The Messages Water Hold For Proper Detoxifaction Transcript

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Introduction and Guest Background

Welcome to the reverse autoimmune disease Summit. Everybody, I'm Doctor Kiesha and you're joining me for the fourth iteration of the reverse autoimmune disease series.

This is the autoimmune detox. And I'm so happy to have back Doctor Gerald Pollack, who received his PhD in biochemical biomedical engineering from the University of Pennsylvania in 1968.

He then joined the University of Washington faculty and is now professor of Bioengineering. He's also founding editor in chief of the journal Water. Convener of the Annual Conference on the physics, chemistry and Biology of Water.

And executive director of the Institute for Venture Science. His interests have ranged broadly from biological motion and cell biology to the interaction of biological surfaces with aqueous solutions.

His 1990 book Muscles and Molecules Uncovering the Principles of Biological Motion, won an Excellence Award from the society for Technical Communication.

His 2001 book, cells, gels and the Engines of Life Just How I Found You and His New is that the fourth phase of water beyond Solid liquid and vapor, one that societies distinguished, award their highest distinction.

The latter book went on to receive the World Summit Excellence Award. I'm going to stop there. Your you know, your bio goes on for a very long time with a lot of amazing accomplishments.

But the the thing that I wanted our viewers to know about you is that broad range, but also the narrow part of the incredible, research and knowledge that you've eliminated around water.

So I know when we when we were like, you were just showing, I need to drink more of that. And you picked up your cup. You know, you think about drinking a cup of water.

I don't think we think too much about what it is that we're putting in our mouths. Right? We we don't. And that. And the water is so critical. Because.

Because the water, well, you know, if you if you, if you read it, cell biology or biochemistry book, you know, you don't hear much about water. In chapter one, starts with water because, you know, water is the main component of itself, but then it drops water altogether.

And, and, and for most biologists, water is considered as merely the background carrier of the more important molecules of life. You know, we we we hear about DNA and RNA and, proteins and, and all of that.

And we don't hear about water. And the, the, the presumption is that it doesn't do anything. It's sort of like, like a bathtub full of water in which you bathe.

It just sits there, you know, and doesn't. And, and from the experiments that, that we've done, it's so totally untrue. The opposite is true, that that water participates in every everything that goes on inside the cell and outside this out.

And if you don't take it into account, then you're probably, not coming to realize the, the true mechanism. So, so a lot of the mechanisms that are discussed in those books, I believe, it may be erroneous because water is at the center of, of all of it.

And therefore therefore, you know, if your body is, is, short of water, if you're dehydrated, then you're not functioning properly. And I think, you know, a lot of us have come to realize that from practical experience that we we get dehydrated, thirsty, and we we lose our energy.

It's not just a side effect. It's a central effect. Because, in that water, actually, there is energy, potential energy. And, you know, I can explain why I rather, rather have some slides, but, I, I can explain, and but simply stated, without the detailed explanation, water plays a central role in virtually everything the body does.

And if you don't have enough of it, you're not going to succeed. And you're not not going to perform at, at the optimum. And in some extreme cases, you're not going to perform because you need that water.

And the water I'm talking about, please interrupt me when, when you watch.

Why Water Matters in Biology

Well, I do want to I want to interrupt right here because I want to set a stage for people, you know, 10,000 years ago in the Vedic sciences and innovated out of the sister science of yoga from India, said, you know, this is a long time ago said, if you want to know the health of your community, look to the frogs, because the frogs are living in the water that's feeding all of us, and they're going to be the ones that show whether or not the community, you know itself is healthy.

So it's not even just water. It's the kind of water. It's the kind of water. That's right. Yeah. And it's the kind and, you know, I, I get asked and, I wouldn't say daily, but close to it.

I got an email. Oh, I'm, I'm in Georgia and, and I'm, whatever. Whoever. And introducing myself. And which water should I drink to maintain my have my husband has this or that disease, and I'd like to keep him healthy.

I get that ask that question, too. And I don't have my name on the research. You do? People are desperate to know. Well, you know, this is. And that put me digress for a moment about about that desperation.

You know, it's easy to find out, but it needs to be done. And what needs to be done is, are clinical trials on different types of water. Everybody wants no.

And everybody can benefit from this sort of thing. A dozen years ago, I tried it myself because, you know, I'm independent of any of the companies, who are selling the various waters, many of whom complain, of whom profess that a the waters contain easy water.

Fourth phase water. What what what we discovered, which we'll explain in a minute. Yeah, yeah, yeah. Okay. Or structured water in some sort, seems to have caught on and and and and the poor person who wants to know which water should I drink?

There's nothing out there to say. So, each each product. So to speak, advertises, their health benefits and so forth, but you don't know because you don't see the test and you don't know if the tests have been objective, objective and and in nature.

After all, these companies, many of them stand to make a profit. And I don't blame them. They, you know, they want to stay in business. Right. But then then it's sort of like the pharmaceutical industry, you know, and you don't know, and whether the it's unbiased.

