

# BEYOND Alkaline Water

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The  
WellnessEnterprise





# Love authenticity trust impeccability & integrity

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## BEYOND ALKALINE WATER

My health failed at a young age. Only 30, I was suddenly thrown into unknown territory, on a quest to find out what was wrong with me and how to treat it. It was the beginning of what would become a seven-year odyssey of discovery, education, and healing. The knowledge I gained, both through research and experience, led me to make several choices and changes along the way. Initially, I had to determine if I wanted to treat the symptoms or find the cause. In the end, though, the choice I had to make was a life-shaping and changing one.

During those seven years, I learned a lot about balancing my life, stabilizing my health through diet, exercise, and stress reduction. It also became apparent that one of the keys to improving my physical health was maintaining a neutral pH. I also became keenly aware of the way water affected my health, in ways both good and bad. Water is vital to life, and because 70 percent of my body is composed of water, I knew that water is a key ingredient to good health and longevity. However, I didn't know that water isn't always healthy—the wrong kind of water can actually make a person less healthy and cause illnesses, pain, and sickness.

My health was stabilized when I was introduced to alkaline water, yet I was still teetering on the edge of illness. I was convinced that alkaline water was best for my body, and I drank it for two years. Alkaline water helped me to make a full recovery and to heal a disease that doctors prefer to treat with a lifetime of prescriptions. I am immensely grateful for alkaline water, AND I have stopped drinking it. What follows is my story, the knowledge that I gained along the way, and some information that will hopefully help you save some time and money, while enjoying the benefits of living in vibrant health.



While learning about all of these different types of waters, I have made the following conclusions:

- There may not be a single best water for anybody to drink for their entire lives.
- The energetic properties of water are more important than the chemistry of the water.
- Water that comes directly from nature or at least bio-mimicry is a good place to start.
- Alkaline water is out of balance and useful for stabilizing an out-of-balance body.

## MY STORY

I know water. I've made it a point to learn everything I can about water and water filtration. I've also spent more money on water filters than anybody you'll ever meet. Not only that, but I have also worked in the industry and sold a great variety of water filters, each touting different benefits and advantages.

Like other types of water, alkaline water has its benefits. I know—it helped me improve my health. While knowing that, though, I also know that alkaline water is a short-term solution as a medicinal tool. On a long-term basis, it carries risks and has side effects. In essence, over time, alkaline water begins to harm the very body that it helped to heal.

First, let's take a look at some of the healing effects of alkaline water, which has created miracles for some people, including my friend, Kim.

Kim was in her late 30's and had four children when breast cancer, combined with toxic overload from medicines, caused her kidney function to fall by over 90%. Her doctor gave her only three to six months to live. At that time, her pH was down to 4.1; if it fell below 4, she was expected to die. It was then that Kim started drinking alkaline water, and her health took a turn for the better. Three years later, Kim is still alive, and her pH is very acidic, but at least it is up to 5.3.

Now, that is amazing! In the two years I spent selling alkaline water machines, Kim's was the most dramatic story that I was personally involved in. She is not alone, though. There are other, similar, stories published on the Internet, a substantial number of which I am sure are true.

Alkaline water might just be one of the most powerful and holistic protocols available for medical interventions and balancing some, but not all, bodies stricken with serious disease. Yet, I still cannot support drinking alkaline water on a long-term basis. The rest of my story explains why.



*Today, people marvel at my energy and vitality, but it wasn't always that way. There was a time when I was plagued with illness. In 2000, I was in pain every day.*

For more than a year, I had suffered with diarrhea and my stomach hurt. I burped acid, and my joints and ligaments were so sore that I thought I had crested the hilltop toward old age. Yet, I was only 30 years old.

Traditional doctors told me I needed a very strong antacid. Prilosec was recommended and I was told to take a pill every day for the rest of my life. Like so many people, I followed doctor's orders and did what I was told. I grabbed some Prilosec on the way home and started my daily pill regimen. But it didn't sit well with me, for several reasons. I wasn't comfortable taking a pill every day ... for the rest of my life. I wondered about side effects and the possibility that I would need a stronger dosage or medicine over time. Questions and concerns weighed on me until I realized that this was not a rabbit hole I wanted to travel down.

Realizing I was treating the symptom, but not the cause, I decided I needed to approach my health problems from another tactic. So, I stopped taking my pills after a few months and endured the pain as I began to search for the cause of my problems.

My doctor had diagnosed me with IBS (Irritable Bowel Syndrome). As I reflected on my condition, it became increasingly clear that I didn't want to follow my doctor's advice. It simply was masking the problem, but was not contributing toward treating the cause. It was evident to me that *something* was causing my health issues, and I



became curious about how I was living that was incongruent with optimal health. At the time, I had no idea how long it would take to find the answers I needed.

My journey toward good health had well acquainted me with almost every type of healer on the South Shore of Boston, including those who specialize in nutrition, homeopathy, acupuncture, chiropractic, massage, Tong Ren (healing with energy), breathing, counseling, and transformational alchemy.

*“For years, I endured diets where 75% of everything I consumed was rice and avocado.”*

I’d given up wheat, gluten, and dairy and forgotten how sweet it was to eat ice cream on a summer day. I also phased out alcohol, while essentially refining my diet to a very narrow one. It wasn’t fun, but at least my stomach didn’t hurt anymore. Part of this was trial and error in order to learn what helped, as well as what didn’t. But I wasn’t shooting in the dark—the changes I made were based on education and research. To use more scientific language, I learned that when my body was acidic, I was in trouble, and when it was more alkaline, I was healthier.

Along the way, I came to appreciate and love my IBS. I know that may be difficult to believe, especially for others who also suffer from IBS. For me, though, I found IBS to be a thorough and patient teacher. It taught me about balance and forced me to migrate my diet to more whole, raw foods and away from processed foods, sugars, wheat, dairy, and alcohol. I also learned to manage my stress and began to exercise for at least 25 minutes three to four times a week. Essentially, I learned that if I took care of my diet, exercise, and stress, my body held up pretty well.



I dove right in and made the switch to alkaline water. Within three months, I noticed a startling change—so much so, that for three consecutive days, I was able to eat pizza and ice cream and drink a couple of beers. I was so excited. It seemed I was well on my way to being able to eat like a “normal” person again. You really can’t imagine the pure joy of being able to enjoy food and flavors, something I’d missed much more than I realized.

## A TURNING POINT

My health was on the upswing, although it wasn’t yet perfect. Then, I learned about alkaline water. As soon as I was told I could change the pH of the water in my body, the light bulb went on. Eureka!

