



STRUCTURED WATER GUIDE

Dr. Catherine Clinton



Meet Dr. Catherine Clinton
Author | Educator

Dr. Catherine Clinton ND is a licensed naturopathic physician with a focus on gut health, autoimmunity and psychoneuroimmunology. A respected author, speaker, and pediatric health advocate, Dr. Catherine practices in Eugene, Oregon.

When in medical school Dr. Catherine was diagnosed with and healed from an autoimmune disease that affects the gastrointestinal tract, leaving her with a passion to prevent autoimmunity in children everywhere. Dr. Catherine addresses the psychoneuroimmune system and gut health of children and families through a deeper connection with the world around us.

Dr. Catherine is passionate about the connections we have with the world around us and how these connections can regenerate our health and the health of the planet. She sees an urgent need for healing our internal terrain as well as healing the terrain of the world we live in.

WE PHOTOSYNTHESIZE

Unlike plants, we use the photons from the sun to build the structured water that surrounds each of our cells, vessels and organelles. Tiny dipole water batteries that line our cells, vessels and the organelles driving biological processes.

Sunlight and infrared energy interact with the structured water in our body, separating the charge in the crystalline water, Creating potential energy that drives biological action.

This potential energy from sunlight dancing with water is what drives water up the tallest trees of the forest. It is what drives the circulation of our blood throughout our biology. It is what provides the proton flow for our mitochondrial energy production.

When this structured water is small or weak, our health greatly suffers.

A reduction in our structured water has been associated with asthma and airway hyperreactivity, cancer, DNA damage, cardiovascular disease, diabetes, age related damage and has even been associated with Covid-19 infection.

Glyphosate, pesticides and industrial toxins degrade our structured water within.

Clean water, clean air and clean food are basic human rights that have been turned into paid privileges.

We are the ocean, the forests and the breeze.

We are not separate and it's time to reclaim what should have never been commoditized.

Electrons from the sun, the earth and sprays of water are absorbed by our bodies.

Practices like grounding, exposure to sunshine and water spray from rivers, waterfalls and the ocean help reconnect us to these sources of quantum particles.

This structured water highway is the quantum computer of the body, But it requires our participation in the greater ecosystem around us. It points to our true place in the world. We are part of, not separate from, nature

Structured water is the 4th phase of water where bulk water, H_2O , turns into structured water, H_3O_2 . The structure comes from the hydrogen atoms bonding into a geometric crystalline structure. It is more dense than bulk water and has the ability to hold a charge.

Researchers like Gilbert Ling, Leon Shershefsky, Nicolai Fedyaikin, Marcel Vogel and Gerald Pollack have pioneered a new way to look at water.

This structured water is formed against hydrophilic or water-loving surfaces-Just like the surfaces of our cells, connective tissue and organelles. Structured water is built by the introduction of light photons, electrons and infrared energy that separate charges in the water creating a battery of potential energy.

Pollack and his team at the University of Washington put an electrode in the structured water and another in the bulk water. The separation of charge creates potential energy, enough to power a light bulb in the lab, and enough to power living systems on this earth.

This energy drives biological processes in plants, animals and humans. It's time we listen and acknowledge the power of the elements in our health and the health of the ecosystem we belong to.

It's time to tend to it all.

WATER BATTERY WITHIN

Structured water creates a plasma of proton flow just outside its borders. As the hexagonal lattice sheets of structured water form against the hydrophilic surfaces of our cell walls, membranes, vessels and tissues they create a zone of positively charged proton-rich plasma.

This proton-rich plasma creates an endless supply of energy to power biological processes like the production of ATP by the mitochondria, the movement of cilia in the respiratory tract or the action of the villi in the gut.

This liquid crystalline water enables proteins and nucleic acids to act as quantum molecular machines that transform and transfer energy at close to 100% efficiency. It provides energy to split water in photosynthesis, to generate electricity for intercommunication and for the redox chemistry that powers life on this planet.

Brought forth by research from Emilio Del Giudice, Albert Szent-Györgyi, MaeWan Ho and Gerald Pollack- We have a completely new understanding of water and its role in life here on earth.

STRUCTURED WATER WITHIN

Drinking structured water is wonderful but we need to focus on structuring the water within us to create an electrical charge. Hydration and structuring are key.

The easiest way to hydrate is with mineral water that helps drives water into our intercellular and extracellular matrix. Tap water rich in industrial and pharmaceutical pollutants is the worst way to hydrate.

Recent research from Gerald Pollack's lab found that traditional medicine like turmeric, holy basil, coconut water and ghee significantly increased structured water. Traditional food sources we have evolved over millennia with like coconut oil, lard, organic clarified butter and ghee also increased structured water.

You can also structure your drinking water by placing a glass of water in sunlight, moonlight or infrared light. Vortexing water to add both oxygen and energy structures to the water. Adding intentional gratitude and love helps structure water. Fruits and vegetables are a good source of structured water too.

Remember structured water is different than regular water. It's denser with the hydrogen atoms bonding into a geometric crystalline structure that holds a charge.

Infrared energy and light separate the positive and negative charges in the water creating a dipole battery capable of performing biological action. This is the water that powers life.

And we must remember our relationship with the world around us powers this water.

Sunlight

Grounding

Movement

Cold plunges

Sex

Massage

Negative ions from waterfalls, rainfall and ocean spray

Saunas

Breathe

All help structure that water battery within us. It is time to tend to our relationship with the earth we live on and stand up to those that exploit it. **This is where true health lies.**

Ways to Build Structured Water Within

- Movement
- Gratitude and Love
- Coming in contact with the surface of the earth
- Cold plunges
- Negative ions from waterfalls, rainfall and ocean spray
- Sunlight
- Infrared energy from the sun, devices and loving touch
- Saunas
- Massage - Self-massage or with a person
- Sex
- Contact with surfaces that collected infrared energy from the sun - rocks, wood, sand

Ways to Structured Drinking Water

- Placing a glass of water in sunlight, moonlight or an infrared light device
- Vortexing drinking water with vigorous stirring, blending
- Adding intentional gratitude and love to water
- Magnetism can structure water
- Tulsi tea and in all likelihood teas in general
- Ghee, lard, coconut oil structure water
- Coconut water is structured water
- Fruits and vegetables provide structured water
- Traditional herbs like turmeric structure water
- Probiotics structure water

Hydration seeds our structured water.

Modern living has deranged the capacity of water to hold the electrical charge that is a central force of biology. Reclaiming our relationship with water is where health lives.



Traditional medicine and food were found to increase structured water. We traded our traditional wisdom for a myopic focus on health. We are being called to return to a relationship with the world around us, so we can protect it and tend to it and heal ourselves in the process.