Introduction to Hydration and Fibromyalgia

Hi. Welcome. I'm doctor Roger Murphree, and I am the host of the freedom from Fibromyalgia summit. I'm really happy you're joining us today. And I want to welcome, Gina. Bria.

Gina is an anthropologist with a specialty in hydration. She has done research around the globe on hydration, working with individuals, populations that are in the desert, or I guess there's very little water. So.

But her training led her to, found the hydration foundation, and she's going to correct me if I'm wrong about that, but it's a fascinating, journey that she's been on, and she's going to share that with us today. But.

But you know, treating fibromyalgia for the last 22 years, it's a very complicated illness. And it can be very complicated overcoming. And there's a lot of steps to doing that.

But a simple step you can you can take hold of right now be proactive is just getting hydrated. And you'll see quickly by doing so some of the benefits to your health that you that are can be dramatic.

So so Gina, thank you so much for being part of this. I'm I'm really looking forward to, learning more about hydration with you. Okay. I'm absolutely thrilled that you're opening this conversation on hydration and its relationship to fibromyalgia, because I think it's incredibly important.

And when you tell people who are already in pain and are struggling, they gotta hydrate more. That just seems like an impossible task. They're like, please don't ask me to do another thing, especially guzzle eight glasses of water a day.

So I'm really happy to bring a different and alternative way, of getting hydrated. That is, you know, so much more beneficial, so much easier. And, and couple it with some new research that we've seen.

And I want to sort of, you know, preface this by saying, when I did my research with desert communities, I did a chose those communities specifically because I knew they did not have liquid hydration.

They did not have eight glasses a day. Right. So excuse me, why aren't they dead? Like what happens? But everybody knows we have to do it, right? We have to do it. Glasses day.

Well, it turns out that that is a, downstream of, pardon the pun, downstream strategy for getting hydration. Hydrating with liquid alone is not how nature hydrates us.

Why Water Matters for Electrical Signaling

And what I determined from this look at, communities around the globe was the use of food to hydrate with and particularly high hydrating foods, and that those foods are essential to the hydration, becoming both absorbed into your system and then, held and time released through your system.

So our strategy for guzzling all that water is actually deeply inefficient. It can be quite damaging, especially to people with fibromyalgia, because now you're wiping out extremely important electrolytes in your system.

When you castle, castle, castle, it just it's like a flash flood that comes in and why electrolytes and minerals are so essential in the healing of fibromyalgia is they are the electrical signaling that makes the your system orchestrate a complete, organized, cohesive response to the electrical signaling that's going on in your system.

And so most people try to treat fibromyalgia through the muscular cell, cellular idiot, muscular skeletal idea. What

we're trying to do now is shift it for you and help you recognize it as, upstream electrical issue and electricity and water are meant to go together.

So hydrating turns out to be incredibly important. Yeah, but not guzzling all that water. But now we're going to. You're going to share with us. We're going to talk a little about structured water and the foods that we can eat to help with that, and how we can take our water and make it more structured.

Yeah. To make it more absorbable. Right. Yeah. I think it's really important to, you know, that you're pointing out that about this electricity issue that we have.

I mean, that's how the cells are able to communicate, you know, the this electrical current that we have in the body. And Becker wrote a book years ago called The Body Electric.

I mean, we are we're not, you know, we're this we we've got this electrical system in our bodies that we're born with. But before we get into some of the nitty gritty about structured water, why is just being hydrated?

Why is it so important? How does it help us? By being hydrated. Okay. So I want to connect water and electricity for you. And I want, you know, when we when we talk about the electrical system in the body, most people think nerves and, you know, what do you call that?

Quick reflexes. What? The muscles, which are the heart, the fast twitch muscle and the slow twitch muscle. And, you know, all the stuff we have. And so in our mind, there's a sequence that you get an electrical signal, and then it jumps to the, muscle, and then it does this work.

That's all true. But or that it's conducted through the nervous system. The nervous system is a back up system for your entire electrical system, right?

It is like the one like that lags behind like the young sibling. It's, you know, okay, I'll do that. What happens, is that electrical system in we are an electrical system first before we're a chemical system, or a muscular system or material system.

So the electrical system is the the master switch for your pain, for the release of pain, for the cohesive signaling for everything to be orchestrated together and work without these blockages and stoppages.

And they'll play the places that, that cause us pain, especially in fibromyalgia, which really is a pain signaling system. This is where this is kind of like the upstream thinking on what that problem is.

