The Power of Water: Debunking Myths, Detoxing, and Healing with Kelly Halderman, MD Transcript

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Introduction to the Water Episode

You can't steal it. That's the problem. It's just like, you know, cell phones. It's like, I can't see the radiation that my cell phone's putting out, so it's not a big deal, right?

But this is one of those things. Again, we're in nature water. Look under an electron microscope. Like at atomic force level. We have done this at Wheeling Company.

You will see that water is arranged in a crystalline structure. And the crystalline structure, just like we when we eat an apple, our body's like, oh, this is an apple.

But if we eat something that is like a Dorito, your body's like, what? What is this? Right. So that's kind of how your body responds to water is that it really understands understands what to do.

It's in this great structure in that crystalline form. That form is found in nature. That's what it's been found in streams. If you see James Rivers and welcome to Doctor Talks, the podcast, where every episode leads to a healthier you, join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on only issues that matter to you. Most.

Hello everyone, it's Doctor Jen. Welcome back to the Integrative Health podcast with Doctor Jen. Today we're going to be talking all about water. I'm sure you will find this very interesting.

So today we have Doctor Halderman. She is a background in functional medicine earning her medical doctorate in 2007 and completing a family practice medicine internship with the University of Minnesota in 2009.

She is an international educator in the area of integrative and precision health. Doctor Halderman also has a knack for traditional naturopathy like medical degree from KC, NH.

She holds a certification in Methyl Genetic Nutrition by then Mutagenic Research Institution, and a certificate from the American Functional Neurology Institute and Functional Neurology and Neurofeedback.

She's an active member of the American Academy of Anti-Aging medicine, a forum president and founder of the American Association of Nutraceutical Formulators, as well as a member of the Physicians Committee for Responsible Medicine and Society of Physician Entrepreneurs.

Doctor Haldermanu2019s Health Journey

Doctor Halderman has a doctorate in clinical nutrition and is also board certified in Clinical Nutrition by the NCB. Has a certification in plant based nutrition from Cornell University and Health coaching certification from the Institute for Integrative Nutrition.

She has a comprehensive experience in the nutraceutical science and formulation, creating and educating on novel

formulations for consumers, practitioners, and professional associations such as the NFL Hall of Fame.

She's a former physician turned executive level biotech expert. She currently serves as wheelhouse chief health Officer, a health conscious company that harnesses the power of BDD electrolysis to augment the most precious molecule on the water on the planet, which is water.

Water. Welcome, Doctor Kelly. Oh my gosh, you're just full of knowledge. I want to go back to tell you, nail. I know it's on and on. I must be like 80 years old for all that's the case.

Yeah, but no, but that's the thing. You're not. You look fabulous. So you're kicking back. So nice to see you again. Tell us a little bit like, as a conventional medicine doctor, because we've shared this before.

We kind of have similar stories that we got away from conventional medicine. So how did you break free and why? Yeah. So I really didn't want to break free from my like, nice little like code and all the respect and you know, from, the medical establishment, I did great.

I scored in the 99th percentile on my boards. Just that was crushing life until I got really sick. And, I remember I was delivering a baby, and all of a sudden, I got this psycho tumor from these migraines that started happening out of nowhere.

So, like, in my early 20s, and I had to grab the nurse to grab the baby, and I'm like, okay, you know, something is wrong here. I was having foot drop these new migraines, fatigue, and I was like, what is going on?

And so I was in, you know, medical training and residency and, and, and I knew the best neurologist. So I was shuffled to the front of the line. And I was eventually told that my symptoms were, from multiple sclerosis from the very beginning, development.

And I was in shock. Jen, because, as you know, we are rare, are not patients. We are doctors. Right? So we're not supposed to get sick. And so I was given, some medications and my colleagues were we're very sorry.

And they said that I should just go home and be with my children. And I'm like, well, that sounds like a death sentence to me. And for the $500,000 that I paid to have all this medical knowledge, which I did, I didn't have any answers for myself, which was really scary and really life changing. And so I had to make a decision.

And so I went and I got, naturopathy, medical education, a traditional degree where I learned things like how important water is, how important nutrition is, detoxification of our body.

And I really did a 180 and I pulled myself out of that. And I look back and I think, you know, medicine was great. My husband is a board certified anesthesiologist, works for Mayo Clinic.

