

# **Ultimate Guide to Water aka What is AquaLiv?**

By Craig Hoffman

## **What is AquaLiv?**

The following discourse will not only answer this question, but also arm you with a guiding knowledge when considering any water or water enhancing technology. I will try to keep everything as simply stated as possible.

Instead of diving into a thorough explanation of bulk chemical factors like pH, ORP, surface-tension, bonding-structure, etc. like any other purveyor of health-enhancing water, I am going to skip that and address it later. I am going to start with a subject you will not hear anywhere else. The true reason AquaLiv is so special.

## **Water Memory**

Because very few people have heard of or can comprehend the concept of water-memory, I often cite the science of homeopathy, which most astute natural health enthusiasts can relate to.

Maybe you have seen those little vials of homeopathic remedies at health and natural food stores or even been prescribed a remedy by a naturopath?

In a nutshell, homeopathy literally means 'like-symptoms.' It is a medical treatment whereby some antigen is given to a patient that in a healthy person would create the same illness-symptoms the patient has. The theory is that by provoking the immune response to that particular set of symptoms it will also begin working on the inherent condition in the body that caused those symptoms in the first place.

This is not what I mean when I say AquaLiv is a homeopathic health supplement. You see, it was determined while diluting this antigen in successions of water, that the more you diluted it, the more powerful it became, contrary to what would be assumed. In fact, the most powerful homeopathic remedies are diluted so much that NOT A SINGLE MOLECULE OF THE ANTIGEN remains in the homeopathic remedy.

Why this is true is because water has memory. Water has a unique ability to store the vibrational signature or compositional frequency of something, much like information stored on a CD-ROM. And, the body can read this information like a computer.

When this homeopathic remedy is administered to the patient the immune system is provoked as intended, but because the body does not actually have to combat the physical antigen, it gets right to work on the patient's condition.

What I do mean when I say that AquaLiv is a homeopathic health supplement is that information is recorded in AquaLiv that benefits the body.

### **The Two Faces of Water Memory: Toxic Influence or Information Opportunity?**

#### **What does water memory have to do with detoxification?**

Any physical contaminate that water has been in contact with even if removed through purification still leaves its vibrational signature in the water and the body reacts as if it was there. This is what we have learned from the science of homeopathy.

If the immune system is always rallying the troops, so to speak, to combat contaminates that are not actually in the water, then normal, natural, and healthful detoxification rarely takes place. Detoxification is always put on hold during times of illness and stress.

This is why most people are toxic. It is not because of all the toxicity going in, although this is a significant contributing factor, but even the toxins created as a byproduct of a healthy metabolism end up getting stored in cells (usually FAT cells created specifically to store the toxic matter) because the body is busy combating an onslaught of fictitious threats which it considers more important than detoxification thus directing all available energies to immune response.

This activity then further reduces the general effectiveness of the immune system because it is in effect fighting a multi-fronted war and is not allowed the opportunity to focus. All this is really a byproduct of living in an unnatural environment.

AquaLiv has very healthful bulk chemical factors raising it above every other water available in all categories but one. However, this is merely a supporting role. The true benefits come from the fact that it has no memory of toxic matter and that it is programmed with a healthful matrix of beneficial biological signatures and energies.

When AquaLiv is consumed regularly the body is being provided with the resources and instructions to detoxify and the immune system is stabilized and optimized. Healing begins.

In reality, it does not matter so much if toxins are entering the body so long as they find their way out before contaminating the system. Most people cannot even rid themselves of their own naturally generated wastes.

#### **Cellular Memory**

Much like an abused child will instinctively cower when any adult raises their hand, due to conditioning, cells also maintain a record of past experiences in order to keep them abreast of anything they might have to deal with in the near future.

Southwestern University Medical School had this to say in 2004-

*“Our best hope for healing incurable illnesses and diseases in the future may very well hinge on finding a way to heal cellular memory. Why? Because the cellular memories are the health control mechanism for every cell in your body. As the cellular memories go, you go.”*

The body is very aware of water memory and uses it at the cellular level. Cellular memory is stored in intracellular water. I would even go so far as to say cellular memory IS intracellular water.