*Like everyone, I know I am made of water, and I immediately understood that if I changed that water, I could change everything. It seemed almost too easy, yet it made perfect sense. I can’t live without water, so if I want to improve my health, water is the key!*

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There is an analogy I like to use to explain how I felt. At the beginning of my seven-year journey of discovery and learning about my health, I felt like I was walking on a tight rope where I had no slack, cushion, or freedom with my behaviors. One small slip and I’d fall. After developing a significant level of competence with balance, I was able to manage my stress, diet, and exercise in such a way that my stomach issues no longer felt like I was walking on a tight rope, but rather a balance beam. I had more freedom and felt safer and more comfortable. The balance beam time period was fantastic compared to a tight rope, but still it was very challenging.



Attributing the improvement in my health to alkaline water, I harnessed my passion and shared the story. Despite my testimonial and passion, the marketplace was unmoved. I sold a machine here and there, but it was clear that the marketplace was selective and they were rejecting alkaline water.

When I drank alkaline water, it was like leaving the balance beam to return my feet to solid ground. I was stable and could tolerate interruptions to my regular healthy diet. To me, this was a miracle.

During the two years I spent drinking alkaline water exclusively, I believed in it so much that I started selling alkaline water machines and expected it to become a new way for me to earn a living. I scheduled talks, made calls, filled water jugs, served people water, provided water for outdoor events for thousands of people, handed out fliers, DVD's and newspapers. I met with high-level corporate officers at Fortune 500 companies, superintendents of public schools, deans of colleges, and many others in an attempt to persuade them to convert to alkaline water.

My passion was fueled by all of the literature, articles, and stories I'd read about the benefits of alkaline water, as well as my own improved digestion system. In spite of my passion and my belief in alkaline water, for the first time in my life, I struggled to make sales. I was baffled. I have been a top salesman at everything I have ever done. The company I represented showcased many people who had succeeded in earning a living selling their machines. So I persevered, keeping after my dream with passion, knowing that if somebody could do it, then I could, too. I was so sure of myself that I even bought a second machine to loan out to prospects, so they could feel the difference alkaline water made them feel, too. Nevertheless, the doors I was trying to squeeze through kept shutting.

Undaunted, I broadened my repertoire. I learned more and more about water quality and water filters. I did due diligence on a huge number of products and sold at least one of most types of them. Among them, I sold bottle-less water coolers to offices, vending machines that purify water and fill reusable bottles, under-the-sink ultra-filtration filters, filters that attach to the faucet, refrigerator filters, whole-house units, water pitchers, and then alkaline water pitchers, alkaline water vending machines, water bottles that filter, and even straws and stirring sticks that filter water.



Most people are unaware of the powerful impact water can have on helping to balance the body.

All of the above helped me to have a very well-rounded opinion about the biology and chemistry of water. I gave presentations and taught the ABC's of water filtration. I taught people how to use a national database to look up the toxins in their local water and filter them out. In short, I became a “healthy” water guru—an expert on deriving the greatest benefits from the water we consume. But, I didn't know what I didn't know ... yet.

*And then, I learned about something that changed everything...*

## THE ALKALINE WATER SEE SAW

When I first started drinking alkaline water, my body was out of balance. I was acidic and working very hard to bring my body back into balance.

It was a constant struggle, and I was sweating it. Alkaline water was a huge game changer, and I became a true fan and believer. After I became more balanced, though, my mind shifted and I began to wonder if there could be long-term implications of drinking the water. If it was strong enough to balance the see saw when I was acidic, what would it do when I was balanced?

My concern was that alkaline water would take me too far in the other direction. It was reducing my acidity and raising my pH—but would it reduce my acidity too much or raise my pH too high? And if it did, what problems would that cause? I had never thought about those possibilities when I bought my alkaline water machine because my sole focus was on reducing my acidity.



One need look no further than cost to see that Structured Water is anything other than business as usual. Structuring Devices are inexpensive and have a lifetime warranty and no additional costs, EVER!

So, I went back to the drawing board and conducted some more research. That's when I learned about alkalosis. Alkalosis occurs when a body is too alkaline and the free calcium in blood starts to bind with protein. The National Institutes of Health reports light-headedness as a common symptom of alkalosis, as well as confusion. Other symptoms may include muscular weakness, myalgia, muscle cramps, muscle spasms, and tremors.

It became apparent that alkaline water has its benefits, but there are risks associated with long-term use. The more I thought about the see saw, the more I sought a different solution. That's when I learned about the simple elegance of structured water.

## STRUCTURED WATER

Did that catch your attention? It caught mine. Structured water is a new paradigm in water distribution and consumption. To reiterate, structured water devices can be purchased with a one-time purchase that actually lasts forever, turning any water source into energized, healthy drinking water.

I was interested in the new devices, but I was hesitant to spend too much time on them because of my confidence in alkaline water. However, my concerns about the long-term use of alkaline water and curiosity about structured water claims compelled me to learn more about structured water and how it works. What I learned over the next months blew my mind. Structured water:

- Functions by allowing water to move over special geometric shapes, just like having a mountain spring right where you are.
- Restores the energy of water, rather than tinkering with the chemistry. This, to me, is big! I really liked this because I know there have been a lot of breakthroughs in quantum physics and people are beginning to understand that we are energy. We are also water. In that case, shouldn't the water we drink have energy? Shouldn't it be alive?



- Hydrates the body better because it has an electric charge, allowing it to penetrate cells more easily.
- Is a one time purchase and saves people money by not replacing moving parts or filters.
- Helps to restore the earth's resources. As people experience and feel the energy of structured water, they won't drink anything else. Bottled water becomes irrelevant. Also, as more structured water is created, some of it returns into the earth and entrains the water there. Eventually, all of the earth's water will be structured like it was before it became polluted, treated, and/or processed.

Structured water has different properties than tap or bottled water:

**Safer for your body:**

ALL toxins are neutralized

**Better Hydration:**

Lower surface tension means water penetrates into your cells

**More Vitality:**

A measurable increased in the energy of your water

As I already attested to earlier, I'd spent more than my fair share on water filters, so I figured I might as well buy a structured device, as well. I chose a shower unit, due to the fact that I wasn't using a shower filter at the time and wanted to feel if the water made a difference on my skin. Plus, a shower unit would also give me the ability to drink the water if I wanted. Now, having both alkaline and structured water in my house, my body had a choice. Structured or alkaline?

I started drinking some structured water, but the ratio was still about 4 to 1 in favor of alkaline water. And then...I purchased a garden unit. My garden started to grow, and grow, and grow! Just like us, plants are made mostly of water.

These pictures were taken on the same day in my garden (at left) and at a farm down the street (at right). By the end of the season, our corn was almost 12 feet tall (4 feet taller than the farm's).

They say a picture is worth a thousand words. Well, after seeing my garden grow, I saw an obvious similarity between people and nature. I could see that the cells of plants are made of minerals and water, and so am I. So if my garden was benefitting from structured water, it made sense that I would, too. It was only my third year of gardening, and my produce was so prolific that I had to open up a farm stand and sell the excess to keep it from going to waste.



