

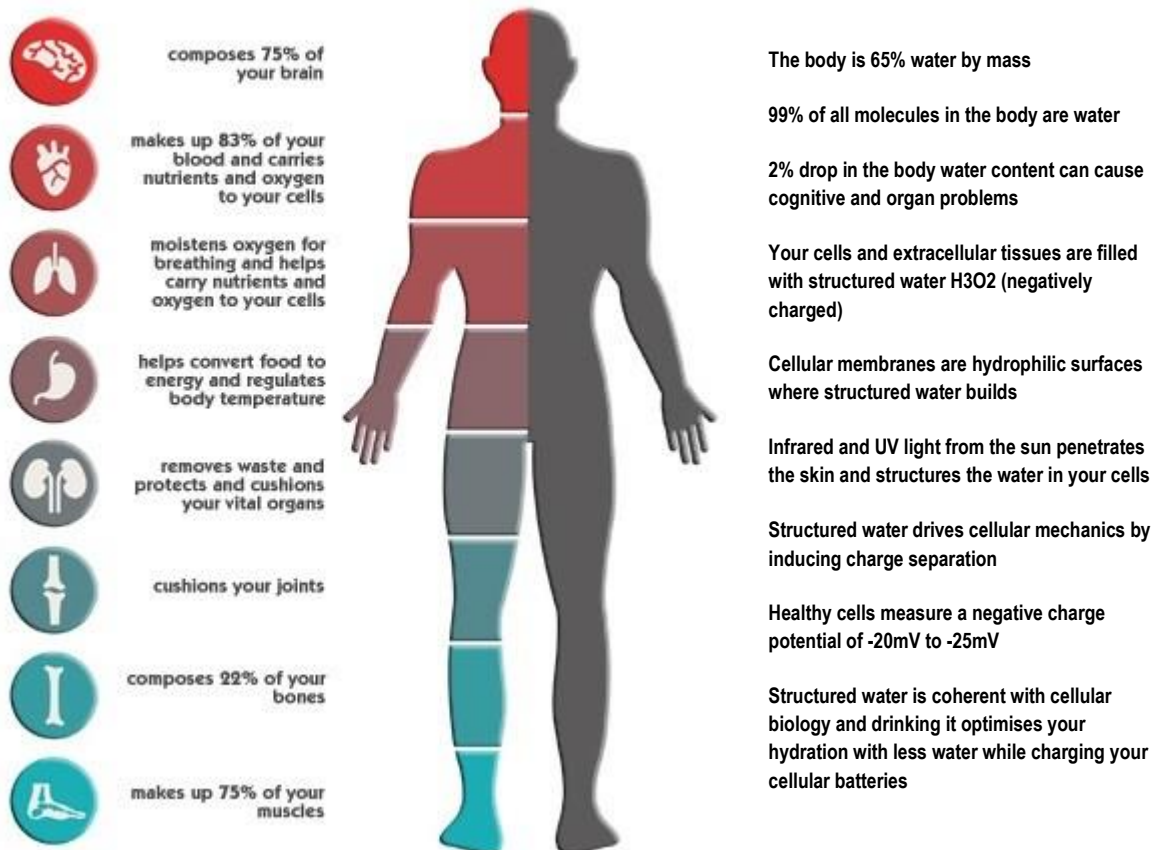
Mitochondriac's Guide to Water

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Mitocondirac's Guide to Water

A Mitocondirac is acutely aware of how important water is to the mitochondria and cellular biology. Here are some basic water facts you should know;

FACTS ABOUT WATER



1. Buy-Source-Consume water from;

- Deep underground aquifers & springs
- Glacier melt water from polar regions
- High altitude glacier melt water
- High altitude aquifer & springs

These waters are found in some groundwater sources (mineralised), springs and wild (unpolluted) rivers and in wells, bores and springs where the water is in close contact with the minerals and magnetism of the rocks.

Waters from colder climates such as the poles and high altitude glaciers also have negative charge and are equally coherent with cellular functions.

2. Source water with natural minerals;

Minerals (Macro, Micro or Trace) are all important for your health and serve different functions in the body. See table below

	Joint & Bone Health	Tissue Repair	Energy Production	Acid-Base Balance	Nerve Function	Stamina & Endurance	Hormone Regulation	Toxin Elimination	Muscle Function
Calcium	•	•				•			•
Magnesium	•	•	•		•	•	•		•
Potassium		•	•	•	•	•			
Phosphorus	•	•	•						
Silicon	•	•						•	
Sodium				•	•	•			•
Chlorine				•				•	
Chromium			•				•		•
Cobalt			•		•				
Copper	•	•	•		•	•			
Iodine			•		•				
Iron	•	•	•			•			
Manganese	•				•				
Molybdenum								•	
Selenium								•	
Vanadium					•		•		
Zinc	•	•	•				•	•	
Boron	•			•			•		
Lithium					•		•		
Strontium	•								
Nickel		•							