AquaLiv's ideal structure and rapid intracellular hydration replaces much of this water within the cells, in effect, hitting the reset button on cellular memory. This allows for growth beyond a mere nutritional level.

Most people cannot even utilize much of the nutrition they are consuming from a vast array of health-foods and expensive supplements. Their cellular memory is limiting their progress towards optimum health based on memories of an unhealthy past. Might this be a stumbling block for you as well?

It is now well known that one's state of mind or emotional health is a primary contributor to the overall physical health of the body. There are many great products and schools of thought available today that address health from this mental/emotional level. It is my goal to encourage wellness at a cellular level by providing each cell with the resources and instructions to heal. This is the true purpose of AquaLiv ReActivated Water.

### **Information Opportunity**

AquaLiv has been programmed with a matrix of beneficial biological signatures, energies, geometries, harmonies, and the abstract concepts of Radiant Health, Love, and Joy.

The primary goal is to relax and de-stress the immune system. This allows detoxification to begin while also allowing immune response to focus on the most critical internal threats one might be facing.

The secondary goal is to influence cellular well-being beyond the limitations of existing cellular memory by communicating to cells that they are immersed in an ideal operating environment and biological terrain.

All of the programming is harmonious with sacred geometry. Sacred geometry is an entire subject of its own so we will not discuss it at length here. However, each one of your cells, your whole body and even the structure of the entire universe, expresses and manifests in physicality or matter according to sacred geometry. To be aligned with this geometry is life itself.

## **Bulk Chemical Factors**

Because most of my customers are Kangen Water converts this discussion of bulk chemical factors will also include information relative to Kangen Water machines.

(Kangen Water is merely a trademarked term for alkaline, ionized water by Enagic Inc., and is just that- alkaline, ionized water- just like that from the other brands of machines like Jupiter, etc. This is known in the scientific community as Electrolyzed Reduced Water or ERW.)

### **A QUESTION FOR KANGEN OR ELECTROLYZED REDUCED WATER USERS REGARDING WATER MEMORY:**

Do you think indiscriminately electrocuting water through electrolysis leaves the information content resembling anything like water you would find in nature?

Kangen easily improves one's health from poor to good, but fails miserably at taking one from good to great. AquaLiv has been considered and designed from every perspective to be the very foundation of perfect health.

Maybe this is why so many who have purchased Kangen machines now drink AquaLiv?

## **pH/Alkalinity**

pH is the measure of acid-alkaline balance of a substance. A pH of seven is considered neutral, while anything below seven is progressively more acidic and above, alkaline. One's internal pH balance is managed automatically by the body, provided it has the resources to do so. The problem is that our modern lifestyle and diet causes the body to deplete its pH management reserves leaving many overly acidic.

Research has shown that most diseases can only form in acidic conditions. Most people on the Standard American Diet (SAD) are overly acidic.

Alkaline water can assist the body in dealing with these overly acidic conditions. For the purposes of this discussion it is important to note that alkaline water can be either stable or unstable, because the body prefers the stable variety.

Electrolysis ionizers create an unstable pH, which must be used or neutralized by the body immediately after drinking. This is because the pH change was created artificially with electricity.

A stable pH in water is a result of proper mineral balance. The best acid-buffering or alkaline minerals are calcium and magnesium. These minerals make water more alkaline in a natural way. When the body consumes these minerals, it can build up its reserves to fight acidity as the need arises- much better than the use it or lose it scenario with unstable pH.

A healthy body is one with acid-buffering reserves. AquaLiv has a STABLE pH of 9.5 while ERW has an UNSTABLE pH of 8 to 11, depending on your selection.

