



# **Water Power:** **Vitality 101**

**Patrick Durkin - Humanity's  
Hydration Expert**

**[TheWellnessEnterprise.com](http://TheWellnessEnterprise.com)**

Patrick Durkin The Wellness Enterprise Inc.  
www.TheWellnessEnterprise.com  
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Patrick Durkin is a master of change and flow in a constantly changing world. In 2008, he began an odyssey to understand water and offer a compelling alternative to plastic water bottles, stymieing the massive waste they produce while creating better hydration solutions. Through this journey Patrick founded The Wellness Enterprise to teach others about the properties of water that matter most with health, hydration and spiritual fulfillment.

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# What Exactly Does Hydration Mean?



It might seem like a silly question but have you ever actually stopped to think about it? What does hydration mean? One thing is for sure, the way most of us are approaching hydration is not working. We're full of aches and pains and have a daily energy crisis at some level.

*Research on over 40,000 people shows that on average we absorb less than 10% of the water we drink and at least 94% of us are dehydrated.*

Recent findings tell us there is much more to proper hydration than popularly believed. First, water is the only fluid to offer proper hydration. Consider the words of Dr. Batmanghelidj from his book "Your Body's Many Cries For Water":

“In advanced societies, thinking that tea, coffee, alcohol, and manufactured beverages are desirable substitutes for the purely natural water needs of the daily “stressed” body is an elementary but catastrophic mistake.”

For optimal hydration, water needs to penetrate your body cells (intracellular hydration) rather than passing through the body without actually being absorbed (extracellular hydration). The science behind intracellular hydration explains how people can be drinking water and not getting hydrated. It is the water that goes into your cells that matters and it is the cavities inside your cells where approximately  $\frac{2}{3}$  of your water is held.

Our knowledge of how the science of hydration works is in its infancy. It took a leap forward in 2003 when an American Physician Professor and Molecular Biologist from Johns Hopkins University named Peter Agre discovered the “Aquaporin” or water channel.

While this is an incredible discovery about the possibility of more efficient hydration, it is not being used in this way at that time. We have noticed two predominant themes with this research. One is that Dr. Agre’s name has been associated with drug research and two that many different water filtration companies use the research to claim that their water is the perfect answer for your cells.

As this science is so new and so submicroscopic, we prefer to let it unfold before offering much of an opinion. The one thing we are able to conclude confidently is that there are different types of hydration and some allow more water into the cells than others.

With confusion in the scientific ranks, we encourage you to be your own researcher. Quiet the noise in your mind for a few seconds and just breathe and think about your water intake. Learn to understand the signs that your body gives you when it needs to be hydrated. Notice when you feel more vitality, energy, and clarity and see if that is connected to drinking more water. As part of this experience, you may want to try cooking with a high quality sea salt (our favorite is Celtic Sea Salt) and even adding some to your water. Think of sea salt as minerals rather than salt. We like it so much that we even suggest eating it directly. If it tastes good, that confirms your body needs it.

*Water Fact: When cellular level hydration is present, the body can recover and repair itself more easily. Proper hydration supports reduced acidity, DNA repair and increased auto-immune response, fat-burning and resistance to viruses.*

# Hydration and Health – The Missing Piece of the Puzzle



Hydration influences everything! Here's a list to get you thinking. Do you have any physical challenges that might be related to dehydration? Thirst is the last symptom that you'll notice when you're dehydrated. Back pain and low energy are common symptoms of dehydration. Can it be that simple? A lot of times, the answer is yes!

**Energy:** A low level of hydration slows the activity of enzymes, including those responsible for producing energy, leading to feelings of fatigue. Even a slight reduction in hydration can lower your metabolism and reduce your energy.

**Digestion:** Our bodies produce an average of 7 liters of digestive juices daily. When we don't drink enough liquid, our secretions are more limited and the digestive process is inhibited.