## THE THINGS I LEARNED ABOUT STRUCTURED WATER WERE MULTI-FACETED:

### SHOWERING:

I noticed that my skin seemed to respond fairly well, but as I am not used to paying much attention to my skin, this wasn't very important to me.

### DRINKING:

I know how important hydration is and, as a result, set a goal of drinking at least a gallon every day. When I was drinking alkaline water, there were days when this felt like a chore and sometimes I came up short. As I was switching to structured water, I noticed it becoming easier and easier to meet my goal. I always drink at least a gallon now and sometimes more, and I love it.

### LEARNING:

As time went on, I wanted to know more, so I read more about structured water. I learned how, as energy, it goes to work in every area of life. I learned:



To truly experience the impact of structured water, watch the videos from an organic strawberry farm that started using structured water.  
<http://thewellnessenterprise.com/agriculture/>

- About people swimming in chlorinated pools and not getting red eyes, and about people who reduce the use of chemicals in their pool, choosing to rely on structuring, instead.
- How hot water heaters discharge mineral build up when given structured water, which prolongs their life.
- That people love the taste of structured water, even if they have significant concerns about their source water.
- That people have and feel more energy when they drink structured water.
- About farmers whose produce was dramatically altered by watering with structured water just a few times.

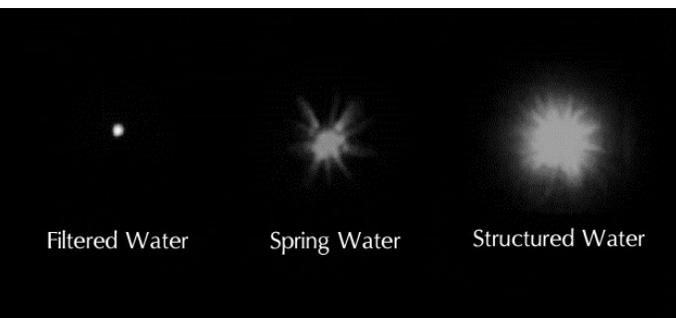
#### GARDENING:

This is the area that changed everything for me because I could see proof. We've been taught in our world that "seeing is believing," and my garden's growth and bounty convinced me that structured water made a difference. I wanted those benefits in my body, as well as my garden. <http://thewellnessenterprise.com/agriculture/>

#### ENERGY:

One of the reasons I am in the water business is because my energy was depleted by my corporate job. Given my past health challenges, I never expected to have the level of vitality that I have now. I exercise for at least an hour every day, but the most surprising part is that on the occasions when I want to add a second hour, my body has the stamina to rise to the challenge.

Over a period of months, I became very impressed with structured water and wanted to know more about the science behind it. Here is what I learned:

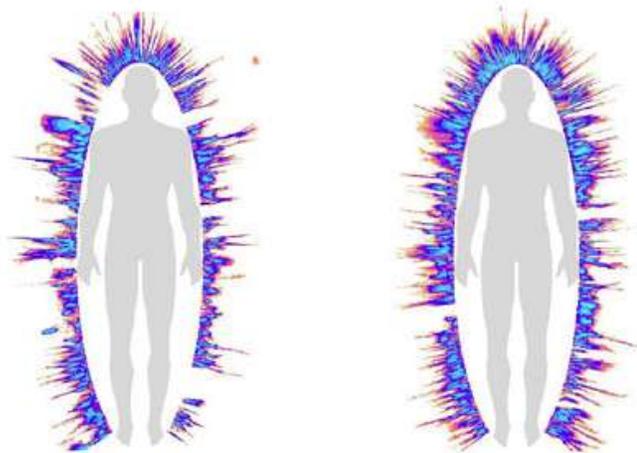


Gas Discharge Visualization (GDV) measures energy fields. The image to the left shows the differences in the energy of water. (Yes, water has energy.) The small dot on the left reveals the energy of distilled water. The energy of naturally occurring spring water is depicted in the middle. At the far right, spring water has been restructured using the same device I have. As you can see, there is a remarkable difference in the energy fields, with the energy of structured water far surpassing those of the other two.

When we drink structured water, we benefit from its energy. That energy is then transferred into our bodies, as depicted by the above illustrations.

When we drink structured water, we benefit from its energy. That energy is then transferred into our bodies, as depicted by the illustrations to the left.

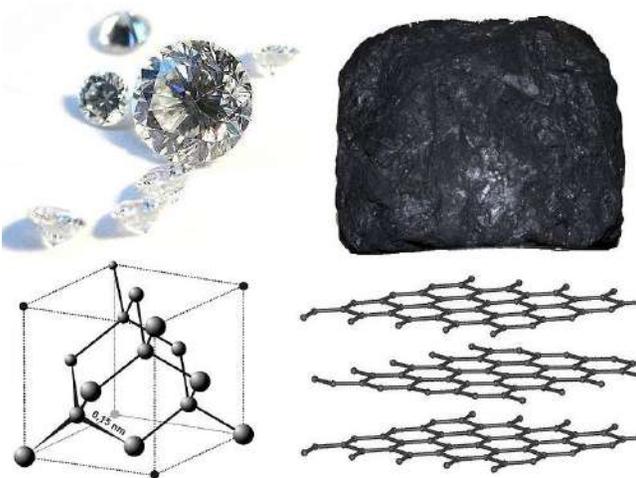
*Think about it: You can have more energy in your body just by choosing water that has more energy in it. That is both simple and impactful.*



The structure of water stores energy. What would you do with between 10 and 40% more energy?

Still, I wanted more proof, and what better proof is there than actually experiencing it first-hand? Everybody who has ever gone swimming in a chlorinated pool knows that spending time in chlorinated water can burn their eyes and make them turn red. It can make their hair become dry, discolored, and brittle and dry their skin. Well, one of my clients installed a structuring device for his pool and invited my family for a swim. We stayed in the pool for hours and didn't experience any of the usual irritants. That was an interesting experience and one that continued to validate my growing belief that structured water is very different.

I learned about Rustum Roy, a materials scientist with professorships at Arizona State University, University of Arizona, and Pennsylvania State University. Here is one of his famous quotes.