And if we understand it as an electrical problem, now we get to the hydration story, right? The hydration story has to do with, several things. One, I'll just kind of do a quick process for you.

Water is three things at once. Well, it moistened your system. So it's a material. It's a wet material. And it comes in a variety of forms. It comes in vapor.

It comes in liquid, which is, by the way, electrically neutral. Blow your mind there and then it comes in a more plasma like form, which is highly electrical and is what the body uses to send all its signaling.

Because it's so much more efficient. You'll know that if you've ever had an ultrasound, that we're talking ultrasound communication now, not just chemical function to the nerve.

So water is material like that of plasma like material vapor or liquid. And your body uses all those, by the way. I mean, none is more important than the other.

It's just we didn't know what was doing what. And now that we understand the plasma or gel like state or structure ordered easy. There's so many names for this because we're coming into the knowledge of it from different points.

But now that we know that system, it is going to be very useful to you to see that water is both this material reality. Right? The actual touch it, it is also an energetic it's actually fuel for your entire body.

If you don't have enough hydration, you don't have enough fuel. You don't have enough fuel. Your cells begin to shrink and they hurt. Yeah, they can't do everything.

And then finally, and this is the great new research. It's coming out of the study of water and water molecules. Water is also information. It passes information just like electrical wires or chemical wires, chemical information wood.

But it's more efficient. It's upstream, it's more blueprint. It's more of the foundational things that are going on. So you want to be hydrated because it buffers your cells.

That makes them more buoyant and comfortable. Secondly, it's a fuel for healing. It's giving you more energy because there's electromagnetic signals that are being passed by the water, and only the water.

Food, Movement, and Hydration Strategies

And then thirdly, it's information that your body's saying, oh, we have some pain over here. We've got to go deal with this. And that's how they create a system of whole body healing to send you, energy and information.

For your whole system to get proper electrical signaling going on. And that's when you really heal, you know, so, you know, with fibromyalgia, they're always looking for is everybody is we're looking for a magic bullet.

You know, we want to take a pill and we want to be pain free. We want to take a pill, have energy, we want to, you know, and fibromyalgia is complicated because unfortunately, in conventional medicine, drug therapy is kind of a dead end for these folks.

And not just step on traditional medicine. They're wonderful people, and their intentions are good. It's just not a good fit. But, you know, so they're always looking, you know, so they've tried so many things.

And unfortunately, a lot of times, what they, what they find outside of conventional medicine is, is out of pocket medicine. I mean, you know, it cost money to work with functional medicine practitioners like myself that, you know, it's not covered by insurance, but what doesn't cost anything is water being hydrated.

And some of the tips that I share with my patients, just some of the things you can do on your own, whether that's meditating, stretching, things that don't cost any money, that are going to give you, more health can enrich your health.

But water, of all the things that are out there, I mean, we're 99% water. So when you realize that, why would you not want to be drinking the best water you can drink?

And the fact we know, I mean, you shared a little bit about that, you're you're touching more on the electrical system, which I think is fascinating, opened up a whole lot of world and a paradigm for me.

But just knowing that that water acts is a shock absorber for the joints, for the disc and as a, as a chiropractor. Years ago when I used to do chiropractic, which I don't anymore, I do now functional medicine, but that's what I tell my patients, even, you know, 30 years ago, you need to stay hydrated to plant those discount if you want to look have healthy looking skin.

You know, everybody's worried about shriveling up. You know, stay hydrated. I mean, there's so many reasons, in addition to what you've shared, having that mental energy, having that water to be able to deliver oxygen and, and minerals to the cells is incredibly important.

Right. Well, what I hope we can have happen as we talk. Roger, is that your audience? Your listeners would hear

that water is, what we what we are made.

We are water beings. And, of course, it doesn't land for people because they're thinking liquid. So when people say, well, you're just a bag of liquid with such as that, it doesn't really register because we haven't got the proper metaphor.

You're not a bag of water. You are, being full of a million tiny little Ziploc bags called your cells. And those are all spongy and they're filled with water, and they rub up against each other and they share information, and they, and they boil each other up, and they also are created.

They also have electromagnetic moments between the cells going on. So they actually space themselves according to their magnetized water. And so even the space and the breathing and the buffering that your cells are doing, both as a buoyant, spongy material and as an electrical field material is all dependent on that hydration.

So so if I can just help people get the idea that you are a liquid, you are a, water being full of plasma, broken up into packets called cells or tissue.