Yeah. Unbiased. And and so, so the drug companies will, will spend, up, up to, I think I saw $10 million or something, or maybe much more than that. I can't remember the figure, but huge amounts of money to do clinical trials.

Well, same thing could be done with water. It's not cheap. I'm not talking about, you know, ten, 10 or $100 million. I think probably it could be done, five, $5 million.

But somebody has to step up and say, okay, I'm going to do this. We could have done it. Where we're so deeply involved in some of the science now that I'm, I'm less sure that we have the capacity, but it needs to be done by somebody who understands something about water.

And is objective enough to do these clinical trials without any bias whatsoever. And then after 2 or 3 years, the answer will come out. You know, water A is pretty good for your health, especially if you have a kidney problem.

And water B is even better. But water C, doesn't do anything for for this, unfortunately, if you've got cancer, then, water G and H are really good for you, but, etcetera, etcetera.

You know, we don't know the answer, right? People ask me, they think I'm an expert of some, some sort. And I tell them I don't know, I can't, it's really difficult for me to say because the clinical clinical trials have not been done.

So, if, if any of your listeners, would like to step up to the plate and, and fund something like this or even partially funded it, it would be, a real advance for humanity.

Everybody needs very big contribution. Yeah. It would be. Yeah. So, you know, standing on my box and grandstanding about that issue, I think you're mostly interested in other aspects of water and which.

Yeah. Please, I can explain if you, if you ask or whatever. Well, let's lay a little bit of groundwork on, what your lab and what your team did come up with them.

You threw out some terms that are maybe known to some people and maybe unknown. Easy water, structured water. If you want to explain what that is. Sure.

Yeah. Okay. Well, I was saying, if I fail to define those, to remind me. Okay, but. Okay, so we found something, that almost nobody expected except a few luminaries, for, over, over 100 years, including, including a famous, famous, colloid chemist.

The guy's name was Sir William Hardy, and obviously he must have been famous because he's got sir before his name, British. And he said he said, you know, there's something, something weird about water.

There are so many anomalies. That is, observed features that are not explained by by our current understanding of water. You know, we've got solid liquid vapor, but this stuff doesn't fit.

And and, you know, if enough observations don't fit, then you you have to go the extra mile and say, well, something is wrong here. And he suggested 100 years ago, he suggested that there must be another phase of water.

And a few people, carried forth that general idea. One of them was, Albert Saint George, however you pronounce it Hungarian guy, who is considered the father of modern biochemistry.

And and he, he, he knew that, that there was something beyond the ordinary, this kind of stuff that that we drink.

Fourth Phase Water and Exclusion Zones

And, inside the cells, he was thinking that that the water molecules were ordered in some, in some way, and he even came up with a quote, a will quote.

It was this call that life is water dancing to the tune of about of solids. In other words, solids were moving around and the water was somehow, in coordination with it.

Perhaps the the most eminent, I don't know, the, the, the most serious researcher in that area is the late Gilbert Lang, who just died, a year ago. And Gilbert Gilbert, came from China.

He was in the first cohort of Chinese scientists sent to study in the US. And, and also, they thought Gilbert was the smartest one of them went on to win to win a Nobel Prize.

And, Gilbert deserves at least two Nobel Prizes for all that. He he communicated and he held, held of you. And he wrote 6 or 7 books and and that, again, that inside the cell, the water was not the same as ordinary liquid water.

There was something else. The molecules were actually stacked on one another, lined up, and he called it structured water. That is different from ordinary water, where the molecules are bouncing around, furious number of times per second, randomly oriented and such.

And until he died, he was quite confident that he was right. Well, we in our experiments, inspired by mostly by by Gilbert being who I knew, but not not so well.

Inspired by him. We actually found that he was wrong and right. And mostly he was right. But some aspects, the evidence that we came up with didn't fit.

And so what did we come up with? It was a long introduction to the your your question. So if you have a surface, material and, and the surface is so-called hydrophilic, that is water loving, which means if you take water and you, you drop it on the surface, you know, spread out instead of beating up like Teflon, for example, in this case, it spreads out and loves the water and water loving hydrophilic.

Okay. It's a hydrophilic. So what I'm going to tell you about it happens on most hydrophilic surfaces. So when the water meets the surface you think nothing much happens, but actually something extraordinary happens.

The water that's right adjacent to the surface undergoes a, a transition to a different state. That's what we now call the fourth. The fourth phase, the fourth stage, if you will.

And and this fourth phase is a sheet, and the sheet contains, if you were to look at the sheet, from this direction, the sheet would looks like it looks like, honeycomb just full of hexagons, with containing oxygens and hydrogens.

And then the water forms a second sheet which sticks to the first and a third and so on. And these sheets build on, many, many, many sheets, in some circumstances, even up to a million or so sheets, it's a huge effect.