Traditional water filtration reduces or removes contaminants. While most filters reduce or remove a very small number of contaminants, they are typically able to remove the majority of chlorine. This is very important because removing chlorine improves taste and leaves the consumer with the illusion that their water has been purified. While physically reducing or removing contaminants does help some people feel better about the water they drink, bathe in, and cook with, it misses something that is much more important: **the energy!**

*“Structures change properties vastly more easily and dramatically than chemistry changes them.”*

*- Dr. Rustum Roy*

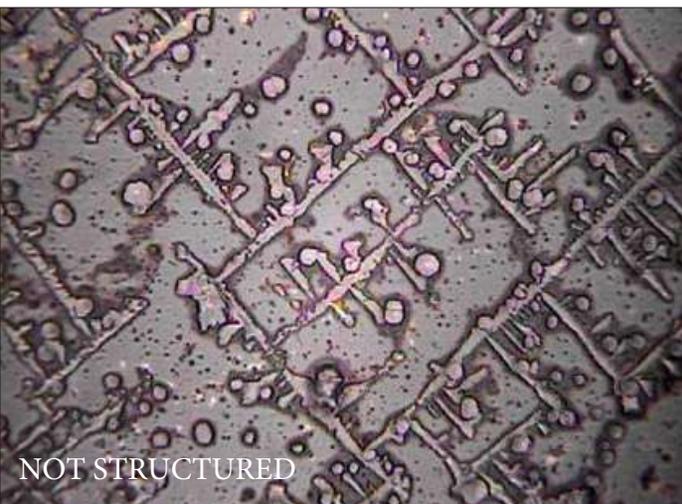
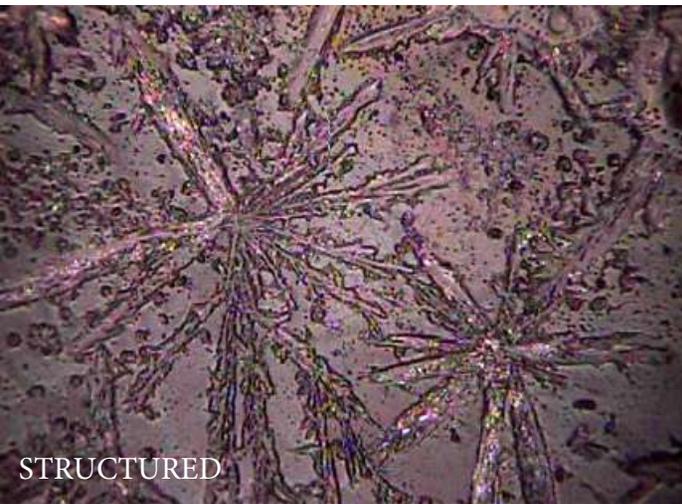
It took me a while to fully understand this, but eventually I got it. The majority of the conversations and the concerns about drinking water are focused on chemistry, but it is the energy, rather than the chemistry, that is most impactful.

Consider the fact that the chemical makeup of both coal and diamonds is carbon —yet, the two have very different properties due to the shape of the bonding angles in the carbon. By extension, if we change the bonding angles in water, we change the properties. It is the properties of water that change, not the chemistry. The pictures to the left illustrate this concept.

These pictures reveal coal and diamonds, both of which have the same chemical makeup, but very different properties. It is the structure of the bonding angles in the molecules that determines whether it becomes coal or a diamond. While they are vastly different in appearance, they have the same chemistry. To us, though, one is much more valuable than the other. How many times have you heard of someone proposing marriage with a ring made of coal?

## WHAT ABOUT TOXINS?

Everything on the earth is connected. Consider how mercury ends up in fish. It is produced by factories and released into the atmosphere, where it can travel hundreds of miles before falling to the ocean. It is then consumed by plankton, which is then eaten by fish.



These images show the difference in hydrogen bonding angles created by structuring water. This is how structured water neutralizes toxins.

Recognizing this connection, it seems pretty irrelevant to think your water is going to be substantially different than the water at the nearest water utility. Given that their test results are already paid for and posted online, it is easy to find out which toxins are in your water by doing a simple online search—all without spending a dime.

Traditional water filtration reduces or removes contaminants. While most filters reduce or remove a very small number of contaminants, they are typically able to remove the majority of chlorine. This is very important because removing chlorine improves taste and leaves the consumer with the illusion that their water has been purified. While physically reducing or removing contaminants does help some people feel better about the water they drink, bathe in, and cook with, it misses something that is much more important: **the energy!**

An independent laboratory tested water from a portable structured water device with tap water and found:

**Not only biologically, but also in technical terms, there are very clear results that the quality of the water has increased after treatment with the Nolte Coherent Structured Water Unit from the company ARLIS HISPANIA S.L. The crystallization process has had extensive restructuring in which the bioavailability of the water has been significantly improved.**

**Therefore, the sample has achieved a water quality level that is normally only to be found in high-quality natural spring water. In comparison with the neutral sample, or other comparable tap water, it definitely shows a considerable improvement in quality.**

**The sample was evaluated with the grade of 1.8 and the result was Good with a tendency to Very Good. This demonstrates a very clear advantage for the consumer when using this device.**

When dealing with the world of energy, structuring water causes a physical change to the hydrogen bonding angles, which in turn causes an energetic change.



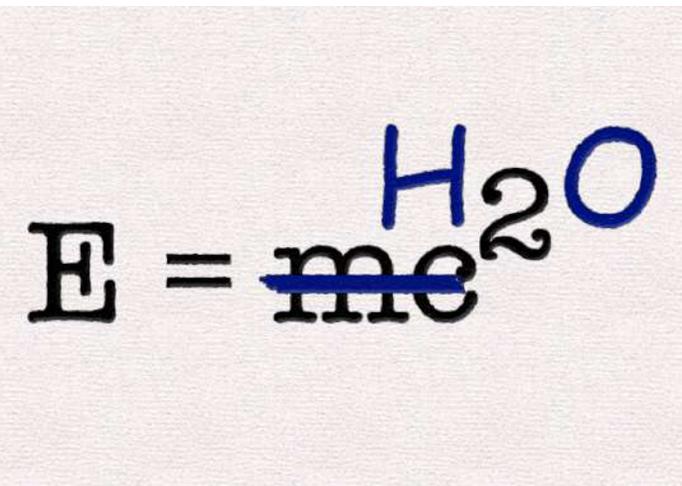
Applying the principles of homeopathy to water filtration, it becomes clear that traditional water filters address the chemistry of water, while ignoring the energy of it. Even when a filter removes the physical substance in water, it fails to address the energy of it. We are energetic beings. Life is energy.

Homeopathy offers an important pathway to understanding the distinction between removing physical contaminants and their energetic signatures.

We live in a physical world, but we are energetic beings. As we begin to understand this and recognize the power we have to control our own energy, we become more self-sufficient and less likely to support the economy with needless consumption. The truth is, it is much easier to sell things to obese, sick, and overworked people than it is to sell things to people who live in an energetic state, thus recognizing their own power to create. The world of energy is new to many of us, and it offers amazingly satisfying results, sometimes with very simple effort.