A note of caution: It can become unhealthy to continue consuming unstable pH water (ERW, Kangen Water) if one is no longer overly acidic. According to a clinical study performed in Japan with rats, considerable damage to the heart muscles is very likely. If you use these machines, please consider having yourself professionally tested for acidic conditions regularly. If you are not acidic, avoid drinking ERW over a pH of 8. This is not a concern with stable pH waters, those that are alkaline due to mineral content.

## **Surface Tension**

Water is a molecule consisting of one oxygen atom and two hydrogen atoms. It is also a dipolar molecule meaning that it has electrical potential between each hydrogen atom and the oxygen atom. This causes the hydrogen atoms of one water molecule to be attracted like a magnet to the oxygen atom of another water molecule.

This attractive force between water molecules is known as hydrogen bonding. Bulk water is usually in the form of very large numbers of molecules all holding hands so to speak, but without a definite architecture or structure (Structure section below). Of course these attractions take place all around every molecule and the resulting force typically cancels out. However, at the surface of the water all of the force is concentrated on one half of the molecule, thus there are stronger bonds between the molecules at the surface. This particular bonding strength is called “surface tension.”

Water with a higher surface tension is less likely to interact with things it is in contact with. When selecting a water to drink then, it is best to choose one with a very low surface tension so that the water will interact more with surrounding tissues and be absorbed.

AquaLiv has a very low surface tension- so low in fact you can feel it. Drink a full liter of any other water all at one time and note how you feel. Do you feel bloated, perhaps? Note how long you feel this way. Now do the same with AquaLiv. Do you feel as bloated? Pay particular attention to how long you feel it, as it disappears quite quickly.

While a low surface tension does help hydrate tissues and extracellular fluids, it actually does NOT help hydrate individual cells outside of transporting the water to the cells in the first place. As you will see below, it is actually structure that allows for intracellular hydration- along with so much more.

## **Structure**

As discussed above, water, as a dipolar molecule, bonds with other water molecules in what are termed clusters. Both energy level and water memory affect the size and/or structure of these “clusters.” Higher-energy, perfect water found in nature and around healthy cells tends to group in six-molecule clusters and is commonly referred to as “hexagonal water.”

The properties of hexagonal water are nothing short of amazing. It has been found that hexagonal water provides the actual support structure for DNA allowing it to be appropriately sized for proper function and replication. It provides a dense shield to protect DNA from free radical oxidative damage. It is also the transmission medium through which information is delivered from DNA to RNA via short bursts of photons (light).

The water we are all born with is hexagonal water- both inside and outside of cells. Scientists have determined that as we age, not only do we lose water mass, but we also become chronically depleted of hexagonal water.

Why is it we are losing water mass even though we drink plenty of water? It is because we are not drinking hexagonal water.

Cells do not readily absorb and shed water like body tissues. They actually move water molecules in, single-file, through specially designed protein-ports known as aquaporins. Of course, it takes energy to move water into a single-file chain. Hexagonal water inherently contains the energy the body needs to restructure water for various uses, including this pathway in and out of cells. If the energy is not in the water it must come from the cell itself. That is, if the energy is available at all.

Is the water you drink stealing energy or providing energy?

Of particular interest is that it has been found that when water molecules are forced into single-molecule chains, the water chains act as super conductors- water wiring if you will.

Imagine a cell with water moving in and out in single file chains. You are not just seeing the movement of water, but also tiny super conducting wires. I propose that this is actually how 'cell to cell' and 'cell to body' communication occurs. And, through these water wires we not only transfer information, but energy itself.

When I picture the cell in this way it resembles a computer chip with its myriad of connections transporting both information and energy.

While I have read the water wire theory as an explanation of the energy meridian lines used in acupuncture, I have never read anything that proposed a similar water wiring for the cells themselves, but as I write this it makes perfect sense to me. If you find anything on this subject, please forward it to me at: [craig@aqualiv \(dot net\)](mailto:craig@aqualiv.net)

This is just one example of how the body must restructure water for its various uses. Many books have already been written on structured water so I will not rehash everything here. However, I will allocate a significant portion of my upcoming book to the topic.

