your thoughts and feelings - both electromagnetically generated by brain or heart - could also be transmitted to other people, animals and plants via water. Abraham Liboff, one of the pioneers of research on electromagnetism, therefore refers to water as a "Shared Being" - something "alive that connects everyone" [7].

The scientist Cyril Smith, through his research in homeopathy, has also studied the medium of water as a storehouse and transmitter of information. According to his research, information imprinted on water can be stored indefinitely and can only be changed by raising its temperature above 70°C or by reducing the earth's magnetic field [8]. In the aforementioned paper, Smith, citing research by Del Guidice and Preparata [9], also describes the various techniques for imprinting and reading frequencies found in water. Further evidence that homeopathy also works in high potencies is provided by the research of Prof. Alexander Konovalov [4].

Advocating for local water

Access to clean drinking water is a human right. We are made to believe that "climate change" is the cause of a future water shortage. This IS man-made, but not by CO2, but by pollution, poisoning, unecological agriculture, high consumption by industry and private corporations that secure rights to use springs and groundwater, which is then exploited without limits and then sold expensively in bottles [10]. If water is privatized or "regulated" by superior, non-local institutions, the quality is no longer verifiable and can be used as leverage. Only those who have money or, for example, have to scan their digital currency code for it, as in Nigeria [11], will be able to afford the expensive water or acquire it through a desired behavior.

Summary: Not only the quantity and purity of the water you drink are crucial for your health. Your thoughts and feelings also influence whether the water you drink is wholesome. Everyone is called upon to treat our source of life with care and to preserve its conservation in its place!

Literature:

[1] Voeikov V, Korotkov K

The emerging science of water

CreateSpace Independent Publishing Platform, 2017

[2]

<https://www.umweltbundesamt.de/daten/flaeche-boden-land-oekosysteme/boden/altlasten-ihre-sanierung>

https://www.umweltbundesamt.de/sites/default/files/medien/3630/bilder/dateien/2_tab_altlastenstatistik_2022-10-21_0.pdf

[3]

https://www.umweltbundesamt.de/sites/default/files/medien/5620/dokumente/24_bekanntmachung_der_liste_der_aufbereitung_sstoffe_und_desinfektionsverfahren_gemaess_ss_11_der_trinkwasserverordnung.pdf

[4]

<https://www.hahnemann-gesellschaft.de/en/pressemeldungen/new-horizons-in-water-science-grundlagenforschung-homoeopathie/>

[5] Pollack G

The fourth phase of water: Beyond solid, liquid and vapor

Ebner & Sons, 2014

[6] <https://www.wasser-hilft.de/wirbelino.htm>

[7] Liboff A

Subtle Electromagnetic Interactions in living things

In: Bioelectromagnetic and Subtle Energy Medicine, Rosch P J (ed.)

CVC Press 2014 a, 2. Edition, p. 121-124

[8] Smith C W

“The Diagnosis and Therapy of EM Hypersensitivity” “EM Fields in Health, in Therapies, as Hazards”

Detailed Information to Supplement Slides, 18th. Ann. Intl. Symp., Dallas 2000

[9] Del Giudice E, Preparata G

A new QED picture of water

In: Macroscopic quantum coherence, Sassaroli et al. (Editors.)

World Sc., Singapore 1998, p 108-129

[10] <https://www.auf1.tv/gesund-auf1/wasserfluechtlinge-und-giftstoffe-geht-uns-das-saubere-trinkwasser-aus>

[11] <https://www.rubikon.news/artikel/nahrung-als-waffe>



Dr. phil. & HP Cornelia Renate Gottwald, Your Holistic Health Coach since 2006
Von Eichendorff Ring 10 a, D - 84405 Dorfen, Phone 0049-8081-9158, www.best-in-balance.de