Homeopathic remedies are made by adding a physical substance to water and then succussing (pound or shake) and diluting it until the point where there is no longer any trace of the physical substance left. Physically, a homeopathic remedy is water. Energetically, a homeopathic remedy includes the energy of the physical substance that was diluted. With nothing but water physically present, homeopathy is used to treat a wide range of ailments.

Applying the principles of homeopathy to water filtration, it becomes clear that traditional water filters address the chemistry of water, while ignoring the energy of it. Even when a filter removes the physical substance in water, it fails to address the energy of it. We are energetic beings. Life is energy. Does it make sense to ignore clear evidence that suggests there is more to water than chemistry?



Dr. Gerald Pollock from the University of Washington asserts that water isn't really just H<sub>2</sub>O, but that it is rather a constantly morphing liquid. A contrasting view is offered by scientists at the U.S. Department of Energy's Lawrence Berkeley National Laboratory, which has evidence that liquid water is shaped in a tetrahedral arrangement.

## SCIENTIFIC CLAIMS

Science can be technical and difficult to understand at times, if you're not a scientist. However, it is also necessary to fully understand the properties of water, as well as the various devices we use to filter and alter the water we consume. Since we need to address scientific claims about structured water, I will attempt to present those claims in an uncomplicated, easy-to-understand manner.

Structured water companies claim that their devices alter the molecular structure of water, which creates the different properties of the water. They point to the evidence of the restructuring by showing incredible plant growth, reduced scale and calcium buildup, chlorine that doesn't irritate the eyes, and so forth. While the evidence is certainly there, it lacks specific scientific backup. For one reason, water molecules are smaller than waves of light and, therefore, cannot be seen.

Knowing that water molecules can't be seen, I was growing tired of hearing water companies make claims about what happens inside water molecules. So, I made it my mission to search for the oft cited NMR (Nuclear Magnetic Resonance) scientific proof. That search revealed that a large number of credible experts had all come to different conclusions.

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On the topic of NMR technology, there are a lot of websites making similar assertions, but their support is based on very little original work. I searched extensively to find a credible authority on the topic and found Paul Shin, PhD. Dr. Shin's



The strength of the alkaline water argument rests in the alkaline pH and the strong anti-oxidant properties of the water. These can be easily verified with reasonably priced handheld instruments. That isn't the issue at hand, however. The question is: On a long-term basis, is 9.5 pH water good for the human body?

credentials include 18 years of experience with NMR technology. He is in charge of two NMR instruments, the lab manager at California State University, Northridge, and has worked as a hardware engineer and sales representative for a leading manufacturer of NMR instrumentation. I was satisfied that he was a qualified expert.

One of the original sources of NMR research frequently cited in the water industry was published by Dr. Mu Shik Jhon. Dr. Shin reviewed Dr. Jhon's work ([http://www.csun.edu/~alchemy/Caveat\\_Emptor.pdf](http://www.csun.edu/~alchemy/Caveat_Emptor.pdf)) and concluded that there are no reports in scientific literature that verify the existence of hexagonal structures for water.

Citing the same NMR technology, alkaline water companies also make claims about water molecules. The citations are so widespread at this point that many people believe them just by the sheer number of times the information can be found. Micro-clustering may indeed be a real phenomena, but the scientific proof has yet to catch up with the possibilities.

While micro-clustering and hexagonal water are dubious claims, alkaline water does have some specifically measurable properties that can be easily verified.

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The answer to this question is up for debate. On one hand, credible doctors, such as Dr. Robert Young, have created entire platforms dedicated to help people alkalize their bodies. On the other hand, though, doctors like Gabriel Cousens conclude that alkaline water may be a positive short-term therapeutic, but repeated personal intake may cause a loss of balance. This was precisely my concern after alkaline water helped me achieve balance.



I also learned that alkaline water begins to degrade as soon as it is made. Personal testing has shown the pH in the water can last for a week or two; however, the anti-oxidant potential diminishes rapidly. Alkaline water is a good source of antioxidants, but it shouldn't be your only source because it degrades so rapidly.

When faced with so many credible scientific opinions, I like to turn to nature. The Japanese scientists who found alkaline water, modeled their discoveries after several places on the earth, such as Lourdes France, that have highly alkaline springs. Testing the water, they not only concluded it was very healthy for people, but also that the high pH and anti-oxidants were the primary reasons. They may have been correct, but it is clear to me that there is another possibility that has not been considered.

Is it possible that the real reason this special water was known for its healing properties is that it was coming from a living spring and the natural action of the water in the ground was as vital as, or maybe even more so, than the pH or the anti-oxidants?

Since opening my mind to the possibility that I could actually over alkalize my body, I've learned that 50% of people over the age of 60 are hypochlorhydric, meaning they have low stomach acid (Kitchen, J. Hypochlorhydria, 2001 as cited on page 85 in Pangman). This is important to note, especially because hypochlorhydria is related to the amount of pH and acid/alkaline in the body. Knowing that, I am even more concerned about my body's pH and maintaining balance. In fact, I now take a couple of teaspoons of highly acidic apple cider vinegar before meals to help my stomach have enough acid to digest my food thoroughly.

I also learned that alkaline water begins to degrade as soon as it is made. Personal testing has shown the pH in the water can last for a week or two; however, the anti-oxidant potential diminishes rapidly. Alkaline water is a good source of antioxidants, but it shouldn't be your only source because it degrades so rapidly. From this perspective, it's apparent to me that alkaline water is not a stable water that sustains itself and remains in its original properties in nature. Therefore, the anti-oxidants found in highly alkaline springs might not actually be the result of alkaline, but of



Chlorine is one of the simplest toxins to remove from water. The fact that it still remained in alkaline water was astounding. I was stunned. That is when I realized that in my excitement to use alkaline water to raise the pH in my body, I had taken some other, but just as important, things for granted.

something else. While there are many reasons to be drawn to the arguments about pH, anti-oxidants, and micro-clustering, there are equal arguments to consider that conflict with these perspectives.

## ALKALINE WATER AND TOXINS

Doing a presentation on various waters, I tested for chlorine in my tap water by using reagent drops that turn the water yellow when chlorine is present. As I conducted the demonstration to some prospects, I added the drops to tap water and got the expected response. I also added some drops to the water from my alkalizer. Expecting no reaction, I left that cup off to the side. After talking for a few more minutes, I noticed that the water in the cup had turned yellow, indicating the presence of chlorine in my alkaline water. Believe me, no one was more surprised than me.

Chlorine is one of the simplest toxins to remove from water. The fact that it still remained in alkaline water was astounding. I was stunned. That is when I realized that in my excitement to use alkaline water to raise the pH in my body, I had taken some other, but just as important, things for granted. I had not done a very good job of evaluating my alkalizer's capability of removing toxins. This left me curious—what else didn't I know about my alkalizer? I went back to my research. My unit was purchased from the biggest and most reputable company, so I visited their website, where I expected to find a report documenting the effectiveness of their water filter. I was disappointed when I learned that no such report exists and the only filter on my alkaline machine was a simple carbon filter.