**Note:** Drinking too much water all at once, particularly with food, can dilute digestive juices, reducing their efficacy and leading to indigestion. It is a good hydration habit to drink water between meals and to take a break from 30 minutes before a meal until 30 minutes after.

**Regularity:** As partially digested food passes through the colon, the colon absorbs excess liquid and transfers it to the bloodstream so that a stool of normal consistency is formed. When the body is low on water, it extracts too much liquid from the stool, which then becomes hard, dry and difficult to eliminate. Slowed elimination contributes to toxicity and inflammation.

**Blood Pressure:** When we are chronically dehydrated, our blood becomes thicker and more viscous. Additionally, in response to reduced overall blood volume, the blood vessels contract. To compensate for the increased vein-wall tension and increased blood viscosity, the body must work harder to push blood through the veins, resulting in elevated blood pressure.

**Stomach Health:** Under normal circumstances, the stomach secretes a layer of mucus (which is composed of 98 percent water) to prevent its mucus membranes from being destroyed by the highly acidic digestive fluid it produces. Chronic dehydration impedes mucus production and may irritate and produce ulcers in the stomach lining.

**Respiration:** The moist mucus membranes in the respiratory region are protective; however, in a state of chronic dehydration, they dry out and become vulnerable to attack from substances that might exist in inhaled air, such as dust and pollen.

**Hydration:** Dehydration causes enzymatic slowdown, interrupting important biochemical transformations, with acidifying results at the cellular level. The acidification of the body's internal cellular environment can be further worsened when excretory organs responsible for eliminating acids (e.g., the skin and kidneys) don't have enough liquid to do their jobs properly. An overly acidic biochemical environment can give rise to a host of inflammatory health conditions. If you've read any health information over the past 10 years, you know that all illness and disease has at its roots in inflammation.

**Weight Management:** Feelings of thirst can be confused with hunger, both because eating can soothe thirst and also because dehydration-induced fatigue is often misinterpreted as a lack of fuel (e.g., sugar). Both dynamics can lead to false sensations of hunger, triggering overeating and weight gain. Poor hydration can also promote the storage of inflammatory toxins, which can promote weight gain.

*Clinical studies show that in 37% of people the thirst mechanism is so weak that thirst is confused with hunger.*

**Skin Health:** Dehydrated skin loses elasticity and has a dry, flaky appearance and texture. Dehydration can also lead to skin irritation and rashes, including conditions like eczema. We need to sweat about 24 ounces a day to properly dilute and transport the toxins being eliminated through our skin. When we are chronically dehydrated, the sweat becomes more concentrated and toxins aren't removed from our systems as readily, which can lead to skin irritation and inflammation.

**Cholesterol:** Cholesterol is an essential element in cell membrane construction. When we are in a state of chronic dehydration and too much liquid is removed from within the cell walls, the body tries to stop the loss by producing more cholesterol to shore up the cell membrane. Although cholesterol protects the cell membrane from being permeable, the overproduction introduces too much cholesterol into the bloodstream.



**Kidney and Urinary Health:** When we don't drink enough liquid, our kidneys struggle to flush water-soluble toxins from our system. When we don't adequately dilute the toxins in our urine, the toxins irritate the urinary mucus membranes and create a germ- and infection-friendly environment.

**Joint Health:** Dehydrated cartilage and ligaments are more brittle and prone to damage. Joints can also become painfully inflamed when irritants, usually toxins produced by the body and concentrated in our blood and cellular fluids, attack them, setting the stage for arthritis.

**Aging:** The normal aging process involves a gradual loss of cell volume and an imbalance of the extracellular and intracellular fluids. This loss of cellular water can be accelerated when we don't ingest enough liquids, or when our cell membranes aren't capable of maintaining a proper fluid balance.