And, and this kind of water that we found, all of the physical properties that we investigated differ from that of, the stuff that's in this cup. It's different.

It's much the way Gilbert thing, described it. However, the structure is different. The, our evidence points to that and also to the fact that it's, it's no longer H2O, it's actually H302 and it's charged usually typically negatively charged.

And the reason beyond the these, layers of water is positively charged. So you've got negative charge and you've got a positive charge out there, which is like a battery, negative, separated, from positive.

And, so that's and this, this is not just a laboratory curiosity, you know, because, well, I'll tell you in a moment that because because you need energy.

To, to build any, any kind of ordered structure if you go from chaos to order, requires energy, a fundamental, law of thermodynamics and which makes sense because, you know, not all fundamental laws make sense.

This one, I think, makes sense because, everything tends to basically to devolve into chaos unless you've got energy to support it. And, and we couldn't figure out where the energy comes from.

It took us several years, and it was actually, a student to a provided the, the Q all right. I, I actually, I gave the students we figure out a project together, but the student knows that they've got free reign to try things that they might not ordinary try on their own.

They try. So this guy was doing an experiment on the bench, and, there was a lab sitting right, right next to him, one of these gooseneck lamps. And he put it in position and shined it on the chamber.

And wherever the whatever part of the chamber was illuminated, the, fourth phase grew, I should say we call that also exclusion zone. This fourth phase, or easy for short exclusion zone, because it excludes almost everything.

It's like a crystal. So so that's why we say easy water, four phase water. The two are the same. Anyway, it was shiny. The lamp and the easy or fourth phase groove where it was illuminated.

So he calls me in and said, hey, look at this. And I looked at it and I was I was totally amazed. I was blown away. I said, well, take away the lamp and see what happens.

Sometimes things are irreversible. So he pulled the lamp away and this expanded section, retracted back to to its original. So so we now know, we know that, the energy that's required to build is, is light.

And of course, we wanted to know which wavelengths of light, were where the most powerful, the most effective. And we did genuine experiments. Not it was that lamp shining on the chamber, and we found, and all of this is published and it appears in my fourth Facebook, we found that infrared energy was the most powerful. So.

So what's infrared? Well, you know, it's it's part of the it's part of the spectrum of light. There's the visible part. There's, ultraviolet at shorter wavelengths, which we can't see.

And infrared at the longer wavelengths, which we can't see. But the infrared is always there. It's always there because, it's, everything out there is generating infrared energy.

If you were to dark and the room completely dark, so your cellphone camera sees nothing and your eyes see nothing, and you, pull out your infrared camera and and aim it in a direction.

You get a beautiful image of whatever it is. Your, your in your face thing, which means that each entity out there is generating infrared energy. It comes originally from the sun, which is, 50% infrared reaching the Earth, and it the sun's shining on all these objects, and and these objects re radiate that infrared light.

And so because you have the stacking plates and so does that. Why like a tree would then during the daytime get those stacking plates of the water. Because it's lipophilic hydrogen.

Yeah. Yeah, yeah. But it doesn't necessarily need the water because, some of the objects are, that contain no water. So I'm looking out at of where I'm sitting right now, and I see a wrought iron, gate and, and the wrought iron contains almost zero water, but you'll see it with an infrared camera because it's absorbing energy.

Heat, you might say, from the environment and then radiates, heat. So we see it. So what I'm getting at is that the energy that you need for building this fourth phase, or easy water, is practically infinite.

It's always out there, which means that wherever you have water and, and, and some kind of hydrophilic surface, most surfaces are at least partially hydrophilic.

You're likely to have easy water, and therefore it's it's all over the place. It's not just inside our body. It's it's it's outside and, and, so, so it's what I mean by it's not a laboratory curiosity.

It's all over, especially in your body as as Albert's and Georgie and, and Gilbert Lang were professing all the time. But it's a little different from what Gilbert suggests.

And it's not merely a stacking of molecules, but it's actually a transition that occurs. And and the transition, builds easy water, massive amounts of easy water.

And that water usually has negative charge, and it's built by infrared energy. And inside your body, you have

another source of infrared energy, because metabolism is generating heat.

And and that's infrared energy. So you have infrared energy building in, in your own body. And that infrared energy builds easy water. And so from your thyroid, because your thyroid is taking your oxygen and your calories and generating the key.

Yeah. Well, that's part of it. But yeah, you know, all of, all of the metabolic right actions that are occurring are contributing. So so you have a source of infrared infrared outside.

And you, you and I, probably you have more than I do. But yeah. Or I more than you do. So maybe I have more. So the infrared energy is is there. It's all over and and and we found that it powers a lot of things inside your body.

So, so that it's not just the food that that you eat, but.

Infrared Energy, Sunlight, and the Body

But the easy water that's inside your body is separating charge it's potential energy. So, from this water, from this separated, this water was separated charge that constitutes potential energy which your body uses to do, whatever it's doing.