(All subscribers to my blog newsletter at [InClean Health Blog](#) will receive a complimentary electronic copy of the book when published.)

Hexagonal water allows for proper intracellular hydration, communication, replication, energy transfer, water memory retention, and just plain staying young and healthy.

However, smaller structure is not always better. It has been found that the structure of water around the DNA of cancerous cells is pentagonal, or 5-molecule clusters. Also of interest, reverse osmosis purification creates pentagonal structured water.

AquaLiv is high-energy hexagonal water. This is the reason why cells get energy and receive the programmed message.

## **ORP**

ORP or Oxidation Reduction Potential is measured in millivolts (mV) and represents the potential for an electrical reduction of oxidants (electron giving). A negative number is anti-oxidizing while a positive number is oxidizing.

It is important to note that not all anti-oxidants contribute to a negative ORP. This is because many compounds need to interact within the body for the effect to be realized.

You can, therefore, be drinking water or green tea that has a positive ORP (meaning it is oxidizing), but the compounds within the beverage, when interacting within the body, have an amazing anti-oxidant ability. The overall impact was highly anti-oxidant even though it had a positive ORP.

All tests of highly structured waters have demonstrated a profound anti-oxidant effect within the body.

ERW typically carries a highly negative ORP, truly its most healthful quality, due to an abundance of negatively charged hydrogen ions. However, a new product from Japan creates an abundance of hydrogen at a fraction of the price, without the negative health impact associated with the continuous consumption of unstable pH water (ERW). The Hydrogen-Rich Water Stick is available at: [InCleanHealth.com](http://InCleanHealth.com) or [HydrogenFriends.com](http://HydrogenFriends.com).

I wish I could impart a negative ORP to AquaLiv. However, I have not been able to accomplish this while maintaining the water memory message, which is vastly more important in my opinion.

The ORP of AquaLiv typically hovers around 100mV give or take 50mV, which is still exceptionally low for water. Because AquaLiv works on many levels it does create an anti-oxidant effect within the body, possibly even more than is offered by negative ORP water alone. However, there is no direct way to measure this.

In a trial involving regular AquaLiv consumers, we experimented with adding the Hydrogen-Rich Water Stick to AquaLiv. Ten out of twelve test subjects noticed no difference compared to drinking AquaLiv alone. In contrast with users of the Hydrogen Stick alone, an average 78% of users (non-AquaLiv drinkers) observed noticeable improvements when adding the stick to their daily regimen (informal study utilizing feedback from recent purchasers of hydrogen sticks from [HydrogenFriends.com](http://HydrogenFriends.com)). This implies that whatever benefits are a result of adding negative ORP water to one's diet, people are observing similar effects when consuming AquaLiv with nothing to be gained from adding the negative ORP factor.

## **Energized & Ionized**

Electron flow not only powers the appliances in our homes, but also the body. Electrons have been termed the currency of life and are typically the gift of the sun and hydrogen. Electrons also neutralize harmful free-radicals, a leading cause of aging.

Doctors say we are not getting enough anti-oxidants (electron donors) and thus these free-radicals are stealing electrons from the body, breaking up important compounds we need

and creating other free-radicals from those compounds. Just one radical causes this cascading chain reaction.

This process not only causes physical damage, but also leaves the electrical potential of our bodies very low. In short, we need more electrons.

Ions are atoms or molecules with electrical potential- that is, a positive or negative charge. Because electrons have a negative charge, what we are looking for then are negative ions.

As discussed in the above section concerning ORP or Oxidation Reduction Potential, not all anti-oxidants contribute to the ORP measurement taken directly in water. These electron donors and anti-oxidants must typically interact with the body before offering their potential.