God bless his heart. We need doctors. We need people on the ground. Allopathic medicine has its place. But I think there's been a lot of conversation as of lately.

I know you, the listener, can relate is that we are starting to recognize we are living in a very, very sick country. We have so much chronic disease and we have leaders like Doctor Casey Means, Stanford trained surgeon who who's second stat.

And I think that we're starting to understand like what we're putting on our body is so important and we're learning about the foods that, that we are putting in our mouths.

A lot of them are just leading down that path. We have chronic health. And so I myself, when I was sick, I radically changed my diet. But one of the things I really focused on was hydration and water and come to, you know, find out our bodies are 60% water.

Actually 99% of our body is water. And that's because water molecules are small compared to lipids and proteins.

But how important is it that we lock in water and the right water, and how much water and what kind of water it is?

The Wild West, when it comes to people trying to trick you into this is the best and so I want to give really good information on this podcast, because I really do believe really focusing on hydration, getting it right, can, can really optimize your health.

Just alongside choosing the right diet, the right nutrients in your life. Yes, absolutely. I can hear your passion and it's so important. I think it's hard.

As for us, for physicians that went through all this training, we just want to help people. But our environment, the pharmaceutical companies, the food industries is just trying to make us sick.

Why Plastic Bottles and Tap Water Matter

So what does that mean? Is that we have to be more educated. So we're going to learn a lot about water today. So you said something that was interesting.

You know, you said there's a lot of, you know, misconceptions or I don't know, I like to think there's like a lot of scams with water, like the whole plastic water bottle thing.

Like how did that even get started? Right? I mean, the microplastics. But but why don't we start there? Why shouldn't you drink out of a plastic water bottle?

Yeah, I think I have one of my mentors, Doctor Lindsay Burke, said she is amazing and you probably know her as well. She is a hormone expert. Absolutely.

And she just did this webinar on, environmental toxicants, environmental compounds. And one of the things that is really taking us down to the BPA is the xeno estrogens.

And so they're really getting in our systems and mucking up all of our hormonal pathways and receptors. And so when we are consuming water that is in a bottle, and I don't care if it says BPA free, because they probably just switched it to a different form of plastic, either chemistry degree.

So I can understand all of that. But it's deceptive. So when we're consuming water and maybe it was on a hot truck. And so you have this plastic, you have your water, it looks good and maybe called smartwater or whatever have you, but it's probably full of these xeno estrogens.

And again, this this is leading to these chronic illnesses. Our bodies were not equipped to detox this fast and this furious from these, these compounds.

And so that's number one. We're I'm not a fan of bottled water. I don't know where this you know, we were just talking about this before we started. Really.

Like where did this come from. Like, you know, I mean, what's the tap is that bad that it's like $1 billion industry to have bottled water? I mean, like, our grandmothers would have been like, what?

What what is this like? Right. So, you know, I like to have people understand that, you know, it's it's about you can't see what's in your water, unfortunately.

But it is about what's, what's in there. So filters. So let's talk about filters. So you can you can use reverse osmosis filters. Some like Aquafina I believe is reverse osmosis, but it's in a plastic bottle.

Right. So you can get your own reverse osmosis systems in your house. I have one, in my house for, for my water. Now, there's a caveat with that is that reverse osmosis is going to pull everything out of your water.

The good and the bad are water should have minerals in it, right? I mean, if we're drinking water that is stripped of those minerals, that's hard on our system.

It's particularly hard on our kidneys. So then you're going to want to add back some sort of mineral, some reverse osmosis systems, add those minerals back.

So it's really important that if you're going to be drinking that, that you're adding back the minerals, but you're going to get you're going to get a pretty good, filtered water per se.

Now there's things like Brita now is being, being sued for misleading people because of water filters, only that carbon filter. And it really can take out very little, like maybe some chlorine.

So you have to be careful with that. And I should say that also when we're showering is that we're we have this hot water on us. And so if it's not filtered in any way, we are in essence like the water so hot, hot that some of those, those toxicants are vaporizing and we're breathing them in and our skin can absorb any, you know, can absorb that as well.

So are you taking baths and showers? I would recommend people try and get some sort of filter for that for that as well. And that's, that's a great point about the shower.

It's, it's going in your hair and your scalp and your skin and think if you're shaving it's entering and if you have little micro cuts in there. Yeah. So very, very important.

And that's where sometimes people just get a whole house filter. But if you're not filtering your water at all, start with your drinking water totally just.