What? Now you're like, wait a minute. Like, even if I touch myself, I get that this is a plasma material that I'm now working with. Yeah, and, And I really want to, let everybody know we are.

I am going to get to the place where I tell you this is what you need to eat to be hydrated. But before that, I just also want to really include an extremely important part of the hydration system that is not talked about in this ridiculous conversation about eight glasses a day.

They never say what happens to the eight glasses of water because it has to be distributed in your system. And this is where food is so valuable because food, comes in already set up as a sponge system and as a release mechanism.

So the fibers in the food are going to drip irrigate your entire system. So getting water through food versus guzzling it from the tap, an extremely important strategy.

But now you add to that the conversation on movement. Because water is not just the intake, it's the movement around your system. So every time you move your tissue, you're squeezing all those little cells.

And they are they are now hydrating. They're they're sending electrical signals to each other. And they're getting more buoyant. So movement is essential for hydration.

When did you hear that from anybody? This is what I was all about. Yeah. So and now you're talking to people at into an audience who have pain upon movement.

So we have to really address that. And I think it's a it's very valuable to know and to hear. And I'll can back this up with research that very small, modest movements have a huge effect on shifting the hydration in your system and getting it to send signals.

So one that I would love to share with you. I share often, but if we can pass it on to anybody, you know, it's so valuable. So there's a, whole, you know, you you if you just drop your chin to your chest, you're what you're doing is using the weight of your head. The.

This is like 40 pounds of pressure to to flush out your entire synovial, canal of the entire spinal canal. You're moving very gently. That entire synovial flush down the back of your spinal cord.

Your spinal cord is your dashboard electrical system. It's it's all set up to receive signaling and more buffering, hydration. I'm really reminding you that water is doing two things at once.

It's buffering. Well, three, it's delivering energy. But for our conversation, it's buffering and it's sending signals. And

that can only happen with movement.

So this gentle drop in chin to your chest back up just a few times. I do it literally when I'm like, my conversations on the cell phone, you know, like, Yeah. People think I'm a positive, but I really I'm just doing my, my water movement throughout my whole system.

Just small circular movements with your shoulders, with your wrists. These are, for people who are in pain. They are doable movements which start to build momentum over time about giving your pulse system more, coherent signaling and buffering your cells.

And they're just moving you up the ladder of comfort and buffering and letting water do the work within us as water beings that it's supposed to do. So I'm guilty.

True confessions, because I tell my patients or I ask my patients, hey, I want you to drink a glass of water. I mean, this is, really kind of like an old wives tale that we've heard and passed down.

It's kind of like the, the story about the the the the, the grandchild is using a certain pan in the oven and, you know, and then they have to cut the turkey in half because the pan is too small and, you know, if they ask someone, you know, this has been going on for three generations, why do you cook the turkey in two different pans and it goes back?

Well, great great grandmother. The oven was, you know, was this big and she could only get that pan in. And, you know, it's this thing that gets passed on right into I don't know how much truth is in that.

And, you know, 88 glasses of water and, and obviously you're going to share with us what the truth is. But but I'm guilty, I confess, of really encouraging my patients first thing in the morning.

You know, start off with, you know, 20oz or so water. I know for me, my goal is to get a liter in before I start seeing. I tell them and I don't see them unless I'm doing zoom, but but before I start seeing, I'm seeing patients.

But now I'm also have the luxury that I've got alkaline water machine and a structured water. And, you know, it's just a little bit different for me. But what so it there's there's not a lot of truth in the eight classes and a lot of people don't even like drinking water.

So you're right. So well what we're going to do is, is bring a menu for people to, to choose from. So when you put your 20oz of water in your system, before you start your day, you're practicing something the Bedouins do in the actual, Saudi Arabian desert.

They they to front load their water, but then they don't go on to drink all day. You know, they are using that flush to do, detoxification to fuel them up.

And then they switch to something like date. Who knew the dates were so hydrating? Yeah. In, because it is an extremely high fiber food. What you're doing now is sending a sponge in there to absorb it, hold, retain and time release.

And by the way, feed your microbiome. And your microbiome needs hydration and food as well. So these are natural systems. When you go to look at what food is actually doing for us.

And and then, you know, we do need liquid. We need to partner with liquid. There's and there's no way to tell what person needs what amount of liquid.

Because we're all at different ages. We're in different conditions, we're doing different activities. So you're the I, I bring the experiment back to people, find out what your good hydration level feels like.

