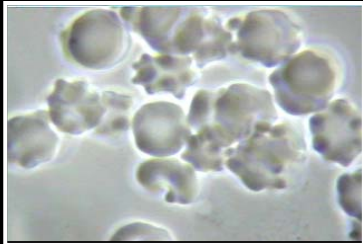


# What can a live blood test tell you about your present health?



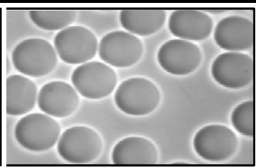
are you dehydrated?  
are you fermenting?  
are you moldy?

live blood picture of rotting red blood cells

In just seconds and a painless pin prick to one finger, we're viewing your blood at 25,000x magnification.

## A live blood analysis can tell you whether or not your diet is working for you.

healthy  
alkaline  
balanced



healthy red blood cells are hydrated, energized and perfectly formed

Food coaching programs, raw-living food advocacy and advice available.  
One hour consultations with live and dried blood cell analysis

www.rickpanson.com • 212-533-5256 • healthybodycoach@gmail.com

## WATER-What kind, How Much and Why!

WATER... without water, life does not exist. 70% of earth is covered in salt water and 70% of your body is water and it's salty too.

Coincidence?

Water is made of 2 hydrogen molecules bound to 1 oxygen molecule.

HYDROGEN– The 1st atomic element made of 1 proton (+ charge) and 1 neutron (no charge). Hydrogen is a highly explosive gas.

Hydrogen is the lightest and most abundant element, constituting roughly 75 % of the Universe's chemical elemental mass. Hydrogen forms compounds with most elements and is present in water and most organic compounds. It plays a particularly important role in acid/base chemistry with many of the reactions exchanging protons between soluble molecules.

Hydrogen gas (now known to be H<sub>2</sub>) was first artificially produced in the early 16th century, via the mixing of metals with strong acids. In 1766–81, Henry Cavendish was the first to recognize that hydrogen gas was a discrete substance, and that it **produces water when burned**, a property which later gave it its name, which in Greek means "water-former." Incredibly, this simple proton/neutron element is extremely powerful, just remember the H-Bomb or Atom Bomb and it has this same incredible power inside you as an energy source too.

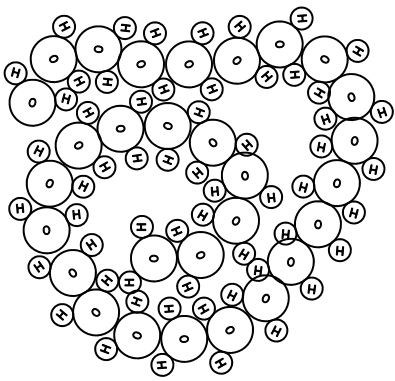
OXYGEN-Oxygen, which is very reactive, is a component of hundreds of thousands of organic compounds and combines with most elements. Plants and

animals rely on oxygen for respiration. Hospitals frequently prescribe oxygen for patients with respiratory ailments.

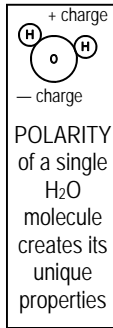
Without oxygen, almost all fires and explosions cannot take place. Oxygen is the third most abundant element found on earth, and it plays a part in the carbon-nitrogen cycle, the process once thought to give the sun and stars their energy. A gaseous element, oxygen forms 21% of our atmosphere by volume. The element and its compounds make up 49.2%, by weight, of the earth's crust.

How is it that a molecule made of 2 atoms of hydrogen, (an explosive gas) combined with 1 atom of oxygen (necessary for a explosions or fires) can possibly be able to put out a fire?

WHY doesn't the hydrogen burn/explode?

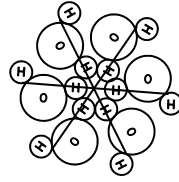


Typical cluster of tap & bottled waters. 13-16+ molecules (up to 90+molecules sometimes) due to POLARITY of atomic-electrical charge



**IONIZED WATER is HEXAGONAL**  
1/3 smaller cluster = 3X better hydration

Lines added to show the hexagonal snowflake shaped form



Microclustered or Hexagonal Structured Water. Smaller clusters mean faster/better hydration. 6 sided—perfect balance, like a snowflake's naturally balanced 6 point crystalline structure. Held in an electrically charged field of energy.

About two thirds of the human body and nine tenths of water is oxygen, the other one tenth of water is hydrogen. The strong affinity of the electron bond of hydrogen atoms and oxygen atoms is what allows this unique substance, water, to put out fires... after all, it is composed of explosive gas atoms combined with that which is necessary for explosions (or fires) to take place. It is this powerful electron bond that can give your body energy too, if you drink enough of the right type of water and avoid oxidizing (energy stealing) beverages.

**What kind of WATER**— Today, most people are aware of acidity and the #1 over-the-counter medications in America today are antacids. We use antacids because of excess acidity in us and not enough alkaline buffers to neutralize that American acidity. **KANGEN ionized water has 4 features:**

KANGEN water is highly ALKALINE    KANGEN water is ANTIOXIDANT rich  
KANGEN water is ELECTRON rich    KANGEN water is MICROCLUSTERED

**The people who have discovered the healthful properties of KANGEN water are experiencing a fundamental shift in how their bodies can remain alkaline.** Furthermore, by bathing their cells with alkaline, anti-oxidant, microclustered water that is highly electron rich, they are bathing their cells in the best substance one can consume for detoxification and proper hydration on a cellular level. There is nothing better for your health than to drink ionized, KANGEN hexagonal structured water. See booklet; ***Ionized Water-The Best Substance We Can Possibly Consume.***

**How much WATER?** The human body is ~70% water and the blood is about 4-6 quarts of the 10-15 gallons of water that we are made of. It is an uphill job for the few quarts to keep the many gallons clean. It is important to understand the cleansing ability of fresh, clean water. **It is advised to drink a MINIMUM of 1/2 your body's weight in ounces of water daily** and if you are faced with a health crisis or some disease, then it is advised to consume 1 ounce of water for every pound you weigh in order for the water to cleanse the acid wastes from the tissues. I often say that “you can pee your way to health.”