Curious, I approached a scientist I knew who sold his own line of water alkalizers. What I learned from him put a significant dent in my confidence about the alkaline water I had been drinking for two years. One reason he had created his own line of alkaline machines was because of his experience working with a friend who



Structured water devices turn the drinking water paradigm upside down by coming with a 10 warranty and nothing additional to buy, ever. Most water filters are designed in such a way that the consumer has to spend money every 6 to 12 months on replacement parts.

performed service for the type of machine I own. He learned that the high voltage my machine uses can degrade the electrodes, causing the heavy metals to break down and fall into the water. The counter balancing argument is that the machines are constructed with medical-grade platinum and titanium. For obvious reasons, this story is nearly impossible to verify, which leaves a shade of gray about the ultimate truth. I was surprised about the hidden and unknown-to-the-public danger of these platinum and titanium plates, which I thought were a cornerstone and key benefit of alkaline water machines.

### *Money, Money, Money!*

Insofar as finances, there is no comparison between structured water and other types of water. Structured water devices turn the drinking water paradigm upside down by coming with a lifetime warranty and nothing additional to buy, ever. Most water filters are designed in such a way that the consumer has to spend money every 6 to 12 months on replacement parts. This residual income is one of the underlying motivations that cause so much waste in our economy and why businesses are so wealthy and people are so poor. With structuring water, the only moving part is the water itself, and an unlimited amount of water can be structured without diminishing the unit in any way. Therefore, there are never any replacement parts necessary. As if that wasn't enough, structured water devices from The Wellness Enterprise also come with a no-question-asked, 30-day money-back guarantee. When you buy a structured water device, you buy something that is representative of an era long gone by that we would all benefit from bringing back: the principle of solving people's problems by designing products that last forever. This is the only water device you'll ever hear of that can be passed down to your children.

With structured water, you have nothing to lose and a lot to save. Most people like to get their toe in the water before diving in all the way. If you're one of them and



Every time we install another structured water device, we create an energy cell that helps nature to restore water. As we send the structured water back into the ground, we feed the earth and help it return to a more natural state.

want to test the water before you make a complete switch to structured water, start by purchasing a portable unit ([www.thewellnessenterprise.com/shop](http://www.thewellnessenterprise.com/shop)). You'll be able to test the water everywhere you go, and the unit won't be redundant. Once you see how much you love it and choose to buy a whole house unit, you will have your home taken care of, as well as your water needs for traveling.

A whole house unit will take care of your drinking water, shower, outdoor spigots, and swimming pool, if you have one. It will extend the life of your appliances, improve your plants and/or garden, and generally change the energy of your entire property. In an era where many of us are so disconnected from energy and our land, it is immensely satisfying to see all of the animals that now call my little quarter of an acre home. The birds, butterflies, bees, rabbits, cats, and even an occasional skunk or turkey love my land—while some of them were here when I started with structured water, their presence has increased dramatically.

## STRUCTURED WATER AND THE EARTH

Every time we install another structured water device, we create an energy cell that helps nature to restore water. As we send the structured water back into the ground, we feed the earth and help it return to a more natural state.

Of course, there are other benefits to the earth, as well. Bottled water siphons water from specific sources and transports it in an insane waste of resources that can only be justified when the motivation of profit is seen clearly. As people experience structured water, they replace their bottled water habit with something they prefer even more. Not only does the need for exorbitant resources decline, but so does the amount of waste as fewer empty bottles make their way to landfills. As you can see, structured water is truly eco friendly.



Bottled water can't keep up with the innovation of structured water as energy is removed from water by the siphoning, bottling, and transportation processes.

## COMPARISON WITH BOTTLED WATER

Bottled water can't keep up with the innovation of structured water as energy is removed from water by the siphoning, bottling, and transportation processes.

Let's consider the measurement of energy in water. A GDV analysis of a brand of bottled water that owns a substantial share of the plastic water bottle market shows there is no measureable energy in the water. This is dramatic when compared to the energy in structured water.

*There is no comparison. Once you start drinking structured water, you'll never go back.*

Structured water is as simple as it gets. There are no moving parts. Water moves through the device in a very natural way, just like it does when it moves down a mountain. It's nature's water that brings a mountain spring right into your home.

## ELECTROLYSIS

Alkaline water is not produced in the same, natural, manner as structured water, but rather through a process called electrical ionization. Also called electrolysis, electrical ionization uses direct current (DC). It produces temporarily structured water. However, electrolysis uses much stronger forces than those generated in nature. The process is disruptive to the natural electromagnetic field around water molecules; the molecular structure of the water produced by this method begins to deteriorate soon after water has been removed from the electrical field. According to research published in the *Journal of the Japanese Society for Food Science and Technology*, the quality of alkaline ionized water deteriorates rapidly, regardless of preservation conditions.

Jim Busconi is a massage therapist who used to recommend alkaline water to his clients. Consider his words about structured water:

“I LOVE IT.  
NOTHING ELSE TASTES  
THE SAME.  
I DON'T DRINK ANY-  
THING ELSE.”

— Jim Busconi

Massage Therapist to Stars  
and Professional Athletes

Water ionizers use electrolysis to produce two streams of water—acidic and alkaline. Alkaline ionized water carries the positively-charged mineral ions, while acidic water holds the negatively-charged ions. Nowhere in nature does this happen—and no plant or animal organism is set up to utilize only the positively-charged ions, or only negatively-charged ions, on a regular basis. Long-term consumption of alkaline water has consequences which are not yet fully known or understood. As people consume alkaline water for long periods of time, we may know the full effects long-term usage has on the body and our health. Until then, nature provides me with sufficient evidence that structured water is the best choice—one that is aligned with nature and our bodies.

## DON'T JUST TAKE MY WORD FOR IT!

I've spent a lot of time researching and learning everything I could about both alkaline water and structured water. In the end, I believe that alkaline water can be beneficial in bringing the body into balance when it's not in optimal health, but I'm also convinced that it should be used on a short-term basis only. Structured water, on the other hand, is the water for life. The water has energy; it's alive and brings life to everything, including our bodies and the earth. The following quote by M.J. Pangman, author of *Dancing with Water: The New Science of Water*, supports my position.

*“When the energy used during any process destroys water's balance, there is a negative effect on its life force and a potentially negative outcome for the life form that consumes it. Conversely, water*



Also called electrolysis, electrical ionization uses direct current (DC). It produces temporarily structured water. However, electrolysis uses much stronger forces than those generated in nature. The process is disruptive to the natural electromagnetic field around water molecules; the molecular structure of the water produced by this method begins to deteriorate soon after water has been removed from the electrical field.