So, you know, I'm not suggesting that the more conventional, means of energy like ATP are not relevant. Although Gilbert did question that and his questions have never been answered.

Yeah. It's it's very interesting. We're calling into question the Krebs cycle now. Yeah. That's interesting. Yeah. Well I think we are you know we go to a more philosophical view that right.

That you know nature works simply. And I when I was a student, and actually I was a faculty member and I sat in on that biochemistry course. The instructor was gifted.

And, the first half was really interesting, learning about proteins and such. And then the second half I was advised to stay away from it. It's about metabolism and it's so complicated that, you know, it's just not worth sitting there and learning all of those reactions.

And I think we both agree that, Mother Nature and her brilliance works in simple ways, not complicated ways. The answer has to be simple. And if it's so complicated, that's that it takes a full quarter or a semester to learn the fundamental principles.

I'm not sure that's right. You know, it's a bit arrogant to to talk about questioning the Krebs cycle. And I don't know that it's wrong, but I have a suspicion that the whole thing might be simpler. And, and that remains to be seen because, you know, we we never consider the next electrical aspects of this, the separation of charge and how this separation of charge, battery basically got a big battery inside our body.

And, that battery contributes energy and it keeps getting recharged. It's like your cell phone battery. I have no cell phone, so I have no cell phone battery.

I stayed away from that getting increasingly difficult. But anyway, that battery is operating in your body. So it's not just the food that you drink that's giving you energy.

It's also, the electrical, aspect of this, which is providing energy to your body in much the same way as it provides energy to virtually everything out there.

I think it's critically important. And it's been, under recognized. So, I mean, I, I can anyone unless you've got something you want to, it feels like that you just very with adeptly and and quickly explain seasonal affective disorder.

You know that. Right. Like because because here's this thing that, I often will give the, the analogy of blackberries in the Pacific Northwest will take over your backyard, much like the jungle took over Machu Picchu.

You know, if if the energy is not spent to keep that at bay. Right. And take some energy to be. I didn't know that it was almost overrun. Yeah, yeah. If it's rather bare from my memory many years ago.

Yeah, many, many, many years ago, it was it had jungle all over it. Right. And it it had to be pulled back out again. Oh, oh, oh. And that's probably how it was discovered I guess.

Yes, exactly. It was hidden for some time. And, and so it was the, this big archeological discovery when some of that started getting pulled away, I was like, oh my gosh, you know, and had to be dug out.

And so, you know, this, this thing that you're talking about where the energy is necessary, to, to create that space and, and, you know, light being what does it with water.

And I just thought, wow, that's just exactly like seasonal affective disorder. You know, if people if people get depressed in that region of the world that we live in, which is the Pacific Northwest, where it can be gray a lot, even though there's still infrared, you know, it's still available, like you said, in the dark.

It made me wonder when you see where you're going. Yeah, okay. Sure. Yeah. I mean, absolutely. And that's why I know people in Scandinavia, go south to the Middle East and south to get get more sun right.

A lot of depression there, right? We unfortunately, we live in a, latitude that's too far north and, yeah. Absolutely. So is is not just, it's not just physical.

It's it's mental. Also, it affects every process. And of course, it affects processes in, in the brain. And, I think that may be the reason why, I know the Scandinavians are maybe more advanced than we are in some way.

You know, they, they, they like saunas on us. Yeah. And so, so do the Russians. And they have that bonding, which is the same. Yeah. And they use it all the time.

And I, so it's heat, right. And heat is essentially equivalent to infrared energy. So, you know, you sit in there and take off your clothes, you get blasted by heat or infrared energy, and 30 minutes later you come out like a new person.

You're not depressed anymore. And they know it in Scandinavia. And I think we're beginning to know it here. And yeah, the mechanism has, has been not, not so clear or, I mean, the mechanism of have why why the saunas work as well as they do.

But I think it could actually be the infrared, because the infrared penetrates your entire body, including your skull. Gets into your brain and, and restores your brain to, to its normal mode, which is not depressed, which is feeling okay about about the world.

So. Well, in the science behind, infrared sauna therapy, you could sink a ship with it, you know, for all the different aspects that it does for your body and, you know, different ways of detoxification.

And so when we we see the word detoxification in association with the sauna, I love my infrared sauna. I get in it a lot and, and I stay very happy and healthy.

And my skin looks good as a result. And, you know, all these things occur and, and you can hearing your explanation of easy water, you could go, oh, that's why, oh that's what's happening.

You know, you're actually increasing your H302 right. You know. Two. Yeah. Yeah. Yeah. Absolutely. Yeah. It's so simple, you know, that I think might even be right.

Yeah. It's so simple. Exactly. Yeah. You know, and the same with muscle pains. You go in with, with pain and you come out with less pain or or no pain, and it seems magical.

But but it's not magical. It can't be magical that something is going on. And, you know, I, I would venture to say that it's just, the easy water that's building up in in your muscles and returning your muscles to to their natural, relaxed, state, not contracted up and and and causing causing pain.