Find this out for yourself. You may be a person who's, needs, more water because you're highly active. You're

maybe a person who needs much less water because you're 92.

And, you know, that would just overwhelm you completely.

Structured Water, Minerals, and Better Absorption

And but but if I help you, go, but make sure you're eating things like fresh fruits and vegetables. They are set up by nature to be highly hydrating when you eat them.

It's set up by nature to bring all your nutrients in at the same time, so they get beautifully distributed by the hydration that's in the cucumber. The nutrients respond to that.

They release their electrolytes and their vitamins and, nature just knows what it's doing. So, it's and if you look at animal life, it's the same. This is where it's fun to be an anthropologist because you you have to be out of the loop of how it's the turkey's cut in half because there's only two.

You have to be like, well, I have other people that I know their ways. You know what? Wow. Guess what? You know, people actually bury turkeys in a clay.

Pot. A pot in the ground, you know, and or there's a million ways to cook turkey. But what I'm trying to I want to share with your your audience is there's a million ways to get hydrated.

If you know the the what you're doing there, why you're doing it, and how to care about it. So, foods that are powerful again, are these fresh fruits and vegetables.

They are nature's water bottles. They're perfectly packaged. They're perfectly portable. They're set up to do exactly what they need to do in the world.

So getting those foods in as a regular part of your life is, extremely important and, a way to do just to kind of give you a picture. I'm not asking you to go to an all plant diet.

I'm saying if you eat a piece of pizza, which is very dehydrating. You add a salad or you have a piece of watermelon later, or you you bring in an apple.

You know what you're doing now that you know, your water being is you're swimming through your day, going, where am I going to pick up my next what's my next oasis?

Where am I going to pick up some hydration in my life? And it can be a stop at the water fountain. It can be a stop at the fruit bar. It can be a mushroom soup.

Mushrooms are incredibly hydrating. That's how all the underground does it. With my psyllium. It can be a motion action. And then, eventually I want to get to the conversation about how we all can you use sound to hydrate, which is really fun, but I'll put that last on our menu and make sure your audience knows.

Get yourself to eat a lot of fresh fruits and vegetables. A salad is more hydrating than a bottle of water, I promise you. So. One of the goals that I really try to encourage my patients to, to accomplish is seven fruits and veggies a day.

Now, there's not many of us that accomplish that, and some days I have a trouble with that. And it depends on what we're working on. Some patients really with fibromyalgia do better with a keto diet that can kind of limit that.

So yes, the veggies are fine, but you have to really kind of limit their fruits. So it really depends on kind of tailored to that individual. But really I think looking at the size and then just clinically seeing how folks do with their diets, seven fruits or veggies a day tend to get them more regular, their bodies working better.

And that can be mental health, that can be, you know, digestion, elimination, health. I think that's very important. And here's another reason why, as you're sharing, is this is this is a way to get hydrated that really I never even thought thought to talk about.

So another benefit. Yeah. So just getting you out of the liquid flow concept, you know, you into liquid and food together are nature's way then moving you into specific diets.

So if you're doing keto, if you do for example, chia seeds. So my research, I stumbled into all of this crazy, crazy stuff because, I was looking at desert communities and how they were hydrating, and I came across a group in the Sierra Nevadas who use a, a to two tablespoons of chia seeds, and they mix it makes it mix it with a little liquid.

I'm, that liquid was corn beer. Okay, I'm going to be up upfront. I have to stick with alcohol and corn beer. Right? They have, you know, knock it back.

I actually, I have a recipe for mixing it with cambogia, which is fabulous. You mix it in now get it back. And they would do 50 mile marathons. Wow. And I was like and we're talking up and down canyons.

We're not talking like a nice desert stretch. We're talking about mountain deserts 50 miles. And I was like, okay, that's it. I'm going to figure this out.

I got to go find out why could that work? Yeah, how could that work? That makes no sense. And it turns out that chia seeds are one of the most hydrating foods we have on the whole planet.

They're extraordinary. I was so impressed with what chia seeds can do. And of course, they're great for a keto diet and they're great for constipation, and they're great for brain health and they're unbelievable.

Hydrators I was so impressed. I sent Chia seed to a, to Doctor Gerald Pollack at the University of Washington, who was a, who identified there was a plasma form of water that we were missing that was electrical and was doing all this work. And I said, please, please just test for me, honey.

Come on. Two years later, I got an email that just said congratulations. And I opened it up and it was a slide of a chia seed in the middle of a blue field, which was the dye.

