

## Structured Water – What Effect Can it Have?

### Description

Without a doubt, water is absolutely essential for our health, we could not survive without it. That said, there is more to water than many people realise.

Rather than simply being an inactive physical substance, Japanese scientist [Masaru Emoto](#) demonstrated that water also has the ability to receive and retain information from its environment. He even theorised and investigated the concept that the thoughts and emotions of a person could have an effect on the molecular structure of water. This was as a result of the underlying frequencies from the person interfering with the formation of solid water crystals.

Similar conclusions have been drawn by [Dr. Gerald Pollack](#) of the University of Washington, who found that water is greatly affected by sunlight – which is made up of visible light, ultraviolet and infrared radiation – and this can alter the molecular structure of water, creating what is known as structured water.

Water is well known to have three distinct phases, solid ice, liquid water and gas water vapour. Through his study of the science of water for over a decade, however, Dr. Gerald Pollack theorised that water also has a fourth phase. The formal name for this phase is Exclusion Zone (EZ) water and it is found at interfaces.

Structured water is found in natural sources of water and inside living cells and has molecules that form hexagonal clusters. This is why it is also referred to as hexagonal water or magnetised water. It is theorised that these molecules may have a higher level of electrical charges, which are important for cell function.

Having water molecules in our cells that are charged to the optimum level is beneficial to the function of structures and tissues throughout the body. Conversely, when water has been chemically treated or contains various contaminants such as hormones, pollutants and toxins, the molecular structure is detrimentally altered in a way that minimises the health benefits the water would otherwise have.

Water that is found in nature contains many antioxidants and is full of energy. Proper hydration is vital in order to support the immune system, assist digestion and detoxify the body, as well as countless other [physiological functions](#). As well as helping to keep us alive, drinking the right volume of water can be beneficial to help improve athletic performance, aid cognitive function and boost a person's mood.

Logically, it would seem that these health benefits, and many others, can be amplified when the water that is being consumed has the optimum molecular structure. Here are just a few of the health benefits that drinking structured water can bring:

Structured water benefits

A device called the Atlantik uses electromagnetic energy from minerals, including precious and semi-precious stones, to help to improve the structure, properties and energetic potential of water that is close to it. It can also help to bring the pH of the water within a more desirable range.

Images from before and after treatment show the Atlantik's effect on the structure of frozen water crystals:

#### Structured water crystals

Even placing a glass of water next to the Atlantik for as little as 10 minutes can make a difference by helping to restore the natural properties that the water would have in a healthy environment. In addition, the Atlantik can have structural benefits to fluids inside the body, including blood.

In one study, patients who were suffering from blockages in the blood sat in a room near the device for 90 minutes. After this time, they all had improved blood flow. It has also been found that simply holding the Atlantik for about 10 minutes can be beneficial to blood flow.

Blood analysis from the aforementioned study shows the difference between the molecular structure of blood before and after treatment using the Atlantik device:

#### Structured water blood

The Atlantik device is small and reasonably portable, so it can be kept in the kitchen or wherever is convenient around the home.

Structured water from the Atlantic device can be consumed as a complement to BICOM's bioresonance therapy, other types of alternative treatment or conventional medicine. It will not interfere with medical treatments or cause any detrimental side effects. Rather, the Atlantik can help to improve or maintain a person's general health through the administration of magnetised water.

In conclusion, the natural health-boosting properties of water may be enhanced through the consumption of structured water. By helping to bring drinking water and bodily fluids back to their more natural, healthy molecular structure, the Atlantik has the capability to aid in improving a person's general health.

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