So water. Yeah. Water is so critical for everything in our in our lives. And the water that you drink, you know, some of the water you drink may contain easy water, especially spring water.

And some companies are coming out with what they profess to be, containing structured or easy or fourth phase water. But, you know, we're not, absolutely sure, but what the body does is, some of the water that you drink actually gets converted to easy water, because of the infrared energy from inside and outside.

And that's how your that's how your cells get filled with, with easy water, and that's how. So can you drink a quart of water, go in the sauna and have it convert?

Or can you take your quart of water into the sauna with you and how long will it stay in that easy? Well, I mean, both are brilliant questions. Who's whose answers are, unknown as yet.

Unclear? Yes. Okay, wait. We we we do a lot in our laboratory in Seattle. But of course, you know, right now we're limited because of Covid 19. And otherwise we're limited because, you know, you've got a certain number of people and, and each one is, is working on a particular scientific subject, and you can't do everything, right.

It's a it's a real frustration. And, I used to have many, undergraduates working in my laboratory, and, and undergraduates I found, are really open minded, that they haven't learned, yet the facts, which are actually the opposite of the.

Right. So they're there are open and we discuss projects, and they they do them and and sometimes it works out brilliantly.

Saunas, Pain Relief, and Structured Water Sources

Other times it's like pulling teeth to get them to write what they've observed, you know, and turn it into a manuscript and potentially into a paper. They don't understand that what they've done is worthless unless everybody knows about it, you know, if they know about it.

And maybe I know about it and nobody else doesn't do any good. So and so has anyone done that when I just asked, you know, how long does the easy water maintain that structure after the you know, I, I can only, tell you, well, we're going to do it because it's important and, and it's not so easy to do because you have to set the, the conditions, you know, the, you know, that the water sit in the sun or not in the sun.

Do you, use colored containers as a you were mentioning the IRA Vedic, studies from, 10,000 years ago or even 7000 years ago and such. And, and I, I have someone in my lab who comes from India, and she remembers that her father would do that.

And a lot of sun. You put these containers in the sun. One is blue, one is green, one is red. I remember all the colors. And depending on what's afflicting you, grandpa or dad or whatever pulls out the right bottom, and you start drinking that water and you get better.

Isn't it amazing? I it's so simple. So simple. And and our ancients were so brilliant, and they, they, they understood what works and what doesn't work.

And, you know, they didn't have penicillin, but, they knew they they knew how to how people could get better. Because when you think about it, you know, the people in the hieratic era, were just as intent on staying healthy as

we are.

And they seem to have had good means to do it. And I'm actually thrilled by the kind of renaissance that I feel is going on now in, in, in medicine, where people are coming to recognize that, that the boundaries that are set in modern, medicine, are so narrow and, you know, doctors are allowed to do only what remains within the boundaries, because if they go outside the boundary, they may be sued, even though they know that the solution actually lies here, not in between those boundaries.

And it's a pity. It feels like we're starting to expand outside of the germ theory era that we've been in. And moving into maybe germ theory and terrain theory can live side by side and both have some value because the terrain is the water in which the cell lives.

And, and and that's this, this idea that it's just the cell, you know, as you were mentioning, that's so short sighted and so narrow. And so this idea of, well, well, what's the hot tub that your cells are bathing themselves and you know, what's what's happening there?

Yeah. When you're talking about doctor listening, I was I was envisioning, you know, the chaos of water as opposed to structured, you know, built on each other, water and the plates you describing.

And I was thinking about the ancients and some of their breathwork practices. I just taught one last night on a webinar, for a group of people with autoimmune thyroiditis, Hashimoto's.

And I was showing this pranayama exercise where you actually hum really loudly and it bathes, bathes this area in oxygenated blood. But what's really going on there is when you think about a vibrating liquid, what's going on right there?

And I started thinking about that and I thought, oh, I wonder if that process, because this is one of the things that all those years ago, our Vedic Ricci's were saying, this will heal your thyroid.

So when you when you said all of that, I thought, oh, the thyroid is the one that takes the calories and and in the, oxygen. And actually there's a receptor and every single tissue in the body for thyroid hormone.

And so that's interesting. You know, if you're doing that, that bumblebee breath is what it's called primary. Is it vibrating the water into this exclusion zone.

You know, is that what's going on and who knows. But I was I was seeing the chaos go into some order with that vibration. And I thought, well, that's fascinating that they know that all that time ago, you know, maybe we we don't give them enough credit for what they actually knew.

Yeah. Kind of wise people there. But I think you're on to something because, you know, if you, if you impart, sound waves, to water, then the water does tend to structure, you know, you can see various patterns, you put it, you take some, like a speaker that vibrates this way and you put a, a plate that contains water, and the water will organize into, some nodes and, and I nodes and characteristic ways depending on depending on the, the, the frequency.