And then maybe increase to the to the shower because it can be super overwhelming. But but yeah, I mean sometimes I feel like the chlorine, like if you go to a hotel or something in the, you know, when you're taking a shower, you can just smell it. It's almost like you're at a pool.

And I'm so glad my kids, you know, we do swimming lessons and stuff, but I've never pushed them to be like swimmers because I don't want them like in a pool, like every single day for like an hour or so.

It's, it's it's hard on the thyroid isn't it too. Yeah. It's really hard. Those, those heavy metals, they compete with the iodine. Yeah I, I totally agree with you there.

And, you know, I think that if you want to know more about your tap water, let's say that you're like, I don't want to drink water from, the plastic bottles.

Okay. Check. Right, right. So what about my tap water? You can go to your your county, your government website. You can type in and you can find out how high the levels of contaminants are.

I live in Minnesota. Not far from where I live is a company called three. Actually work for them, the post-it note company, and unfortunately they dumped a lot of their chemicals, which they've been sued for over in some cities, near where I'm at.

And those cities, if you look, they have very high levels of some of these toxic cans. And so you have the companies that, have these filters, reverse osmosis filters.

They put them in over there like crazy, right, because of that. So I would encourage you to find out about your tap water, even, you can do independent testing if you have, well, water, tap water, you can do all that.

Independent testing cities usually make sure that the lead levels right. They are concerned about the lead levels, that they are not above a certain, you know, higher than normal.

You know, you want to make sure of that. But like for other toxicants, you can go look for that. Now, another trick that I have to really circumvent all of this is to go to find a spring.com.

And we can link that in the show notes as well. You would be surprised. I live in in the middle of Minneapolis, right? A really metropolitan area, but five miles from my house is a glacier aquifer.

Your aquifer water straight from underneath the ground that comes out.

Water Filtration Options

It is, I've tested it myself, and they tested to very pure, you know, the toxins aren't there, unfortunately, because it's low enough under the earth and it's a dollar a gallon.

So that's really. Well, yeah, it's it's really, something. Just get some glass bottles on Amazon and, fill them up. And, you know, I would I would really encourage people to go look because that is really like my favorite.

That's my favorite. Things go to a spring.com load up on all the good water that you can, and then you really have you know that that taken care of. So let's that brings me to the structure of water.

Right. So quick. Sorry. Like you said you mentioned some whole house. So there's aro are there any other choices than reverse osmosis. So you said Britta, obviously.

No. That's basically like garbage. Are there any other choices? You know, there's I think there's some, some other filters that may filter some of the toxicants out again.

But really, I think that the most popular option, again, is going straight to reverse osmosis. And especially those systems that can have the mineral cartridges that go but kind of like your in-between, it's kind of like reverse osmosis or you know, that like the things that you can buy like Walmart and Target and that just that just don't waste your money on those, in my opinion.

But really nothing really per se, like in the middle there. Okay. So I mean, but if they realistically can't afford reverse osmosis at this time for a whole house, they could maybe get one that just sits on their kitchen table just for water or something like that.

Because for sure, you know, it is. This can be overwhelming, but start with making sure the water you're drinking is clean. And that's right to the other stuff.

Now, you wanted to talk about the structure of water, which is people don't think about that a lot when they're drinking their water. The kids need it.

That's the problem. It's just like, you know, cell phones. It's like, I can't see the radiation that my cell phone's putting out. So it's not a big deal, right?

But this is one of those things. Again, we're in nature water. If you look under an electron microscope, like at atomic force level. And we have done this at we oh my company, you will see that water is arranged in a crystalline structure, and the crystalline structure, just like we when we eat an apple, our body's like, oh, this is an apple.

But if we eat something that is like a Dorito, your body's like, what? What is this? Right. So that's kind of how your body responds to water is that it really understands understands what to do.

It's in this right structure, in that crystalline form. That form is found in nature. That's it's it's found in streams. If you see streams and rivers and flow.

And that's why if you have animals, they love to go and lick out of those streams that flowing water because they just intuitively know that it's, a higher quality water.

It has that. It has an energetics to it. And so when we pipe the water through all of these pipes to get to our house, all these right angles that we're going to get to our house, they actually destroy that structure.

They destroy that structure of water. So what you end up having when you get your bottled water, when you have your water out of your tap, is it's a water that's pretty much lost that structure.