A perfect example is molecular hydrogen ( $H_2$ ). Although the negative ion of hydrogen ( $H^-$ ) readily donates its electron as can be read with an ORP meter,  $H_2$  does not readily have any electrons to offer. However, once the  $H_2$  enters the body it interacts with hydrogenase enzymes whose sole purpose is to split  $H_2$  into  $H^-$ . For each molecule of  $H_2$ , two  $H^-$  ions are created. This is why the Hydrogen-Rich Water Stick, which creates water that is read as less anti-oxidant by ORP standards than ionizing machines, ultimately outperforms them.

AquaLiv is rich in both extra electrons bound within the bonding structure of the water molecules themselves and negative ions. This potential is so high that the original tagline for the AquaLiv water product was 'Fuel for the Body-Electric.' I still like the sound of that one, but it did not acknowledge the other wonders of AquaLiv.

I should also add that, in addition to food and water, air is a wonderful source of electrons from negative ions. In fact, if you have ever felt invigorated and alive when walking along the seashore, standing near a waterfall, or during a thunderstorm, it was because you were breathing negative ions; nature's vitamins in the air.

As I write this very sentence I am breathing in copious quantities of negatives ions because in my office I have this fabulous negative ion generator. It allows me to work energized and alert without stimulants like coffee and greatly elevates my mood and mental dexterity- I love it. So much so, my company will begin manufacturing these under our own InClean AIR brand available soon at [InCleanHealth.com](http://InCleanHealth.com).

### **Mineralized**

Water for drinking should ALWAYS contain some alkaline minerals. No less than 50ppm (parts per million) and preferably not more than 200ppm.

Even though many minerals in water cannot be utilized nutritionally, alkaline minerals are used to buffer acid in the body.

As discussed in the section on pH, most people eating the Standard American Diet (SAD) have problems with acidity and acidity is a precursor to disease.

Water without minerals consumed for lengthy periods of time has been proven to decrease bone density and contribute to acidic conditions. The issue here is that water likes to bond

with things and has a very strong ability to do so. Water with nothing in it has been termed “hungry water” by the de facto water treatment industry and it certainly is hungry. Water bottling plants creating distilled or reverse osmosis water will not have their permits approved unless they use plastic piping. This is because the water will literally steal metal from the pipes causing pitting and corrosion. Hungry water does the same thing in one’s body.

At the same time, water with too many minerals can actually leave deposits and cause over-mineralization in the body. This is why it is best to drink alkaline water with a mineral content less than 200ppm.

### **Toxin Free**

This should generally go without saying, but it is best to not drink water with toxic matter. This is the area most water companies and their products focus on so I am not going to list all of the bad things that can possibly be in water ad nauseam.

Unfortunately, the easiest ways to remove all toxins in one fell swoop is distillation and reverse osmosis. I say unfortunately because both processes leave water energetically dead, void of all minerals, structurally inferior and unhealthful.

The best method then is dual-stage carbon block filtration like that utilized in the AquaLiv HOME system and our Wellness Kitchen S-III system. Or, the equally effective ceramic plus carbon block method utilized in our InClean Water GOLD purification systems. (All water systems available at InCleanHealth.com) Carbon literally gobbles up a myriad of contaminates and by using it compressed into a block form (unlike granulated carbon) it also filters physical contaminates based on their size. The first stage should be no larger than 5 microns and the second stage 0.5 microns. This will block pathogenic bacteria, viruses, parasites, and other microbes. Of course, most if not all possible sediment your water contains will also be screened out.

One contaminate everyone asks about is fluoride. If you are on municipal or city water you most likely have fluoride added to you water. Do not let anyone trick you into believing it is good for teeth and perfectly harmless otherwise. It isn’t. During WWII, Nazis fluoridated the water in concentration camps to make their prisoners more docile. Is your mind feeling numb? It could be the fluoride.

Unfortunate again, carbon does not remove fluoride. Since the distillation and RO methods are out, the remaining options are an ion exchange, activated alumina, and bone-char carbon.