**WHY?** Water is a universal solvent of organic matter and it is the way all living things deliver nutrients and remove wastes from their system (plants and animals alike). We all produce wastes; plants have oxygen as their waste (which animals need for life) and animals have carbon dioxide as their waste (which plants need for life). Water is the medium for transporting all these wastes to the proper place for disposal. Just look at a plant that hasn't been properly watered... what do you see? Wilted leaves. What do you see when a person is dehydrated? Wrinkled skin, sunken and dark eyes, listless enervation because there is POWER in water itself. We need water not only for our delivery of nutrients and wastes, but also for our atomic energy. It has so many health enhancing properties that is equal to oxygen itself in importance for our life and health.

GENEVA, (Reuters)    December 6, 2010

European scientists reported on Monday the creation and capture of anti-hydrogen atoms in a novel magnetic trap and said it put them on track to solving one of the great cosmic mysteries -- the make-up of anti-matter.

Anti-matter is of intense interest outside the global scientific community because it has often been cited as a potential source of boundless and almost cost-free energy.

**WATER is a cornerstone in your house of health and it is FREE.** I do not drink bottled water due to the environmental costs as well as the known contaminants of the plastic bottles themselves. I believe strongly in drinking water from the tap (even the fountain in the park with no filter is usually better than most bottled waters) filtered at the point of use and I personally use a “medical grade” KANGEN water ionizer in order to obtain the greatest health benefit from the water I consume. **DRINK WATER... your health and life depend on it.**

**Water is a special molecule that has a unique set of properties which set it apart from all others. Life on Earth is made possible because of its unique nature. One interesting property is the polarity of water molecule.**

### **What is Polarity?**

What do we mean by 'polarity' of water molecule? Polarity is charge inequality on two ends of any molecule. Due to the unequal distribution of electrons in water molecule, one part of the molecule is more negatively charged than the other part. This is caused by the property of 'electronegativity', which can be defined as ability of an element to attract electrons. If the atoms that make up a molecule have different electronegativities, that differ substantially, they attract electrons unequally, causing polarity.

### **Water: Molecular Structure**

To understand what is polarity of water, one needs to understand the molecular structure of water and the arrangement of electrons in it. The polarity of water molecule arises due to its peculiar molecular structure. The molecule is made up of one oxygen atom covalently bonded with two hydrogen atoms. A covalent bond is formed when two atoms share electron pairs with each other to achieve stability.

Oxygen has six electrons in its outermost orbit. Out of these six electrons, one electron each is shared with two hydrogen atoms, which have one electron in the outermost shell. Through covalent bonding, oxygen shares two pairs of electrons with hydrogen atoms to form the water molecule. Besides these two shared pairs of electrons, water has two pairs of unshared electrons that repulse the other two pairs, leading to distortion in its shape.

### **Why is Water Molecule Polar?**

The polarity of water molecule arises due to its greater electronegativity or electron loving nature, than hydrogen. Even though the pairs of electrons are shared with the hydrogen atoms, they are not shared equally as oxygen pulls the electrons more towards itself. This gives rise to a greater negative charge on the side of oxygen atom and a positive charge on the hydrogen atoms. That means, water molecule becomes polar because of the greater ability of oxygen to attract electrons toward itself. This polar nature of water molecule gives rise to an electric dipole moment.

### **Importance of Polarity of Water**

What are the consequences of molecular polarity of water on its nature and properties? This polarity has a large impact on the properties of water. Here are some of the many unique properties of

water that can be attributed to its polar nature:

### ***Hydrogen Bonding***

Due to the polar nature of water, a special kind of bonding occurs between every molecule of water and its surrounding molecules. The negatively charged oxygen atom attracts surrounding hydrogen atoms of other water molecules, which are positively charged, creating a weak bond called the 'Hydrogen Bond'. This hydrogen bonding is responsible for most of the peculiar properties of water.

### ***High Specific Heat & Heat of Vaporization***

Specific heat is the amount of heat absorbed by one gram of a substance to raise its temperature by 1 degree Celsius. Heat of vaporization is the heat absorbed by a substance to transform from liquid to gaseous state. Water has a high specific heat and higher heat of vaporization than most substances due to hydrogen bonding. These two properties endow the water molecules with an ability to buffer large temperature fluctuations and regulate the climate on Earth.

### ***Cohesion & Adhesion***

The hydrogen bonding between molecules makes water more 'sticky' leading to a higher degree of cohesion and adhesion. Adhesion and cohesion are important properties of water which play a big role in its biological functions.

### ***Higher Surface Tension***

A higher surface tension of water endows it with the property of capillary action, which helps it rise against gravity through tubes and veins of plants to reach greater heights (300+ft tall).

### ***Ice Floats on Water***

Due to the hydrogen bonding, which is a consequence of the polarity of water, ice is less dense than water causing it to float. This has important consequences for marine life as it gets protected in winter by the insulating sheet of ice that floats above water, while keeping underlying layers warm.

### ***Water As Solvent of Life***

The polarity of water molecule makes it a universal solvent. It can dissolve salts, acids, sugars, as well as alkalis and gases. Most cell components including proteins, polysaccharides and DNA dissolve in water making it the basis of life.

Written by Gary Pilgrim

Source: <http://www.buzzle.com/articles/polarity-of-water.html>