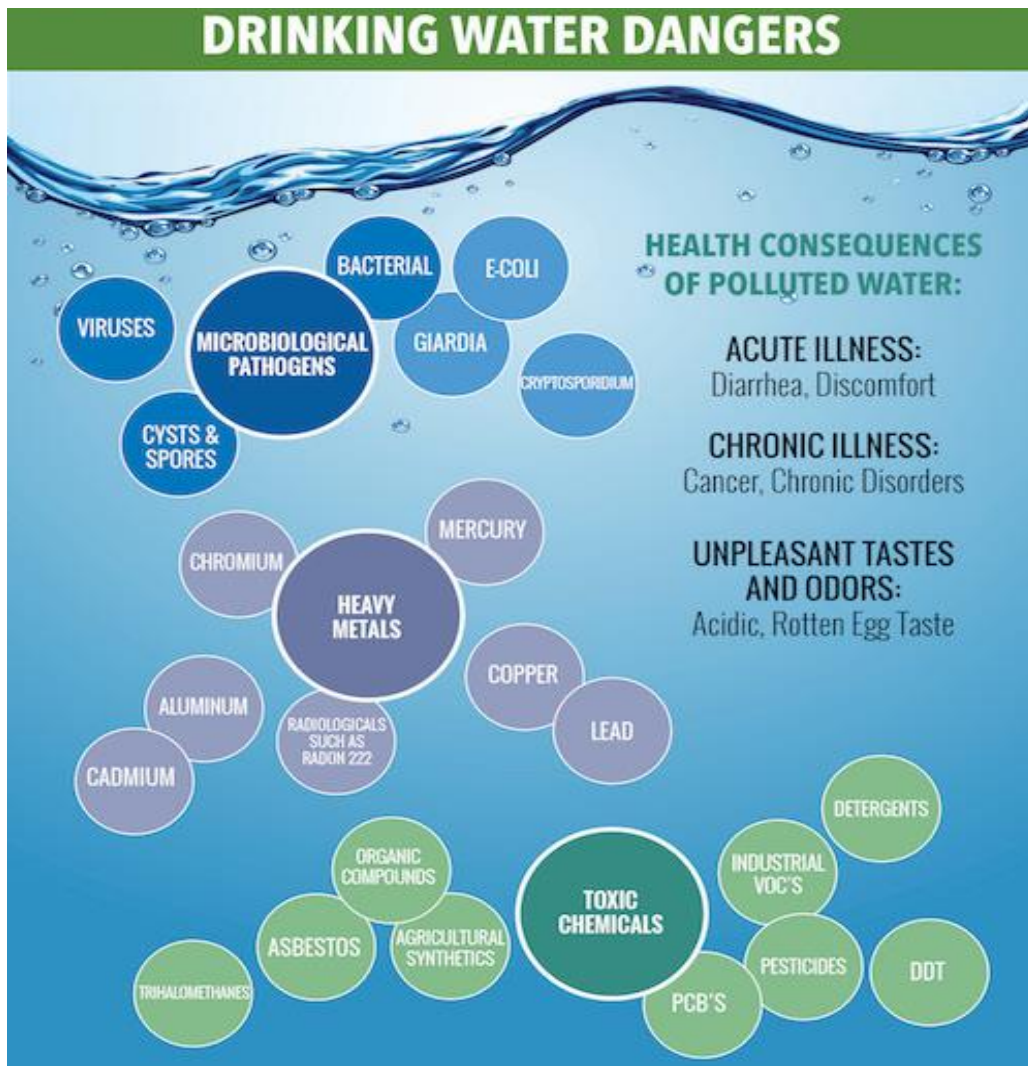
Drinking natural mineral water provides many health benefits that help to optimise wellness while doubling up as a supplement.

Mineral water can help breakdown waste materials in the body as well as cleanse it of toxins (free radicals).

Minerals such as Calcium, Magnesium, Copper and Zinc help to build EZ water

3. Source Water with low contaminants;

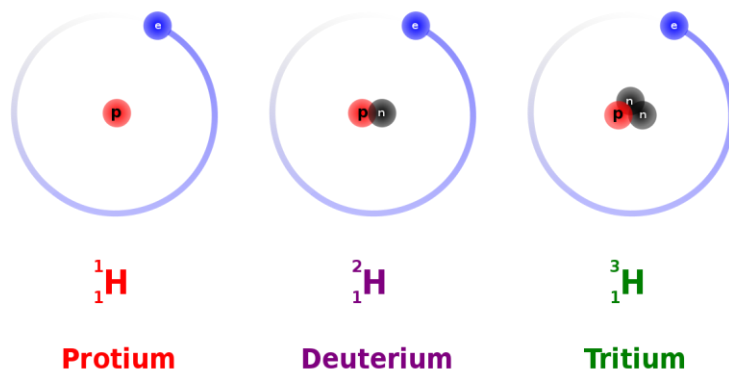
If you are sourcing your own water or plan to use open wells or water bores, look out for these contaminants in the water and ensure you have your water tested to local drinking water standards.