And so I think of it as like a dead water. Right? It doesn't have that energetic property anymore. And so that's why I'd like to step up one more level and at least get a water that's like from a spring.

Or we can use technology today to restructure our water, reinvigorate our water. And so I work for the company called we. Oh, this is our water bottle.

It's a glass bottle you just put in your filtered water and then you just hit the button and the water. We have diamond electrodes embedded in there. What the diamond electrodes do is they infuse the water with electrons.

So you think of that H2O molecule and infuses it with electrons, and it restructures it to that natural crystalline structure. And we've done atomic force microscopy to look.

But now you have a water that not only has a structure that your body understands, because, again, 60% of your body is water. You need water for lubrication, digestion, your metabolism, your can become insulin resistant.

If you don't have enough water, your brain doesn't work well enough. And those are all published. Those are all published findings. So when we drink that water, we're getting that structure.

We're getting the structure that the body receives and knows we're getting those electrons. Now, why do we go out in the sun? Why do we walk on the earth barefoot?

Water Structure and Electrons

Why do we eat foods that are in their living state, like fresh fruits and vegetables and things? We do that to get electrons. Now, if your electrons stop flowing in your body, we're going to call Code Blue, right?

No time for that. We're going to need some reviving. So really I think of upgrading your water. You want it filtered. You want the best filter that you can.

And like you said, do your best. There's some, the, reverse osmosis that sit on your counter for like, 400 bucks, but then we want to upgrade. We want to get the best we can.

And that's what I did during my healing journey. I actually had I started with a kangen machine. And so the King of machine has electro loads, but those electrodes are made of platinum, not diamonds.

And they will not they won't add any electrons to the water molecule, but they will produce molecular hydrogen. Now molecular hydrogen is a potent antioxidant, amazing antioxidant.

It's the smallest molecule. And so it can go everywhere in your body. It turns on your nerve to pathway. That's your anti-aging pathway. That's your antioxidant pathway.

And so you're really helping to calm down that inflammatory response in your body using molecular hydrogen. So I'm really a fan of molecular hydrogen.

So again it's it's kind of like we're layering. We're kind of like upgrading our water. We're just continuing to be like what can we do okay. We can filter it okay. Now what can we do.

We can make sure the structure is, is the structure that our body would accept most. And then what can we do? Well, we can have water that has medical gases such as dissolved oxygen dissolved hydrogen.

And then what. Then we can have water that has electrons in it. And so it's kind of like, you know, wherever you fit in, wherever you fit in even. Yeah, I would just say even if it's the last thing I say.

But even if you are just concentrating on just the amount of water, because we are walking around so dehydrated with all like the caffeine we're drinking and we just don't have time.

And I hear, you know, especially women are like, I don't have time to go to the bathroom eight times a day, you know, like I can't do. But just studies would show we're very dehydrated people.

I would make a bet that people will listen to us. You could use some water right now in your life. Right? And it's really, There you go, doctor Jones.

Got it. Perfect. And so it's something you just need to implement. And, like, brushing your teeth, you just gotta get. You got to get that amount in to have to have your cells working properly.

It's your body's not going to be working optimally. Yeah. I mean, how many times do people they think they're hungry and they're just dehydrated. They just need water. They're thirsty.

That's so talk about the structure of water okay. So what do you think about those machines that are not machines. But you know, they have like there's crystals or there's like a K it looks like a barcode.

You know what I'm talking about. And they say they can structure the water by just sitting in the water next to it. What about those and people saying that you could structure water just putting it out in the sun.

So how is how is we different? And are those claims better than nothing? Or what do you think about those? So, I'm a claims expert, regulatory expert.

I'm obsessed. So I've been through all the training. I will say this is that if you're going to make a claim as a company, you better have the scientific data to back it up.

And so I can't comment on the other companies that have not done atomic force microscopy, Kelvin force, you know, microscopy, things that we're we're literally looking at the water on the atomic level.

And I'm telling I'm, I'm, I'm literally just parlaying the results of these magnificent scientists that we have globally. Rio has had scientists on every corner of the Earth.

And that that's what we have done is we've gone to all that very expensive trouble to say, not only do we know our technology, do we know, but here is the evidence.

And so it's not that I don't think those might not work. It's just I don't know. And I'm a scientist, you know, I, I, I don't practice medicine anymore.