And so there's some kind of ordering of the water, structuring of the water if you will, that occurs. And you know, and the healing is, is, is manifest.

So, I'm, I'm thinking immediately of the Tibetan healing bowls, you know, those. Yeah. Yeah, yeah. So you know that the sound is can heal. Yeah. But but there's actually more and more than that.

We had a couple in the laboratory and, probably you're familiar with this, but maybe your listeners are not. Sound familiar? You get one of these bowls, you fill it with water, and then you, rub your fingers on the rim and and a hum, or some other, gadget now.

Yeah. Yeah, you can do it that way. And and it starts to hum. And after about 20 or 30s, something magical

happens, which still not well understood. From the water contained in the bowl, the water droplets go up.

It's like upside down rain. How do you know if you've ever seen this? But I have not. Oh. Everybody should should do this by a Tibetan healing bowl to have several of them.

So I'll have to try it out, try it, fill it with water. And so it's not rubbing. And after you rub and hear the sound, wait. 20 or 30s. And if your bowl is like the bowl that have my wife and I first experienced, somewhere in, in Germany at a museum, or you get one of your own, Amazon or what have you, and do it and you'll see.

It's fascinating because, these droplets will rise up by up to 2 or 3ft, and then come down again. So, you know, it's, it's, it's kind of, that demonstration is kind of almost the same, almost as powerful as the one where you take a balloon and you rub the balloon on your sweater, and you have a faucet of water coming down slowly, and you have the balloon gradually approach the the stream of water and the stream bends.

It's not just five degrees. It bends markedly. So, yeah, I seen that one. That's amazing, isn't it? Yeah. All of these obviously have explanations and, but they're interested.

I think I'm deviating from, if you're not at all because I going back to that pranayama exercise I was talking about that I demonstrated last night in this webinar.

The other outcome of that, you know, from every breath of just doing, a repetition of seven full breaths in this manner. So just an inhale and exhale humming as loud as you can.

Yeah. What occurs is also a complete clearing of the mind stream. So that all I ever want to do after I'm done with that is meditate. Everything clears and calms and so it's like the brain gets ordered to the mind stream gets ordered, you know, and and then it can sit in quiet in silence and stillness and people that say, oh, I can't meditate, you know, I'm too chaotic.

I was just picturing what you were describing, Doctor Lynn talking about of this chaos versus this order. And I thought, gosh, you know, they they knew this about pranayama.

I know they did, because this is the advice that you do before you sit meditate is you do these different breathwork exercises. So anyway, I thought that was quite fascinating.

I want to spend the rest of our time talking about ways to increase structured water or easy water, because I know that you've done a series of experiments in your lab, of, you know, like, I know one time we talked and and you're saying, you know, how when you're a child and you love getting buried in the sand, there's this grounding effect that happens and that that effects the water in your body.

So what are some of those things? Well, first of all, let me ask you.

Grounding, Earth Charge, and Natural Health Boosters

I'll tell you, I mean, I'll respond. But, I had that experience myself. I was probably 8 or 9 years old, buried in the sand. I don't remember anything from that age except that incident, because the the the feeling of well-being and happiness while buried, was so profound that I didn't want to get unburied.

It was time to go, you know, and I had to, bury me. I was buried up to to here. I was sitting in there for maybe 30 minutes or so, and it connected electrically to the earth.

Although I would never have thought about the electrical connection to the earth at age eight. Right. But but it was so powerful. And that's why I, I remember it, to this day, it was my friends, and they were having fun burying me.

And I. So what is that? What does that mean? So finally, after, many years, practically infinite, where I am today, I think I understand the reason and and, and the reason that comes from, what we experience and, and in the

laboratory that is, when you connect yourself to the earth electrically, you're connecting yourself, to a, reservoir.

Huge reservoir of negative charge. I come back to that in a moment, but, you know, I started my career studying electrical engineering. No professor ever, told me.

And these were, you know, smart people. No professor ever told me that the Earth was negatively charged. They thought it was neutral. So that, for example, when you plug into a receptacle, you've got the three prongs, and, and this one is neutral, but it's not connecting to zero.

It's connecting to a vast reservoir of negative charge on and inside the earth. I never heard of such a thing. And, my colleagues never heard of it. And I'm sure that, people who go through advanced education have never heard of it.

In Russia, every middle school student knows about this. So, the education systems are different. And when this was presented to me that the earth was negatively charged, you know, I was in shock.

I said, this is impossible. We came from a Russian colleague who was just about using my lab for six months, about to take off home to Russia, and he was telling me about the negative charge of the earth and and the electric field that comes as a result of that, not magnetic field.

I said, Andrei, when do you ever hear this stuff? Well, everybody knows it. Don't you know it? I said, I never heard of such a thing. He said, well, your your educational system must be deficient in some ways.

So I went home that evening and he was off on his flight to Russia, thinking, I mean, if this is true, it's amazing. And I never heard of it. And how come I never heard of it?