When AquaLiv was first founded we were bottling in downtown Seattle from tap water. Do not laugh, it is some of the best tap water in the country and when I am finished with it, it is better than anything else you can buy, natural or otherwise. (The source of AquaLiv is now 230 feet deep in the foothills of Mt. Rainier.) Seattle water has fluoride and I fully expected to have to do something about it. Because the concentration of fluoride is paramount when designing for a target flow-rate, the plant was built and samples of the finished AquaLiv product were sent of to the lab for a full workup. Surprisingly, the fluoride was gone. I can honestly say I do not know which part of the ReActiv8 process used to create AquaLiv is

removing the fluoride, although I believe it to be occurring through ionization and/or our [Vo/Im] technology (vortex implosion).

Just to be clear, this does not mean that the AquaLiv HOME system will remove all of your fluoride. All municipalities and even location points on your water flow grid will have different concentrations. If your home has fluoridated water, we recommend selecting the fluoride removal option available on most systems at InCleanHealth.com.

The following fact is very disturbing and something you should know. Many municipalities are beginning to recycle wastewater (yes, sewage) back into drinking water. I understand the need as so many communities are short on water supply, but I cannot begin to fully explain the ramifications of this practice in terms of widespread health. As discussed in the section on water memory, even if you remove contaminants from the water physically, the imprints of past contaminants are still there and the body responds. Now we are not just talking about chlorine and the other usual offenders, but things far worse. We are talking about prescription drugs, illegal drugs, disease markers (physical and energetic), imprints of social/mental disorders, and the list goes on and on. These will all manifest in time as epidemics in these communities. If you are one of these unfortunate souls, please move away or take water memory seriously for yourself and your family. The government only acts to ban practices that will kill you quickly. Something that will remove 10-30 years from your total life will not receive a flicker of attention until it is too late. In fact, in many cases like chlorination and fluoridation, it is actually embraced by government. It is up to you to take care of yourself and your family.

## **Conclusion**

Water is exactly what the body needs to cure itself from a host of diseases and sub-par conditions. A general rule of thumb is to consume half of your body weight (pounds) in ounces of water each day. This is if you are healthy. If not, drink more.

Many call to ask me if they can drink less water when drinking something like AquaLiv. Yes, you will get much more hydration and overall health impact consuming a smaller volume of AquaLiv than you would drinking larger volumes of regular water. However, more is better- especially if you are unhealthy.

When you drink AquaLiv, it is important that you drink at least 12 ounces at once. Sipping all throughout the day reduces its effectiveness and makes it much harder for the body to flush out toxins that are being released.

At AquaLiv.net we also detail an ancient Ayurvedic water cleanse specifically adapted for AquaLiv called the AquaLiv Cleanse. It is a great way to get started on your road to optimum health.

If you cannot afford to buy AquaLiv or the AquaLiv HOME system, do not give up on water. It is still the best thing you can do for your body. Both our Wellness and InClean Water brand products available at InCleanHealth.com are a cost-effective second choice. Is this still out of reach? A Hydrogen-Rich Water Stick combined with tap water will literally work wonders if you are looking to improve your health.

The point I am making is this: water is your ticket to health at any budget. If you do not find any products within your budget at InCleanHealth.com, email support@InCleanHealth (dot com) and we will guide you further.

For further study of water and its influence on health, I highly recommend the following book: "Water for Health, for Healing, for Life: You're Not Sick, You're Thirsty!" by F. Batmanghelidj, M.D.

In conclusion, to demonstrate the power of water, I leave you with this:

A University of Washington study revealed drinking five glasses of water a day decreases the risk of breast cancer 79%, the risk of bladder cancer 50%, and the risk of colon cancer by 35%.

These are huge risk reversals and this study was performed with just regular water. Imagine what AquaLiv is capable of.

Best wishes to you and yours,

Craig

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[AquaLiv.net](http://AquaLiv.net)

[InCleanHealth.com](http://InCleanHealth.com)

[InCleanHealth.com/blog](http://InCleanHealth.com/blog)

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