They used to show that this water was impenetrable because it was a plasma state. So it was more hydrating. So again, now I've got you guys thinking, great, I'm going to use some liquid and I'm going to use some fluids.

And here are some top foods, because if you you because of some people cannot handle a plant diet. And as an anthropologist then I can say, yes, there's a million ways to eat and there's a million genetic histories and lineages.

And yes, we should be eating different foods in different environments. And so again, I pass back to you the experiment of yourself with your own lineage, your own history, foods, histories.

You know, these are powerful things to be unhooked from a one answer, to be given the opportunity to I can find for myself what really, really how I really function well.

And to hand you the strategies. So in on a keto diet, you can do, chia pudding. I think with a, coconut is on, keto right. Coconut oil is. Yeah. Coconut is fine. Yeah.

Or it's some of the nuts or you'll find a liquid that works. You don't even. Yeah. I mean, when you mix, make a, like, a chia pudding. That's an incredibly hydrating.

I might recommend that for people who are elderly, because if you have a little bit of chia pudding before you go to bed at night, you are well hydrated for your sleep, which is when your body needs good hydration to do all the detoxification and and sanitation work.

So and you don't have to get up and pee. This is great news for people. So I've got to ask because, you know, you hear from different folks, you know, that are experts that say it really doesn't matter what you drink as long as you get fluid.

So coffee, tea, soda pop, I mean, really doesn't matter. Don't let people tell you you have to drink water if you don't like water, as long as you're getting the fluid, it doesn't matter.

I mean, of course I mean, the obvious reply to that is, if you're drinking something with caffeine, it's going to make you probably, you know, urinate and then become even further dehydrated.

But the dehydration or the caffeine aside from is one liquid better than the other. Does it really matter? I mean, obviously we're not going to say, right, alcohol.

You know, a pint of alcohol is is equivalent to just some good, healthy, filtered water. But I mean, in general, in general, Gina is different. Yet I think people are going to have to find it out for themselves.

Some people, they do well on herbal teas, and some people say, you know what, I it only works for me with water and and there's no way to know who that is in advance.

Yeah. And so there's no reason to go for a day just trying water and see how you feel. Yeah. In in with your other approaches. If you're just working on water and motion, you're already well ahead of the game.

Your body's already been shoved into optimal function in a way that the way we live in a deeply immobile society. I'm sitting here. I'm not. Normally I try to do standing interviews, but I just got out of my car, which, you know, another round of commute and and.

No, we're at our desks. We're on those phones. The phones, by the way, have electrical function, which interferes with our function. We got to compensate for that.

Guess what modulates that hydration, right? Do you know the pharmaceuticals also are negatively charged? So they are positively charged. So they take electricity out of your body.

They dehydrate you. Every doctor should know if you give somebody a prescription. And we all may need those at certain points of our life. You got to have extra water intake with that.

You know, we're putting, nine pills in our elderly with very little hydration. Yeah, this is crazy. I'm. Have you. Obviously, I have a special place in my heart for hydration for the elderly, so I really care about that.

But I care about all of us. And this is why I'm really grateful that you've, you know, you've, this opportunity to to to talk about it, think about it differently.

And if I can connect for people, the, the value of motion and what motion does in terms of creating, you know, the physiological effect where motion is actually generating electricity, that electricity is picked up by your water and conducted through your system.

If you're drinking more, you're bringing in water and electricity, which then helps run your electric. They're partnered so profoundly. And really the hydration conversation is, in the end, more a conversation about electricity than it is about water.

Well, I think you've made the connection of the importance of staying hydrated. So an electrical charge and everything that it does. So. But I have to ask, is there a particular type of water that you recommend that's better than others?

Yeah. So, again, I'm an anthropologist. One of the major issues in anthropology, all that all cultures have had to deal with this contaminated water. I mean, it was it was happening all over the place.

They had to have strategies. I, I don't want to scare anybody. But the water coming out of our tap is a big problem now. And welcome to scare you. You're not we're not going to scare anybody.

We're just educating you. Yes.

Water, Emotion, and Vibrational Healing

And I always frame it because I mean, you're you know, let's talk about right the water, you know, that that's coming out of the tap that supposedly is being cleaned.

I mean, there's just there's no other word. I mean, it is not it's not pure. It's it's got problems. And, and so what we want to do is, is help ourselves.

