

## **Health Benefits of Structured Water**

**Water inside our body's cells is structured water. The water preferred by human cells is structured into small clusters containing 5 to 20 molecules.**

**Even small amounts of contaminants, much lower than levels now considered safe in our water, might have detrimental biological effects. This brings us to look at the allowable contamination levels in all our water sources. We may have been damaging our bodies and our environment much more than we could have possibly imagined.**

If water can retain the memory of the pollutants, and that memory can survive filtration and chlorine treatment, what information is this water giving our body's cells?

**There are regions of the earth where water is thought responsible for** the longevity of the local people. The Hunza Valley in northern Pakistan is famous for longevity. Also, the waters of Lourdes in France and other venerated sources are reputed to have restorative qualities.

The waters of Tiacotle, Mexico have been praised for their health-giving properties. What is it about those waters that makes a difference? They all have the same thing in common. They all contain essential, bio-available minerals in solution. So, in that sense, the "miracle" waters are not absolutely pure.

These remarkable waters are, however, all free of disease-causing bacteria, so they are safe to drink. Yet these similarities do not account for their fame. We can make similar water in the laboratory, and it does not have any more benefits than normal water.

The reason these waters are so prized is that all of them have a different structure than most waters. Researchers had to wait until Nuclear Magnetic Resonance became available to show that these waters have distinct differences from other waters.