*“Not drinking enough water is one of the commonest causes of unwellness... Chronic dehydration is a major cause of aging.”*

*- “Ageless Body, Timeless Mind”, Dr. Deepak Chopra*

# Hydration and Happiness: What's Your Bad Mood Really About?



Realizing that water and mood are related was a big turning point for me. One day, my youngest daughter had an emotional explosion. She drank a red sports drink earlier and had a severe over-reaction to something that happened later. I knew this was not her nature and when I found out what she had done, I realized the red dye in the drink was the underlying cause of her behavior. I had her drink as much water as she could and gave her some time alone, her mood passed in about 15 minutes.

This experience helped my daughter understand the effects of the quality of things she puts in her body. It also empowered her to see how she can change her situation by consciously choosing what she puts in her body. And, she experienced the healing that is possible simply by drinking quality water.

In the past, I was prone to reacting with my own range of moods. Since paying attention to hydration with Structured Water, I've enjoyed being on an even keel such as I've never had before. My moods are incredibly even now that I'm proactive with my hydration and drink ahead of my thirst. I deal with upsets with resilience and am able to stay on course. I am so used to the new me that I don't usually notice the change. I catch myself every once in a while, though, and am tickled by how far I've come.

Recently, I was talking to a co-worker in my company. We were both having an off day; life seemed harder for no apparent reason. Almost simultaneously, we realized that we were dehydrated! Yes, even if you work for a company that educates about hydration, you might fall behind on your water consumption. We had a good laugh over that because the reality was our life was the same as it was the day before. Somehow things just seemed worse. Has that ever

happened to you? Could it be because of dehydration? It's the same as realizing you're really tired and remembering you didn't have a good night sleep. Or, like being really hungry and remembering you forgot to stop for lunch. We're only human and every day is a new day to begin again taking care of ourselves.

*Water Fact: A 2012 University of Connecticut study of women who were dehydrated by just 1.36% found an adverse effect to concentrate, became fatigued, and had lowered cognitive performance. Most adults reach this level of dehydration one or more times every week making them likely to report frequent headaches, confusion and lack energy.*

# Slow and Steady Wins the Race



Everyone knows that we “should drink more water” but not everyone does. Proper hydration is a key not only to optimal health but more so because your body is the vehicle for your spirit/soul to accomplish its purpose. The truth is that the flow of water through you has everything to do with your flow with life.

You are the gatekeeper for how water moves through you. Are you in the flow of life? Do you resist and get stuck on circumstances? What if the secret to this was really simpler than you imagine?

If drinking “8 glasses a day” feels like a something on your chore list, these suggestions can establish the habit more easily.

Place a glass of water by your bed as you turn in at night. Bless your water like you would say a prayer before you eat. Start your day by drinking water. Your body has used so much water to rejuvenate you while you slept.

Hydration happens by being proactive throughout your day. Forget about your thirst mechanism and drink ahead of it all day. Thirst is a delayed reaction and the thirst mechanism in most of us has already shut down. Keep your water with you always; drink in sips instead of gulps.

*“In prolonged dehydration, brain cells begin to shrink.  
Imagine a plum gradually turning into a prune.”*

## Your Body’s Many Cries for Water

by F. Batmanghelidj



### **A Personal Story from Patrick**

I’d like to share a surprising experience I’ve had recently. I’ve struggled with overeating for about 30 years. After years of resisting, I finally decided to fully subscribe to the advice of my nutritionist – to eat protein in the first hour after I wake up, then every two hours throughout the day. I gained about 10 pounds at first and was quite unhappy. Nevertheless, what emerged with my commitment to stick with it is that my body is actually being satiated by my starting the day with protein and keeping a flow of protein going. Now, late at night when old habits begin to swirl in my head, my body is so satisfied that there is just no room for snacking on junk.

I am eating lots of calories, feeling satisfied and my weight has stabilized. By eating when I am not hungry, I am no longer hungry during the times when I used to snack on junk food. I would never have predicted the outcome would feel this good.



You may have the same outcome following this practice with your water habits. Make it a priority to stay ahead of your thirst and sip your water steadily and consistently all day long. Let

your water container be empty only for as long as it takes to fill it up. Put a glass of water by your bed when you go to sleep. You will be setting the stage for miracles to appear in your health.