One of a foods are an incredible filter. They when that water gets back in that apple after it's sucked it out of the ground through the tree and it's exposed to sunlight, and now you have a fruit water in there is a different it's filtered, it's charge.

So again, this is why I'm making a case for the fact that getting water from our plants, our foods, our salads, our herbs, our mushrooms, our seeds, even, our our is is a profound strategy for getting the natural filter system set up, even with the issues around pesticides and so forth, that water is, made to clean up, contaminants.

That's what water is for. Besides its electrical function. Are we going to be happy about water after we get health is conversation. It's our clean. People don't really care.

I think people are going to need take some action steps. I mean, I think number one, realizing you need to be hydrated. That's number, you know, number two, you really from what you've shared.

Well, one of the best ways to do that is your diet. The food's not what you drink. Mash the food. I think it's very important. But, yeah, I think number three is investing in, a filter system, and that could be something as inexpensive as a pitcher, you know?

But, Brita pitcher or something. It's very expensive, like a cog in water machine or whatever you want to invest in. But, you know, we can get you. Of course, you know this.

You know, we can go at, three days without water. And we've already mentioned that we're 99%. Well, I mean, we're we're basically water. Yeah. So because of that, you want to be you want to have the healthiest water you can and you've already, you know, you shared about the foods.

But what about this thing about structured water? How can we how can we take water that's coming? We filter it. And I want to encourage everybody to filter your water.

I know it's a hassle and and but get a filter system. That's what I recommend because we don't want to be contributing to all the plastic pollution that's going on, you know.

But these bottled water should people with all these bottled waters and, yeah, we got the the leaching of the plastic in there. I mean, that's not healthy, right?

Just get a something inexpensive to start with and you can get it. You know, we want to go crazy. Go crazy. But we know that the tap water that, that most people are drinking has got pharmaceutical remnants in there.

So people's primary in and you know, birth control pills are in there. And any fumbles it's in there and all these chemicals are in there and you're putting that in your body over a period of, you know, 60, 70, 80 years, whatever it is, filter it.

Right. You got it. That's filter it. But now what can we do to make that water more absorbable? You talk about it in

some of your lectures that I saw about, the structured water that's more absorbable.

Right. So I always want to remind people structured water is, it may be an easier way for them. Imagine it is in this plasma form, or even more like jellyfish.

And in fact, our tissue connective tissue called fascia is, is this beautiful, malleable, stringy. It's like a symphonic, beautiful, it's so gossamer.

It's like a spider web in there, and it's constantly moving into blobs and then back out again. It's just you're basically full of jellyfish. Is that.

It's what it's like in there. It's fantastic. And, and that plasma like structure of water or structured water, that's the phrase. Unfortunately it's not.

It has no, metaphor. People. You don't you hear structured water. You don't. What's that? I have no picture. That's why I like to use the word plasma.

I think it really helps people a little bit more to recognize this density. And, and of course, that is it's like the kind of water you find in aloe plants or cactus or even tubers or any plant that's how I stumble into this, is finding that structure of water in there.

And structured water is a more, conductive, electrically conductive form of water. And so, besides eating it, you can activate your liquid water to begin to move into this state.

So water is on a spectrum and you can even take your liquid water and, you know, put it in the sunlight or a one of my favorite, my favorite tricks is just to put a, pinch of salt in it, like a really good, seesaw.

The high quality salt. I especially love Redmond brand. They're from the Utah desert. Since my research was all desert research, I think it's they're they're great.

And that, that, salt simple act is so powerful because the salt now is talking in the water, and they are creating electrical signals between them. And you are all you've already moved into a much higher quality water just by adding salt and the salt itself.

You're talking about a pinch. You're not talking about a teaspoon, you're talking about you don't want the water to taste salty unless you like that, you want it to taste slightly silky.

If you feel the silkiness and the smoothness. It is now moved into this liquid state, moving towards plasma. And and even if you were hospitalized for dehydration, they would give you a sailing bag. Right?

So this is just a form of very mild sailing that you're already ingesting. It's much easier for your tissues to absorb that. And if you're coupling that now with filters, you've got a great strategy just starting there.

And if you don't want to use salt, I buy liquid, minerals all the time. I love liquid minerals. I think we're we're in a concerning time where we don't get enough minerals out of our foods anymore.

So I like to buy liquid, minerals, you know, so many good brands out there, you don't even have to worry about it. And I just. I'll just put a couple of squeezes in my water or even, I'm, again, I'm a huge fan of chia seed.