*that is processed using methods similar to those found in nature results in balance and a positive impact on living organisms.”*

My conclusion that alkaline water may not be the healthiest choice was supported by other findings which indicate that alkaline water might actually cause health problems, some of which are very concerning. Studies using rats (whose entire life cycle can be studied in a short period of time) reveal potential problems with long-term, exclusive consumption of alkaline ionized water. These studies indicate that alkaline ionized water may lead to organ (heart) failure. Perhaps this is one reason the cardiologist who did much of the original research on electrolyzed water developed another way to glean the benefits of alkaline ionized water without the potential negative consequences.

Although there has been no formal research or study conducted, there are also some claims by gastroenterologists that long-term consumption of alkaline water may be linked to future gallbladder problems. Others assert that alkaline water has the potential to affect calcium levels in the body. Like yin and yang, just as a body can be too acidic, it appears that too much of a good thing can be bad.

Still, I wanted to find a source who had experience with the effects of alkaline water on the body and could provide me with solid information proving or disproving what I'd learned. In doing so, I interviewed Gerri Kier, the owner of [Complete Nutrition Alliance](#). Her findings were enlightening.



As a Certified Nutritional Health Practitioner, Gerri Kier analyzes blood to identify health issues and the condition of the body. Her work is particularly impactful for clients because she can specifically measure the effectiveness of protocols such as drinking structured water.

Gerri made a profound statement in our interview. She said, “In working with blood chemistry, it’s important to know that the blood does not lie.” If your hormones, proteins, or other levels are out of balance, there is a nutritional issue in the body.

Many of Gerri’s clients are compromised in their health. She sees a lot of people with IBS, fibromyalgia, chronic fatigue, and digestive problems, as well as those who are heavily stressed or have stiff joints, gout, and other issues. She walks her clients through the process of healing their body and becoming aware of what their body needs. She orders blood work and performs a urinalysis in the lab in order to find the proper protocols to heal the body.

KNOWING HER EXTENSIVE BACKGROUND AND EXPERIENCE, I ASKED GERRI TO SHARE HER OPINION ABOUT ALKALINE WATER AND ITS EFFECTS ON THE BODY.

*Patrick: Have you developed an opinion and gained experience around people who drink alkaline water?*

Gerri: Yes. Some of my clients are those who have been on alkaline water long-term. People start drinking it when they are acidic. After they have been on it a year or two, they become over alkaline. It’s easier for the body to overcome an acidic environment than it is to heal it from being over alkaline. Once a 24-hour urine analysis shows that they are over alkaline, there are usually two reasons: either they are consuming too much alkaline or they are literally starving. Usually, it is the result of drinking high alkaline water. Being over alkaline causes the organ system to break down, and as the body functions begin to break down, they don’t feel well and are drained and lack energy.



*Patrick: How can people monitor their alkaline levels?*

Gerri: Some people who drink alkaline water purchase pH test strips. The alkaline test strips my clients use are used over a 24-hour period. It changes color if a person is over alkaline. By monitoring and measuring the alkalinity in a person's urine, they can accurately determine their body's pH. Running the pH strip through their urine flow, they can then read it and see what color the strip is, which will reveal their alkaline level. It's important to do this for 24 hours, and then average the readings, which gives you the most accurate reading of the pH in their body.

The proper amount of urine that a person should output in a day is approximately half a gallon. If you exceed that amount, the body will be stripped of minerals and become acidic. So if you're drinking a lot of water, you want to add back in electrolytes or you can take blackstrap molasses. One or two tablespoons of blackstrap molasses will keep your electrolytes up.

*“In working with blood chemistry, it's important to know that the blood does not lie.”*

— GERRI KIER, THE OWNER OF [COMPLETE NUTRITION ALLIANCE](https://www.complete-nutrition-alliance.com).

It's rare, though, that clients have been testing their alkalinity with pH test strips before they see me. Those who do are usually only testing once in the morning, and not over the recommended span of 24 hours.

If you're between 6.8 and 7.2, your alkaline levels are good. You don't want your alkaline level to be more than 7.2.



Structured water is the water for life. The water has energy; it's alive and brings life to everything, including our bodies and the earth.

*Patrick: When somebody is compromised in their health and they are high alkaline, what do you see in their blood?*

Gerri: Their cells are dark, indicating they have no life. With the dark field microscope, we can see the pulsing of a cell when it's radiating energy. In high alkaline patients, the cells are black. They appear as a flash on the microscope and then disappear. Healthy blood should stay alive for 25 to 30 minutes under the microscope; however, blood that is high in alkaline is gone in 5 minutes. These people usually have low energy to the point of exhaustion because there are no red blood cells staying active enough to carry oxygen to the brain and muscles.

*Patrick: Are there other symptoms or experiences that people should look for that might indicate they are over alkaline?*

Gerri: Low energy and exhaustion are usually the first symptoms. Others include headaches, heavy perspiration, body odor, aches and pains, and joint issues. It's often similar to being over acidic, but it's easier for a body to overcome acidity than it is to get back into balance when a person is over alkaline. In fact, that can take six months to a year.

*Patrick: What percentage of your clients who have been over alkaline have stopped drinking alkaline water?*

Gerri: One hundred percent of those who start feeling better have stopped drinking alkaline water. When they stay on protocol and are serious about improving their health, they feel better in a couple of months, and that entices them to stay on protocol.

*Patrick: What are the long-term implications of someone who stays over alkaline for more than a year or two?*

Gerri: Death—the body cannot function in high alkalinity, and the organ systems will start to break down.



The body is best at neutral. When you go over alkaline or under alkaline long-term, there will be stress and disease, illness, and breakdown will occur.

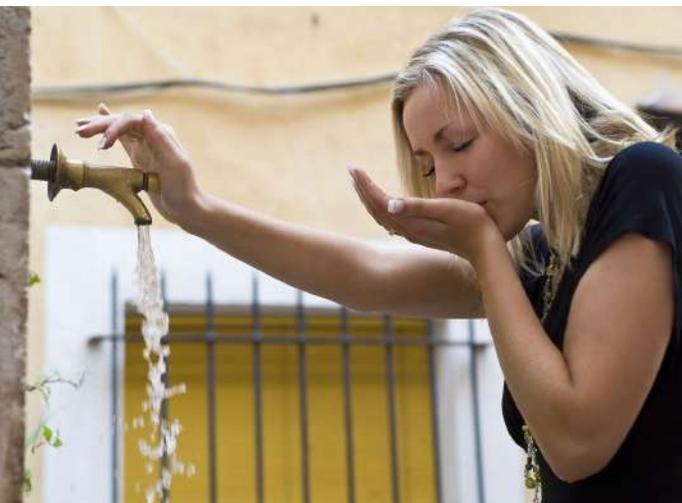
*Patrick: What would you say to the people who read the research from alkaline water companies that refer to Dr. Otto Warburg and the discovery that was published around 1930 that states cancer and other diseases cannot live in an alkaline environment? Therefore, the alkaline water companies conclude that people should be alkalized.*

Gerri: Alkaline can take you out of crisis when you're acidic, but it can also put you into crisis. It's true that when the body is acidic, diseases can grow in that environment. However, when it is in proper pH, it's less likely that diseases and illness will set in and grow. It should be noted in his research that people should not be over alkaline long term, sitting at 8.5, because there is organ damage and breakdown at that point.