## A Few Other Tips for You:

Keep in mind it may take a while before you feel changes from your new hydration habit. Adding slices of fresh fruit or cucumbers to your water can make it more interesting. Experience says that your taste buds are likely to acclimate when you hold an intention and stay the course.

*WATER FACT: The key to optimal hydration is replenishing the 64% of the water in your body that is inside your cells.*

## Your Getting Hydrated Checklist:

- Make sure you have water that you love.
- Rise, Shine, DRINK WATER! Start your day by getting ahead of your thirst and stay that way all day.
- Drink ahead of your thirst.
- Hydrate in sips instead of gulps.
- Keep a container you love with you so you don't run out of water
- If you are still learning to love water, you can add some pizzazz by adding lemon or fresh fruit to it.
- Keep hydrated in groups. Before you start a meeting, make sure everyone has water.

## Water is the Answer to Many Health Problems that Seem Complicated



We have a tendency to get lost in the day to day activities of life; paying the bills, going to the grocery store, cleaning out the refrigerator, etc ...

Sometimes as we go through our day engaged in these activities, we don't realize that we have stopped paying attention to our bodies and we start not feeling well. We may experience feeling tired, fatigued, hungry, sleepy, irritated, cranky, etc... We encourage you in those times to remember to drink water.

- The next time you feel tired...try a glass of water.
- Fatigued? Try some water.
- Hungry? Water!
- Water is the answer!

Your body is a system and the most important substance in that system is water. To keep your system functioning at an optimal level, you need to continuously supply the raw materials that are needed to sustain the system.

If you are like most people, your system is probably crying out for water. The question is can you hear it?

The easiest way to get the most out of your system is to start drinking water when you wake up in the morning and keep going all day long. Thirst is an indication that you are already behind. Drink steadily, drink often and remember, Water is the Answer

# What's the Deal with Water Filters?



There is so much confusing information about water filters. How can you figure out what's what? The problem is that water has become an industry. When you were a kid, there probably was no such thing as bottled water; you drank right from your faucet.

Big companies that manufacture soda, juice and energy drinks figured out how to manufacture and package water making it seem healthier. As a result, all kinds of other products popped up in the water "industry."

Here's the low down on filter types:

**Charcoal Filters** - low cost, widely used

**KDF Filter Media** - handles heavy metals, hot water

**Sediment Filters** - helps well water, prolongs 2nd filter

**Water Distillers** - uses energy, slow production, removes minerals

**Ceramic Filters** - preferred by campers, hikers

**Reverse Osmosis** - removes everything, creates waste water

**Atmospheric Water Generator** - uses energy, off-grid applications

**Ultraviolet Water Filters** - destroys germs, limited bulb lifespan



**Magnetic Water Filters** - reshapes water minerals with magnets

**Infra Red Water Filters** - passively reshapes water structure

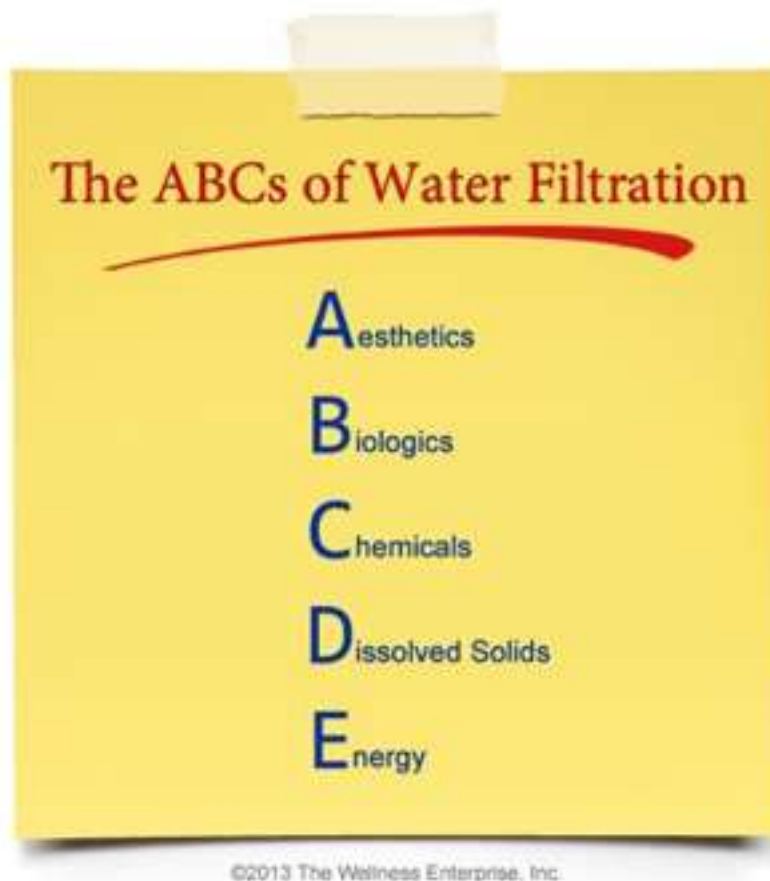
**Catalytic Water Filters** - uses resin bead coatings, to target specific toxins

**Alkaline Water Ionizers** - adds millivolt charge to water and minerals, shifts pH

**Bottled Water** - is expensive, has questionable sources, landfills plastic

**Home-made Water Filters** - for survival

Working through the complications of all of these filtering systems led us to create the ABC's of Water Filtration. This simple concept will help you to see that not all water is created equal.



## **The ABC's of Water Filtration**

A - Aesthetics – has to do with what you can smell and taste. This is an important component of water filtration because if people don't enjoy the taste of their water they will very likely choose something else. Think of an unfiltered public water fountain and the likelihood of you drinking from it. Brita filters are an example of the "A" technology although a few of their products do

some “D” filtering as well. Many popular filters only do “A” filtration because they are only concerned with what you can smell and taste.

B - Biologics – this has to do with viruses and pathogens that live in water. These types of contaminants are the reason we don’t drink directly from streams. Most Americans do not need a “B” filter because chlorine is doing this job for us already. These filters are critical in the developing world.

C - Chemicals - We live in a culture that relies heavily on commercial agriculture and industry. Strong “C” filters may reduce or remove everything from nitrates to disinfectant by-products like trihalomethanes and pharmaceuticals. This category is almost limitless in its breadth and consequently few filters make claims or have lab reports for the entire category. Nevertheless, there are a number of filtering technologies that do an excellent job in this area.

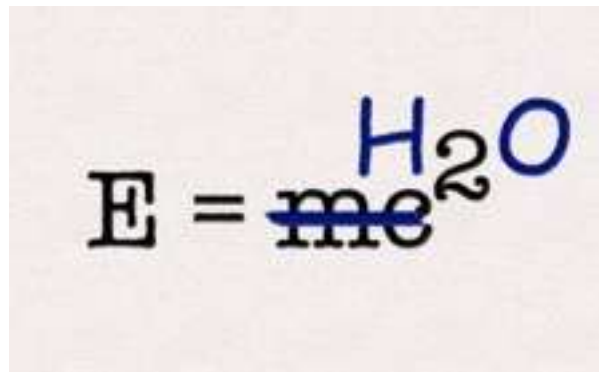
D - Dissolved Solids – this category is mostly focused on what happens in the pipes on the way to your faucet. Many water companies send water out that is free of dissolved solids, but pipes are often joined with lead or copper which can leach heavy metals into water.

E - Energy - The A, B,C and D categories of water filtration have to do with physically adding or removing contaminants and minerals in water. The E category approaches it from a different perspective.

We live in a universe where everything is energy. “E” water treatment systems neutralize all toxins energetically. While this is challenging for many people to wrap their heads around, it’s worth considering because all previously mentioned concerns are addressed from one perspective.