I'm sure I have at least a teaspoon a day. And I would just, you know, mix that in with, whatever I'm drinking. You know, I love apple cider vinegar. So I have a chia apple cider vinegar drink all the time.

It's just, like, so refreshing. As as I'm also eating through beautiful microgreens and, you know, all that beautiful fresh food and gorgeous pineapple.

I mean, there's just nature just adores to give us, beautiful things. And we're animals as well as whatever else we are, which is so magical. On the fashion conversation again, the, that amazing connective tissue is where the electricity is conducted.

And travels and is generated, and fashion is plasma water in your system already. And anytime you stretch that fashion, it's gentle as you need to, anytime you massage yourself, you know, pull on your ears, do the vagal nerve, massage down the side of your throat.

You know, again, you may be a very busy person. You can be doing that while you're while you're on the phone. These are not. Go do it. Take 20 minutes out of your day kind of strategies.

These are, like, at all times. I am thinking about being in gentle motion because one, I'm a water being and two, I know when I just do very modest movements with my fascia, it's lighting up the whole electrical system that once.

And I have a whole chapter in my fibromyalgia book about fascia myofascial release. But this what you're sharing is something that anybody can do. You don't have to go to a therapist.

You can do this on your own. You can benefit by working on your own fascia, releasing those those, those, points of the fascia that have become restricted through stress and trauma.

You can actually start to work on that yourself. I want to ask you, as we wrap up, I just I want to bring this up. We talked just for a few minutes before we got on here to to record this.

I want to talk to you about, Emoto also going to talk to you about his work, and this blew me away. So the hidden secrets of water, and this is, I don't know, it's been at least ten years, right?

A decade, I know one of my mentors, Wayne Dyer, turned me on to this book, and I read this book, and it just blew me away that, that water, which I've already share has this electrical energy, but it can it has a vibration that it it can give off and but it also can pick up a vibration that we can instill to it and actually change the look of the water.

It's if you've not seen this book, you can you can Google probably Google this. Right? I had Dennis in years and oh yeah, it's very show up right. It's fascinating. Yeah. Fascinating.

Yeah. Emoto, Doctor Emoto and Doctor Emoto was not a scientist. He was a healer, but he wasn't a physician in the way we typically think of going to the doctor.

What he unveiled was, basically what he did was get by photographing frozen water. He was able to, show the crystalline structure, which is what structured water is.

It's in crystals, liquid crystal form. And that all makes sense to us now as digital people. I mean, even if you touch the screen, we're on a zoom. This is liquid crystal. Now. Big surprise.

You know, we're not shocked anymore that electrical crystals have electrical function. You know that this liquid crystal passes, vibrational information.

In fact, water itself holds more information through its molecular structure than silicon. And when I'm at these water conferences, there are computer experts there trying to corner these these real water research.

Say, now, now tell me how water stores I got. If I can just translate, if I can, you know, take the same strategy and turn it into a nanoparticle. And we're all, you know, having our drinks at the bar going, this is so funny because we're walking computers.

We are it, right? When you have fibromyalgia, your computer's off. We're just trying to get you back into cohesive information exchange. And the fashion is the wiring of that computer, and that's the passage of this storage of that information.

And so, the Emoto work was the open in it gave people the original. Oh, my God, we've got to go really look at this. And one of the scientists I work with now is.

And this will be my last strategy for hydration for you. It's very exciting. And it's going to blow your mind and is not drinking all that water. John Stuart Reed is an acoustic physicist.

He looks at this, this plasma water and how it picks up vibration.

Sound Healing and Closing Resources

And so instead of, still photography, that Emoto was doing where he would he would freeze the water and take a photograph of what that water had been through, what information it was carrying in crystal form.

We couldn't, you know, we'd nobody's able to translate. It's like hieroglyphics. That's like, what is water saying? But John Stuart Reed can now take actual videos of water passing information through the field.

And we see all the different patterns of life that are just beautiful and extraordinary, because he does it in a petri dish that's around it, that the, wave forms are knocking back and forth with tremendous kind of ricochet.

And they're very complex and fascinating and beautiful. They look like flowers opening and closing and that's all going on inside our cells. That's all happening inside ourselves.

I can't wait to see that. Yeah. Can't wait to see that. But I want to I want to encourage people to check out a mode of what does it does when you see these pictures of these crystals, these molecules.

And what he did is he exposed, these different water molecules to a different emotion. So you'd have someone yelling in an argument, and then he would take these photos of the what?