You have to look at who is performing the research and the motivation behind the research. What is their ulterior motive? Is the researcher selling alkaline water? If so, they have a vested interest in results that support their product. Is it a research scientist who has a vested interest in improving health and showing the downsides of being both over alkaline and over acidic? Both can affect the health. The body is best at neutral. When you go over alkaline or under alkaline long-term, there will be stress and disease, illness, and breakdown will occur.

*Patrick: At some point, would you recommend that someone who is in acidic crisis or has a disease borne of acidity drink alkaline water as part of their healing process to come back to neutral?*

Gerri: No. I never recommend that anyone drink alkaline water because that is not a natural process that occurs in nature. God did not make high alkaline water for us to consume and drink. River water, water from waterfalls, and water that is natural is proper pH balanced. Man intervenes with machines that alter what is natural. It's



I never recommend that anyone drink alkaline water because that is not a natural process that occurs in nature. God did not make high alkaline water for us to consume and drink. River water, water from waterfalls, and water that is natural is proper pH balanced. Man intervenes with machines that alter what is natural. It's like a medication, and the body cannot recognize something that it is not designed to process.

— Gerri Kier

like a medication, and the body cannot recognize something that it is not designed to process. I never recommend that anyone drink alkaline water. There are other ways to come into balance, such as detoxing and altering the diet to bring oneself into normal, without using artificial means that do not address the root cause.

*Patrick: One of the claims that alkaline water companies rest their strength on is that there are places on earth, such as Lourdes, France, where the water is special. They are known as hot spots of great water, and there are claims that people in those areas are said to live much longer. They point to the properties of those waters and say they have a very high pH, which is one reason they created alkaline water.*

Gerri: You need to know other factors. Without knowing their diet, workout program, and genetics, it would be difficult to know the entire story.

*Patrick: How long does it take a person who is in a neutral state, between 6.8 to 7.2 pH, to get into the danger zone when they're drinking alkaline water?*

Gerri: When they are already in neutral and start drinking alkaline water, it could take as little as two months to become over alkaline, although I'm not aware of any research which provides us with that answer.

*Patrick: There are no big companies studying this for us, so one of the best places to get data is from people like you who are on the front lines.*

*Patrick: There is actually water under the ground in Louisiana that has a pH of 8.8 that is bottled by a company called Evamor. Have you heard of it?*

Gerri: I do have a client who was using that. It has very high alkaline. She had very bad stomach cramps because her hydrochloric acid wasn't working properly and she



“I actually had a friend who passed away from prostate cancer. He had first been drinking distilled water, and I told him to stop drinking it because it was leaching the minerals from his system. He switched to alkaline water and would not go off of it. His cancer was irreversible. I think if he would have brought things back to natural and neutral, his body would have had a fighting chance.”

— Gerri Kier

couldn't digest her food due to the high alkaline water. I actually went to her house because she was so sick. She showed me the bottled water, which had a pH of 9.0. She stopped drinking it, and within a week, her cramping was gone.

*Patrick: I've read different claims on this issue. Some say if you drink alkaline water, it will alkalize your body. Others say the minute it hits your mouth, your body starts to neutralize it. So it doesn't make it beyond your mouth before your body neutralizes it. Based on our conversation, you have plenty of evidence to prove that people's bodies do change from alkaline water.*

Gerri: Yes. I actually had a friend who passed away from prostate cancer. He had first been drinking distilled water, and I told him to stop drinking it because it was leaching the minerals from his system. He switched to alkaline water and would not go off of it. His cancer was irreversible. I think if he would have brought things back to natural and neutral, his body would have had a fighting chance.

*Patrick: There are some people who have cancer and are healed, and part of their protocol is alkaline water. They become alkaline water distributors and offer their own compelling testimony. Can you explain why that might happen for some people?*

Gerri: I know my friend went into remission and was a big supporter of alkaline water. When it came back, he regressed very quickly. Everybody has a different constitution and different physical makeup. How they respond to something will be different. Some people cannot tolerate certain contaminated or unbalanced foods; others can smoke and drink and live to be 100. Overall as a whole, I suggest we stay as close to God-made with our food and water as possible. We should drink water that is properly pH balanced. We shouldn't steer away from a perfect system that has been around since long before we were born.



My journey toward good health has been enlightening and rewarding. It has also provided me with the answers I needed to make the best choice for me. When water has life and energy and is produced in a manner similar to that in nature, it becomes the best source of life and energy for the body, which consists mostly of water and depends on it for survival. Given the choice between alkaline or structured water, I've moved beyond alkaline water to a safer, healthier, and more natural choice—structured water.

*Patrick: What kind of water do you drink?*

Gerri: I drink restructured water. It is absolutely amazing. It makes us feel better. The water is smooth, clean, and fresh. It satisfies the thirst and tastes good.

For more information about Gerri Kier and Complete Nutrition Alliance, please visit:

[www.CompleteNutritionAlliance.com](http://www.CompleteNutritionAlliance.com).

Like Gerri Kier states, the blood does not lie. Gleaning information from Gerri and others like her have validated my opinion that alkaline water is not the healthiest alternative, especially for the long term. For these reasons, I prefer water that is alive, natural, and healthy.

My journey toward good health has been enlightening and rewarding. It has also provided me with the answers I needed to make the best choice for me. When water has life and energy and is produced in a manner similar to that in nature, it becomes the best source of life and energy for the body, which consists mostly of water and depends on it for survival. Given the choice between alkaline or structured water, I've moved beyond alkaline water to a safer, healthier, and more natural choice—structured water.

*If you would like to power your body with nature's water and bring a "mountain spring" right into your home, visit [www.thewellnessenterprise.com](http://www.thewellnessenterprise.com) and buy yourself a structured water device.*

*We would like to take this opportunity to acknowledge you for your commitment to grow and develop in the areas of hydration, vitality and health.*

*We at The Wellness Enterprise Inc. are inspired by you. We are here to be of service to you. If there is anything we can do to help you understand water or purchase the perfect water device for yourself, please **contact us**.*

*Since publishing this eBook several years ago, we've created a system that enhances water with natural minerals rather than electricity.*

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