Quantum Physics reveals that everything is energy and water is no exception. Perhaps it is because water is ubiquitous that we resist changes in water science. Recent discoveries are illuminating how little we really know about water.

Consider the following formula recently offered by the renowned researcher, Dr. Gerald Pollock from the University of Washington Bioengineering Department:



Dr. Pollock has clearly proven that there is a fourth phase of water beyond the solid, liquid and gas that most people think of. This fourth phase of water is called Exclusion Zone (EZ) water. EZ

water has a negative charge and acts much like a battery. It absorbs radiant energy and stores it for later use.

While it may be intimidating for some to consider that even the fluoride, chlorine, pharmaceuticals, or other toxins can be neutralized energetically there are numerous advantages to understanding life from an energetic perspective.

## What about using an E filter as an A filter or a B filter?

An E filter serves as an A filter for many people as it removes chlorine and improves taste. As a gas, chlorine is lighter than water and it is also heavier than air. It will rise to the surface of your water if you are using a Structured Water device which means you may smell chlorine. To get rid of chlorine, blow on the surface of your water or just wait a few minutes and it will go away. It's that simple.

With that said, an E filter is not an A filter. People have very different taste preferences. Our experience is that about 50% of people notice a significant improvement in taste when they use an E filter while about 5% don't notice any change. The rest seem to be neutral on the topic. If you are in the group that prefers to add a traditional filter to impact taste, our advice is to stick with the Structured Water for a month and then if the issue persists send us an email [support@thewellnessenterprise.com](mailto:support@thewellnessenterprise.com) and we will send back our recommendation for traditional filters.

An E filter may also serve as a B filter for some people. We have read testimonials and know of people who have travelled abroad and used an E filter to drink water known to contain viruses and bacteria. Even though we believe this to be true, our caution is to be aware that the consequences of a B filter that fails can be life threatening. Be sure to take the best precautions for yourself when traveling abroad.

If you are already confident about the water you drink, congratulations! You have one of the keys to hydration in place. If not, you may want to consider the information above. What would it take for you to have a source of drinking water that gave you great confidence?

*Water Fact: Distilled and reverse osmosis remove minerals from water leading many to call their by product "hungry" water. Consumed regularly, distilled and reverse osmosis water are believed to remove minerals from the body.*

## Your Body and Cells

Nature intended that water flush waste products out of our bodies. Unfortunately, pollution has invaded our environment and most drinking water is taking toxins into our bodies. Consider the following example of how important hydration and removing waste from your body is.

On a simple level, life is made up of cells and cells are made up mostly of water. With water and cells so integral to our physiology, what would happen if we set up an optimal environment for cells? To begin answering that question, consider that the limits of our cells are unknown. Scientific studies have shown that cells can live up to 4 times longer than normal life expectancy. We have read about people who are living healthy and vibrant lives well past the age of 100 and wonder about the connection to the food and water they consume during their lives. It may appear hard to prove that what we put in our bodies is a major determinant in the quality of our health but there sure are a lot of people improving their health by changing their diets.

***Water takes nutrients into cells  
and removes wastes  
from them.***

“The cell is immortal, renew this fluid at intervals, and give the cell something on which to feed and, so far as we know, the pulsation of life may go on forever.” -Nobel Prize Winner Dr. Alexis Carrel of The Rockefeller Institute for Medical Research

Dr. Carrel did an amazing experiment where he kept chicken heart cells alive for 29 years by changing the fluid around them every day. Chickens normally live for about 7 years. Now this is the part where we stretch our minds. If we could replicate that experiment by providing our cells with active waste removal and healthy nutrients on a daily basis could we live over 300 years?

Nobody knows but many have noticed that they don't feel as well when they fill their bodies up with toxins at a meal or a night on the town. It is possible these short term interruptions of our optimal functioning add up to a long term shortening of our life spans.