It was so clear to him this was true. Next morning, one of my students brings me the lectures of the great physicist Richard Feynman. And almost every graduate student in physics reads these lectures.

Because he was funny and he was clear. He touches on almost everything in physics and in the whole chapter. Volume, volume two, chapter nine that discusses the negative charge of the earth.

So when I got buried, I got, I got buried near the water dam, conductive. Connecting myself to a huge amount of negative charge. We know from laboratory studies that if we had negative charge, the water that builds easy.

And, and so I'm thinking, well, gee, you know, I've got easy in my body and I'm connected to negative charge. And what must be going on is that in my body, easy is getting built.

And I think this is the mechanism. It's why if you if you do that or if you go to a mud bath or even swimming in the ocean, usually you feel good. Walking barefoot on the beach.

And the reason you feel good is simply that because, you're connecting yourself to negative charge, which builds easy water in your body, and with more easy water, you function better.

It's not just your muscles, but your brain also. So you're in a feel good state, which is, I guess, the default state of the depressive one. So, so that that's one, one way, second way.

Drink a lot of water. I mentioned that, because that's the raw material for building easy third way. Let's see. Oh, yeah. Another way is to do, juicing.

And I think you do that, every morning. Every morning? Yeah. So you know more about it than I do. My late wife used to do that, and I appreciate that.

So you go out, you take some fresh leaves of some sort growing in your backyard, fresh, vigorous, and you squeeze the hell out of them, using a machine or not a machine?

They're machines that you can buy that do this very effectively. And you drink this water, with some extra flavoring to make it palatable. Maybe some strawberries squeezed in or something.

I'm not sure what you do, but, what is this? Water? This water is water from the inside of plant cells. And this is a fresh, vigorous plant cells, and they're full of easy water.

So you're actually putting easy water into your body. And so you don't need to convert, ordinary water into easy water. It's there. And what you drink, so you bypass this step.

And from what I've heard from, various medical professionals who do this, it's really effective. And if you, if you go on miracle, miracle at that time was famous for his is pronouncements, unhealthy said says this is the simplest thing that you can do to improve your health.

And and, I believe it just requires a little bit of effort, to do. You can put a little chunk of ginger in there. There you go. Just a chunk of turmeric, some cilantro, you know, and.

Oh, it's just so good. And that's why you're so healthy. You look like you must be the queen of health. And everything, apparently, is as health. Yeah, well, good for you.

Okay, so that's that's another one, juicing. We talked about the electrical stuff. Sunlight. So right now, you know, as you mentioned in the northwest, we don't see too much sun, especially during the, the wintry half of the year.

And when the sun comes out, people feel really good. And the theory is, well, you know, it's a purely psychological issue, and I don't deny that, however, there's also a physical aspect to it because when the sun comes out, it contains a lot of infrared energy and, beating down on us, we receive infrared energy, directly.

And that infrared energy builds, easy water in our head and our brains and elsewhere. And, we go to the default state, which is happy, pleased, content, not irritated, not depressed or anything like that.

And, and I think this could contribute to why, when the sun comes out, we all feel good. Like right now the sun has just come out, or this where I am, is very nice and and then, of course, in the sauna, you maximize that because you're getting huge amounts of infrared energy.

But it's not, it's the last one that I mentioned, is in some kinds of foods. And here we go back to our Vedic times. And you mentioned several times turmeric.

So, people that have known, even in modern times, that turmeric is good for your have almost no matter what ails you think turmeric and basil also but holy basil and turmeric is good for health.

But why is it good for health? It's good for so many things. You know, there there are two possibilities. One is that, there are receptors that we say for turmeric all over the body, and you take it, these receptors turn on some process and whatever.

That's a complicated one, because there are so many processes inside your body that, are improved when you take turmeric. A simpler one is that turmeric builds easy water and you need easy water to root in your body.

And so you get it by eating turmeric. We tested this, and published it, and we found that turmeric in modest amounts. Amounts that you're likely to have inside your body.

Build easy water, expand easy water from the amount that you have to a bigger, larger amount. Turmeric does the same. Going back to, you know, I mean, basil, that's the same going back to the higher Vedic era.

And and so does, We're talking about Tulsi. When, when? See. Yeah. Holy Basil's is Tulsi. Oh, yeah. Yeah, right. Yeah. I have someone from India in my lab, and so it's for her.

It's. She says holy basil all the time, right? Yeah. Yeah, it's the same. Yeah. And, speaking of our prior Vedic, ghee, we tested ghee or clarified butter, and it was the biggest, easiest we've ever seen.

It's huge. It's just. Wow. Amazing. Yeah. So. So those are. If you even even tested aspirin, you know, which comes from the bark of the willow tree. It's it's natural.

Same thing. Builds easy water. So. And over a fairly wide concentration range. So many, many of these we I think we studied 7 or 8 of them. Every single one of these agents, that are known, to improve health, build easy water.