So really I'm focused on the science, on the clinical trials. We just published a paper in the Journal of Aging on how our water can help with cellular senescence.

And so we can kind of go down that road. But we're all about the science. And I really fear we can't. We started this doctor Jen, talking about kind of trickery that's out there and the really good sales, the things that you see.

And it's really deceptive. And I feel bad for the consumer thinking that some of these crystals and things are working well. Maybe they're not. You know, I just listen to a podcast and how most of the crystals that are sold now are actually like, harmful for us.

It was interesting because they're just trying to produce them with different material and they're trying it. So it's kind of like buyer beware right out there.

So I wouldn't want someone to spend their hard earned money on something that's not actually helping them. Yes. Right. Like I know there's a lot like the wands and stuff like that.

But that's not if they, like you said, if they don't have the actual studies behind it. The theory might be nice, but it's the studies that you need, especially if you're going to be using it and you want it to do certain things.

Could you talk a little bit about senescence? And that study is the listeners might not know what that term means. Sure. So cellular senescence is a normal physiological response that your cells go through when they're it I would say like insulted by different exposures.

Can be toxins, could be radiation things, but the cells only have so many, chances to divide because that's what your cells do. They divide and they divide.

And then they hit this limit. It's called your Hayflick limit, where they don't divide anymore. And that could be sped up. You know, that's aging, right?

That can be sped up by all the toxins that we have in our lives. When they hit this limit, they turn into what's called senescent cells. Now, it's kind of sounds relatively and okay to have senescent cells, but the problem is, is that these cells secrete factors.

And so these factors are very inflammatory. So we actually refer to the the senescent cells as zombie cells. Sometimes because they do bad things. They really put out these, these factors.

And it's really about balance right. It's about balance in the body. Everything comes down to balance inflammation and antioxidants. You have to have a balance because some of your oxidants in your body are killing off cancer cells. So that's senescence too.

But again, unfortunately we are just so bombarded with toxins that a high senescence burden will equal more inflammation. And so we really took a look at this in, one of our scientists, works for the Buck Institute in California.

And so this that is the one of the, the best places in the world is to study aging. And so we took, we o water and compared it to normal water.

Molecular Hydrogen and Water Technology

And we found that we all water the cells were actually protected from, senescence, from protected from oxidative stress. And the cancer cell that we use, a cancer cell model, they were more susceptible to being killed.

And so we're looking at like a modulatory effect, which everything out there around senescence right now is a lytic killing all senescent cells. But back up, I just said that the balance is important.

And that is why everyone we have not gotten really good studies on the use of, antioxidants such as vitamin E, vitamin C, and those because we want a balance.

And so you really don't want to knock anything out. So our water was actually shown to have these Xenomorph activities. And so we take that information is what we do in industry.

We take those information preclinical and we start moving it out to clinical. And so we're at we're accruing data and we're continuing to study this. But we were just you know, we were, given $15 million to study some of these, effects that we're seeing that are, that are water that were our water house.

And so on the regulatory side, you can only tell people what is found in humans, right? You can't. So don't expect right now, I'm not saying that our water is going to balance out all your senescent cells, but I'm telling you that there's a paper in a prestigious journal looking at our data.

So we're we're continuing to go down that path and see, what else in other cell lines our water can do? Yeah. That's amazing. It's, you know, I think the whole water thing, it's it can be overwhelming and stressful.

I mean, my kids, they tease me when they get a plastic water bottle. If we're at like a football game or they're like mom and they like crunch it and I'm like, stop because they know I hate plastic water bottles.

Yeah, yeah. And you can you can taste the difference. You know, if you've been drinking, like clean filtered water and then you drink out of a water bottle, it is, it tastes like chemicals.

And some people don't even know. You know, with a lot of integrative and functional medicine, you don't know, you know, if you feel bad and so you feel better.

Kind of. And that's the same with water. You don't know it tastes bad until you've tasted better. So I think I think that that's one thing that can you really you know, and I, I tell people like when you're cleaning up your health, what you put in your body is number one, you know, we can't out supplement that.

If you're drinking bad, nasty water. You need to you need to fix that because you should be drinking water like you said a lot. It just becomes a burden. It becomes another burden.

Like it's it's you're hydrating, but then you're giving your body more to deal with. And so all of our detox pathways, they depend on water, your bile, which is that sludgy, beautiful, aqueous solution that is produced by your liver, your bile job.

