



# Structured Water

## What is structured water?

Structured water is generally defined as water that hasn't yet been filtrated, mechanically cleaned or "processed" in any way. Think of naturally created structure water as water that has tumbled over rocks in rivers and streams and down waterfalls as it flows through twists and turns to the ocean, filling itself with sunlight. The term "structured water" is also used to refer to the arrangement or configuration of the H<sub>2</sub>O molecules in relation to each other when they become organized to form a repeating geometric, molecular pattern and essentially becomes water in a liquid crystalline form. Structured water is life force energy, and that life force energy comes down to the water molecule itself.

Our systems for moving and processing water is through straight channels/pipes with right angle turns often in a closed-loop system where it undergoes aggressive chemical purification, passes through powerful filters, and is then returned to our homes and businesses for consumption. This is what you could call "unstructured" water, or as others have called it: dead water or de-energized water.

"We have been forming crystals for more than a dozen years. From our tests, we came to the conclusion that living water forms more hexagonal crystals. Less vibrant or dead water doesn't form hexagonal shapes. What concerns me is that water from any big city tends not to form beautiful crystals. When water travels in the city, it collects negative information from the people and pollution. Also, the more chlorine in the water the less crystals can form. We also have pipes that make lots of turns. Image if you were water. You might want to die with all this unnatural and forced movement." Dr. Masaru Emoto, Water Researcher, Japan. From the movie: The Secret of Water

Structured water can be thought of as healthy water that is a liquid crystal composed of clusters of water molecules in perfect geometric shapes that remain "alive" in limited motion relative to one another. I like to think of it as crystalline water's infinite spinning dance of life.

## How Can Water Be Re-Structured and What Are Its Benefits?

There are many ways to re-structure and re-energize water such as using crystals, sunlight, music, thoughts and words, human touch and the many water vortexing devices currently on the market. (See the attached sheet on the simple and inexpensive water vortexing device that I have made for my own personal use, and am now making available to others.)

Below are some of the benefits that have been attributed to drinking structured water, most of which are listed on Dr. Josh Axe's website (<https://draxe.com/structured-water/>):

- Increased hydration/oxygen
- Energy levels
- Mental and spiritual clarity
- Ability to sleep well
- Concentration
- Positive moods
- Endurance
- Respiration/Circulation
- Neutralized toxins
- Improved skin
- Weight control
- Kidney & Liver health
- Muscle contractions
- Digestion & regularity
- Joint health
- pH balance
- Enzymes that help with nutrient absorption
- Blood pressure & cholesterol levels

## Additional Information/Resources – <http://BlissfulOms.com/StructuredWater>

### Disclaimer:

The information provided is for informational purposes only and should not be used in place of personal judgment or medical treatment when needed. It is not intended to diagnose, treat, cure or prevent any disease. Only a licensed health practitioner can diagnose and treat medical conditions.