And so we think the mechanism underlying the improvement in health wise and the build up of, of easy water, so, yeah. So that's yet another root. So I, you know, I've listed, I think, a half dozen, different, relatively simple routes, that lead to improved health going out into the forest, going out into the forest.

You know, you hug a tree. Yeah, maybe. Yeah, you do, but not everybody does. And the same thing, you know, the tree is negatively charged, just like we are hanging.

All the tree cells are negatively charged, in fact, more negative than we are. The electrical potential difference in, in our cells is, -60, -70 millivolts inside negative.

And in trees it can be 150 or 200MW negative. So it means if you hug a tree, you're getting the benefit of, of some of that electrical energy which seeps into your body.

There there may be more to it. I'm not suggesting that's all, but this is probably one, one way. And, the story, as the story goes, it was started with George Washington and, and once by the time he would bring his physician with him, I don't know if he was paranoid or or, perpetually ill or whatever.

And he was in some kind of conference, out in the woods somewhere, and he wasn't feeling well. Went to his doctor, and the doctor told him, hug a tree.

So he picked out a tree and George Washington grabbed the tree and hugged it for a matter of ten minutes and felt better. Maybe it's apocryphal. I don't know how real it is, but I could imagine that this may have been actually more popular, a few hundred years ago than it is now.

It's you see someone hugging a tree, now you think. Lunatic. What? What is this weird person doing? But I think what this weird person is doing is, is gaining electrical charge.

And we need negative electrical charge, which is an easy water to keep us going. And in fact, in fact, you know, physiologists and, and biologists have measured the electrical potential in all kinds of cells.

I did it myself at the start of my career. You use an electrode that Gilbert Ling invented. Should have gotten the Nobel Prize for it, because. So many things that followed from that earned Nobel Prizes.

And he was right. It, at the core. So, anyway, you, stick the electrode into this arrow and you measure, a negative electric electrical potential. So, the textbook says this negative electrical potential is caused by some kind of gadgetry in the membrane.

That that includes pumps and channels of various sort. And I've written papers suggesting that that mechanism is erroneous for various reasons, which I think if anybody looks at them there.

Yeah, very simple reasons. I think a lot of people who are unbiased, who looks at. Yeah, something wrong with this. But now it's easy to understand why the cell is negative because the water inside the cell is negatively charged.

It's not neutral. Therefore, if you stick an electrode in, you measure negative electrical potential. So, so a lot of things are, I think, I hate to use the word wrong, but a lot of the things that we believe are ground truth that might

not be ground truth in, in, non-dual tantric shive ism, a path of, you know, insight and learning about yourself.

There's this there's this statement that I just love that they used to say in ancient times, and they called it the near enemy of truth, where there's there's a near enemy of truth where it's almost there.

And then people will will use that as the reflection, and it just gets them off just that much, you know, so they're not quite there. So we'll call those near enemies of truth.

Well, sometimes I think those, enemies are far enemies, because the educational system that we go through tends to reinforce, right. You know, we get rewarded for memorizing, memorizing these, arcane and complicated mechanisms.

And the ones who can memorize them best are the ones who score and the ones in fact, who often will go into science. So, it's true. And. Yeah. And the thing I want to end with, because we're out of time is, oh my goodness, before Covid, I used to take groups to Peru a lot, and there's this place that is up above Shinto and, and we, we climb up on all these rocks and then we go into this little opening and it's it's like a little cave, but it's got this opening that you can then look out over the, the, the vista, and you're enclosed by the earth like, it's like a womb and.

Oh, yeah, spend ten minutes in there and come out feeling incredible, you know, and it's, it's like, where are those places where you live? You know, we've talked about forests.

We've talked about ocean, lake, meadows, stream, you know, cave, you can you can find these places and then spend some time with them and just see how you feel.

You don't need science to tell you anything. You can check in with yourself and just say, how do I feel? Is or is it like Doctor Pollock said, I remember this thing from eight years old, right?

I remember those experience. And and so your body will actually tell you if it if it likes what you're doing, which I think is important to remember. Absolutely.

If it likes what you're doing, it likes what you're doing. Yeah. Well, that's an interesting story. Yeah. I wonder whether it's the infrared that comes from the rock that's penetrating your your skull.

It makes you feel so, grounded, happy. Whatever you you feel the natural state of your brain. And a lot of those rock areas in that area have a lot of crystal in them, too, which, of course, absorb that energy, too.

So they're negatively charged. So there's probably a lot of resonance with your body that's occurring there. But my point is, is you don't have to live by the ocean.

You don't have to bury yourself in the sand every day. You know, there are all these different ways that you can get these effects. And I think that's important to remember.

I think you know them better than anyone now. And, I so I appreciate you taking the time again to, you know, to share this information. Nature. Pollock.

It's always nice to connect love to. So thank you for the opportunity. Right. Okay. Take care and enjoy this. Be well, everybody. Until next time.