It has a couple jobs, but one of the jobs is to take out all that trash from the liver, get it into your colon, and then get it into the toilet. Right.

And so you want to have proper hydration just to make that work. I mean, people are probably putting in thousands of dollars for good food. And, you know, there's supplements and they're trying really hard to get their bodies to work better.

And I would say you guys foundationally, foundationally, it's really locking in on the best water you can get for yourself and your family. Oh, again, I don't throw shade.

I'm not like, you have to have this real bottle. You have to have, you know, non plastic. Like if you have to have the plastic, that's what you have to do.

Like, I mean, that's just what you have to do or you know, just do your, do your best like do your best with the water. But I would say like, don't be so afraid of everything that I've just said about, you know, plastic and filtering.

Don't be so afraid that you're not drinking water, right? I mean, you do have detoxification pathways that if you're hydrated, they will be working a lot better than if you're dehydrated.

Absolutely. Now, are you do you only drink from the well from this water? That or do you is there a I guess, can you max out on it, or do you want to go for like a couple bottles a day or what has your research shown?

Yeah. So according to the Mayo Clinic, a man, a male needs 3.7l, a woman 2.7l. And so I really do try and get all of the water that I can from my wheeled bottle.

You can actually saw water. So once you click the button and you have your electrolytes, you over water, you can pour this into a dark container and it lasts for about three days.

The properties so what I do is I have this on the counter in the morning, and I electrolyzer it and I pour it into all the kids clean canteens. Because it's kind of it's glass and I don't that they my older daughter has her own bottle, but I don't really trust the little kids with the glass.

But you can pour it into different containers and you can have it throughout the day. Sometimes I'll just make a mass bigger, you know, container of it.

So I have it with me at least, to, to. So I'm not constantly having to, but I travel with my wheel bottle. You know, I, I pick the best water I can when I'm traveling.

Sometimes I just have to, to go with, like, the Evian or whatever you can find. And I pour it in and say a little prayer and and electrolyzer it and 30s later, I have water again that has those electrons and it has that molecular hydrogen in it.

But, you can't overdo it. You just can't you just can't overdo it. With with drinking, I mean, you can overdo it. You know, this is the thing with water, right?

You can't. And so I sometimes I'll in the morning I'll pour my water out into electrolytes.

Hydration, Dehydration, and Daily Needs

So that'll have extra electrolytes for the day. Just an electrolyte powder or some extra magnesium mallet in there. But yeah, I try and get my water, especially now I'm doing a lot of introverts signing.

We just moved into a new home, and it's off gassing, and so I'm in my infrared sauna, so you gotta up your minerals. You have to up your your water. And you just have to pay attention to that.

And again, signs and symptoms. You can have dry mouth, you can have some brain fog. You can have, dry skin. You can think you're hungry, but you just need some you need some extra water.

So, really just kind of keeping that in mind. And as we age, as you know, this starter gen, as we age to, we're more likely to become dehydrated because our hypothalamus can't.

It's not as good as picking up on the asthma mount lal ity of the body. Meaning like the body's not quite sure the water status. And so then the signals that are sent to the kidney, they're not going there.

So your, your, your urine can look straw colored. That's what you want. But it can be from being old in older age. Is that the body. It's the kidneys aren't getting the the message and they're not concentrating the urine.

So when you see that pale straw colored, that's great. But if you're elderly, you've got to really make sure, because you can have straw colored urine and still be dehydrated.

Yeah. And like you were saying earlier, people don't want to go to the bathroom a lot in the elderly because, you know, they're not on the bioidentical hormones.

Women like leak and all this, right? So it's just perpetuates it all. And then they're dehydrated and they have acute kidney injury. And I see I when I work in the E. R.

and I mean our whole medical system is just based on how can we make people sick and how can we not do prevention and and water, drinking water that's clean is preventative medicine.

But but you know, they just they just want to talk about you have plastic water bottles and have the just plastic everywhere. So it it makes it hard, you know, be the weird one with your own water bottle, carrying it, like you said, when you travel on the airplane.

I don't know. It's it's so hard, to be healthy in this world a little bit. But I will say, you know, if you need to drink plastic water bottle, a set of drinking pop or, yes, diet pop and then do that, I, I mean, what I do now is I'll take some electrolytes with me if I'm going, like to a concert or something, and then you can have water and I just mix it in there and people are probably like, what is she mixing?