The World Health Organisation (WHO) is the international body that provides standards and guidelines for drinking water quality. In many developed countries, local standards have been adopted to further enhance the thresholds of drinking water parameters. Environmental protection agency (EPA) is the one such example from the US, while in Europe it is the European Drinking Water Directive. Where drinking water quality standards do exist, most are expressed as guidelines or targets rather than requirements and very few water standards have legal basis or, are subject to enforcement.

4. Consume Deuterium Depleted Water;

Deuterium is one of 3 isotopes of hydrogen and is stable in nature. However Deuterium when bound to oxygen forms [deuterium oxide \(D2O\)](#) or [heavy water](#) and is highly toxic to most organisms. Even in low concentrations, it can inhibit biological process inside our cells and decrease the energy production inside your mitochondria.



D2O is found in low concentrations in all natural waters and in our atmosphere. However there are many factors that can influence the amount of Deuterium in our waters;

- Temperature
- Latitude
- Altitude
- Geology
- Pressure
- Precipitation
- Evaporation
- Travel time

At equatorial sea, the amount of deuterium concentration in water is approx. 155 parts per million (PPM), while in the Polar Regions the concentration level can be between approx. 85-135 PPM, making Glacier melt water a good source of Deuterium Depleted Water (DDW).

With increasing altitude, a depletion of the heavy isotopes in precipitation and groundwater can be observed, also known as the Altitude Effect. This is caused by the decreasing temperature with increasing altitude.

Deuterium depletion is enhanced by the effects of high altitude and colder temperatures, making high altitude (5000m >) glacier water some of the most naturally deuterium depleted waters in the world, with concentration levels between approx. 15-60 PPM.

Examples of Deuterium Depleted Waters

Asia

Qomolangma Glacier Mineral Water



Source 6800m> Tibet Plateau

D2O = 12 to 25 PPM

PH = 7.1 to 7.8

Over 70 trace minerals

Cost \$2.10 for 555ml bottle

Tibet 5100 Glacier Mineral Water



Source 5100m> Tibet Plateau

D2O = 50 to 90 PPM

PH = 8.0 to 8.8

Over 70 trace minerals

Cost \$1.70 for 1.5L bottle

Europe

Sno Glacier Mineral Water



Source: Iceland Galcier Eyjafjallajokull

D2O = 85 to 125 PPM

PH = 7.4 to 7.8

Cost \$3.00 for 1.5L bottle

Iluliaq



Source: Greenland Ice Cap

D2O = 100 to 135 PPM

PH = 7.8 to 8.2

Cost \$12.50 for 750ml bottle

North America

Berg



Source: Canada Arctic Sea Iceberg's

D2O = 110 to 140 PPM

PH = 7.4 to 7.8

Cost \$7.00 for 750ml bottle

Jackson Spring



Source: Canada Manitoba

D2O = 100 to 135 PPM

PH = 7.8 to 8.1

Cost \$5.00 for 1L bottle

5. Structure your water;

Mother Nature intended for us to drink water at source from natural waters. Instead, we decouple this water from its life source and placed it in plastic bottles and ship them around the world.

Most natural and wild flowing waters have a negative charge (millivolts-mV). When water is consumed at source, you maximise the beneficial effects of the water throughout your body as the water is still energised from the vortices and still holds a negative charge.

However once out of its natural environment, the biology of the water can change and become contaminated with pathogenic microbes. Also, a number of oxidation and reduction actions can occur in the water that can change its chemical state as well. As the water loses its energy and negative charge, the molecular geometry of the water also changes.

Artificial Methods of structuring:

1. Vortexing your water can help to increase the kinetic energy and rebuild the structure in the water similar to the way nature does it in fast flowing rivers
2. Magnetism in more recent years has been used to alter the molecular geometry of the water molecules and induce a negative charge in water creating structured water

Benefits of consuming Structured Water: (Dr. Gerald Pollack)

- Can hold energy, much like a battery, and can deliver energy too
- Drinking it optimises your hydration with less water
- Removes free radicals
- Improves cellular health and charge
- Reduces aging
- Enhances detoxification
- Increases workout recovery
- Increases blood circulation
- Improves metabolism
- Improves muscle-tissue functions and joint mobility
- Aids in lowering cholesterol