The water. What it, what it would look like. And we all just shriveled up and didn't look healthy. And then he would take a picture of someone just, focusing on love and and being empathetic to the water.

And, and he'd take a picture of that, and you could see it just looks like this beautiful snowflake. I mean, and the really, I think that what's so powerful about that is you realize, again, we're 99% water if you're around, you know, this negative energy, it's changing you from in the inside.

It's changing you, right. If you're around beauty and you know, people who are compassionate and loving is changing you in a way that's obviously, moving you towards a better state and being more healthy, I think it's very profound in realizing that sometimes we get around people, we feel their vibration.

We don't even know what to call it. Some of us, but we feel this negative energy come over us and we don't know why. And I think it has to do with this electrical connection that we have.

And now you've, you know, really done such a wonderful job wringing all together that this water is a conduit that is allowing us both to communicate inside, but also out to the outside world.

Oh, Amen. It's so true. And with, the understanding that what we speak is a series of electrical signals that both goes out, we broadcast it, and it also goes in.

So where our cells are getting electrical signaling, when we talk. And I'm going to shift it one more place. What we think. Yeah. What we think is a and we know it's a chemical reaction we have.

We can follow the chain of cortisol. We can, we we have. But I'm trying to help people understand that. That's just that's the second stage. The first part of the sequence is, is the electrical field and the thought which has this impact on the shape of the, of the cells and the water inside of us.

And, and it's if someone has sat in front of you and said, you have fibromyalgia, that is a set of a leg, a series of electrical signals that are quite big.

And they go in and they hit, you know, you're hit by that. And it may be the truth chemically, but it's not the whole truth. Right? You know, the whole truth is we're far bigger systems and there's ways to think and meditate that allow ourselves to come back into cohesive, buoyant, relationship with each other after you've had a hit like that or any kind of trauma.

And that's great news. And so my, my, on that note, and I one more strategy for hydration is, sound healing and just listening to music makes a is a it's a form of profound medicine and information coming in that affects your water cells and allows them to be more efficient conductors of information and energy that allows your system to, you know, get back up and running, get, get, be carried past the pain of fibromyalgia and into new territory to be healed.

So it's really exciting to find music that you love. And listen, I have my I keep picking up my phone today, but I have Pandora and Spotify and I will def use it as my mood begins to dip, I will find some music that I really like, and I will just do a little jig or a dance or go for a walk or.

But listening to music is in credit, healing in ways we didn't understand until we got to John Stuart Reed's work, and he could show the chain of events of actual frequencies.

And he likes, like, regular low beats, like a heartbeat. If a if a song, a popular song has a low beat, it is actually pulsing electrical information through your field to help you start like a what do they call those machines?

The little boxes they put on pianos, I forget. Well, yeah, yeah, it's a system. It's a and it will help you get back to regulation. And that is incredibly beautiful.

We should be, you know, anthropology, all cultures use music and dance and stomping and clapping and drumming and movement as part of all healing ceremonies.

Well, Gina, this has been fascinating. I've learned quite a bit today, and not that I've ever thought I was an expert in hydration, but, it certainly, caused me that to rethink some of the things that I'm recommending.

And I'm going to have to change them. I have to change that. So, now where do people go to find out more about you and your work and the Hydration foundation?

Yeah. I mean, you mentioned you wrote a book that that, Quench. Yeah. Oh, let me quote that book, I think is, your family plan to optimal. And so, Oh, of course, it's backwards.

This is I went to an MD, and to bring the anthropology and the, the MD work of actual medicine doctor, for, for helping us really think through hydration from a completely different strategy.

And the book itself is mostly full of recipes because that's where we land. And that's that's a paradigm changer right there when you're actually getting it through your food.

Yeah. Including, movement recipes. Oh, wow. There's a whole there's a whole routine to do in bed. Anybody can do this. It's great when they have lists, a website they need to go to to find out more about your work.

Thank you. Hydration foundation. It rhymes. And it's a nonprofit. My work is public service. So Hydration Foundation, dawg. And there's all sorts of, information on their recipes, science.

Where we work also on hydrating microbes, not only in your system but in the soil. So we have a, a whole program we run where we bring, better water into irrigation so that the food that we eat is more hydrating and more nutrient dense as well.

So you can join us in that project as well. It's fantastic. Very, very interesting, very interesting. Thank you so much for being part of this summit.

Thank you. It's a pleasure. Bless you and all who hear this. Thanks. Thank you.