We all want to live long healthy lives so we can enjoy more time with our friends and family. It's worth looking at the benefits of optimal hydration as a simple way to maintain health.

# Bottled Up Love



I swear my water tastes better when I drink it out of cups and water bottles I love! Their style is really not as important as my relishing every swig and easily carrying my water with me wherever I go. There's such a wide variety out there, it's easy to find at least one style that is a gift to my precious water AND to me for enjoying it so much.

## **Our Recommendation**

VibesUP makes an Earth on the Bottom bottle that you may want to consider. These bottles will keep your live Structured Water in its energized state as it travels out into the world of potentially synthetic energies. The bottles have a colorful and natural bottom containing a scientifically Phi ratio formula of nature's magical blend of amplifying liquid crystal, Essential Oil Botanicals, Flower Essences and tiny quartz spheres, that work like natural batteries sending out over 1 million rays of healthy balanced piezo energy per second!

The positive energy of these bottles will hold the presence of nature in your life. You can hold your bottle to your body to bring balance to your chakras or even apply a little of nature's love to a painful spot.

VibesUP bottles are lovable as they are functional, attractive, and they bring more natural energy to life. Whatever you choose, the most important characteristic of your container isn't the material such as glass or steel, it is that you LOVE the container.

## **Practical Comments on Various Materials**

### **Stainless Steel**

Food grade stainless steel is the way to go. The bottles are easily recycled, inexpensive, durable and clean. Some people notice a slight taste when they first receive their bottle. We recommend washing with warm soapy water a few times before drinking from your new bottle. You should know there are different grades of stainless steel and some bottle companies produce dirt cheap bottles by using low grades of steel similar to what would be used to make appliances like a stove. We tried some of these bottles and they rusted in just a few months. Stick with food grade stainless steel.

### **Glass**

Glass is a great choice for a reusable water bottle. It is easy to clean and will last a long time as long as you don't drop it the wrong way. Glass is also easily recycled and while not as inexpensive as stainless they are still affordable.

### **Plastic**

Despite their popularity, we do not recommend any form of reusable plastic bottles as solving a plastic issue with a plastic solution doesn't seem quite right.

### **Cleaning Your Bottle**

The best way to clean a bottle is with a bottle brush, warm water and soap. Some people prefer to wash their bottled every day or two (they tend to be a little bit more of neat freaks bordering on OCD) while others think once a week is enough. The hearty and bacteria complacent will go a month or more. It is difficult for a dishwasher to get enough water into all of the inside parts of a bottle.

### **Decorating Your Bottle**

If you buy a generic bottle and wish to decorate it. Try nail polish. It comes in a zillion colors and is relatively cheap.

# Structured Water – 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.

## The Back Story

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.

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.

## **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!*

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.

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.



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

## **The Alkaline 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 seesaw 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.

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. 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?
- Neutralizes ALL toxins. (This bold claim is backed by science, <http://thewellnessenterprise.com/wp-content/uploads/2013/02/German-Scientific-Structured-Water-Test-Results-2012.pdf>)
- Hydrates the body better because it has a lower surface tension, which is akin to softness, wetness, and smoothness, allowing it to penetrate cells easily.
- Is inexpensive and saves people a ton of money.
- 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.

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.

## 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:

## 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.

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.

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 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 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.

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?

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.

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 antioxidants?***

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 antioxidants found in highly alkaline springs might not actually be the result of alkaline, but of something else. While there are many reasons to be drawn to the arguments about pH, antioxidants, and micro-clustering, there are equal arguments to consider that conflict with these perspectives.

## **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 want to test the water before you make a complete switch to Structured Water, start by purchasing a Portable Unit. You'll be able to test the water everywhere you go. Once you see how much you love it, choose to buy a Whole House Unit, and you will have Structured Water all throughout your home and you will also meet your water needs when 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.

## Comparison to 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.

***There is no comparison between bottled water and Structured Water. 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.

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

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.

Thank You for Taking the Time to Learn About Water!



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