And I heard what's, for example, better drugs. Yeah, yeah. What is that? Yeah. That's right. But yeah, it's it's hard. It's hard to be the different one.

And I'm sure if you just start talking to people about, you know, molecular water and having infused water and all this stuff, people will just look at you like you had two heads, right?

I know, I know, you're that weird water doctor, right? And that it is. Oh, yeah. Yeah, I mean, like, because again, we just can't see it, right? We just don't see what's in the water.

But I'm. I really was so sick. Like I couldn't get out of that. I was, I couldn't remember, like, when someone would tell me their phone number, I'd be like, what's a nine?

I mean, I had Lyme and mold and and just so sick and and really, like you said, some people don't know how good they can feel. Like there's people there's like the walking unwell.

So I've heard before like people think, but then you know, like if you do some simple things and this is just try and keep it really simple, like you don't have to go for it if you want to drive a car, you don't have to drive a Lamborghini.

You can just drive a Toyota. So just just remembering, just kind of putting on your radar, about your hydration. And I will say this is that when you start to consume a water that is restructured, your cells can actually bring it in.

And so I hear all the time is that when I drink, water just goes right through me, goes right, I, me well, of course it goes right through you. Right?

It goes right through you because your cells are like, what is this like? This is dead water. This is water like I this is not the language of water that I understand.

And so when you start drinking a water that's, that's more structured, like find a spring or something that's more natural, your cells will suck it up.

And so it's like then you're not running to the bathroom, you're just hydrating. And ladies, let's just talk for a second about how we're using these potions and lotions, all of our face for wrinkles and collagen, you need hydration.

That is a number one thing. If you take a before and after picture two weeks before locking in your hydration, get good water that your body can absorb, your cells can absorb, and then take it.

Two weeks later you will look different. You will. Your styles will look different. You will look plumper. You will look, like, like like we have that beautiful glowing skin.

And that really is a water that can be absorbed into your, to your skin. That's amazing. And tell us about like, let's bring it back around because you you had Ms..

Your diagnosed with Ms.. Like you were saying mold Lyme and and now now how is your health. Yeah.

Senescence Research and Closing Remarks

So I just had another brain scan and I don't have any signs of multiple sclerosis at all. Yeah I know of me. So blessed. It's a really a testament that the body can heal.

Your body can heal. It was designed to heal. If you cut your finger, you can look at it all you want and tell it not to heal and tell it to, you know, like, stay there, but it will not.

Your finger will heal. You will have you will have a new, new skin there. And that's what the body's trying to do. It's always pushing to heal your actually your detox pathways too are always detoxing.

It's not something where it's like, oh, today, suddenly I'm going to I'm going to detox. So it's like, no, not really. Every day you have glutathione production in every one of your cells.

It's like it's doing it for you. So just recognizing the blocks that may be in your way, like maybe a bad diet, I think of health is not pushing on a gas pedal.

Like by taking all these supplements and doing all these cleanses, I think of it is like getting your foot off the brake, get hydrated, get on the right diet like your body's going.

It intuitively knows how to heal. And that's the thing I did for my health. I just started to clear the table like Doctor Eric Book Savage and I wrote a book, the thyroid debacle.

And in the part three is all about fitness factors that can help optimize your health, whether you have Ms., whether you have a Lyme disease, whether you just want to be healthy, it's things that you can do for your body to just help optimize the then healing that we were blessed with.

Absolutely. And that's what everyone needs to hear. Your body wants to heal. It is healing. We just have to give it a chance. Give it a chance, a finger cut.

So, Doctor Holderman, thank you so much for educating us about water. And we would like to know how to get one of those water bottles websites, how to find you on social media also, sir.

So, again, I'm the chief medical and health officer for we also our website is W Dash dotcom. All of our studies are on there. The bottle is on there.

There's a contact form on there where it goes straight to me to ask me any questions. I'm on LinkedIn. I'm on Instagram. We are on Instagram as well. We have a lot of partners, who we worked with, NFL players, supermodels, you know, like your run of the mill, did some just, really good influencers who, have really had a lot of, success using the water bottle.

And so, again, I think that you just type in my name and you will be able to find me, but if you have any questions again, just go to the website and I can answer them for you.

Awesome. Well, thank you so much. And just keep doing what you're doing to promote health, because I think it's so important to talk about water. Yes, I did too.

Thank you Doctor Jen, it was a pleasure. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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