Water Is More Than Wet: How Water Runs All Detoxification Transcript

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Introduction to Gina Bria and hydration science

– Welcome to this episode of the environmental toxicants, auto immunity and chronic diseases summit. I'm Dr. Wendie Trubow your host and our guest today is Gina Bria, who I'm just so tickled to be able to interview with because she's fantastic. Gina is passionate about raising reverence and understanding of our most precious material and what all life is made from water.

She's the founder of HydrationFoundation.org, recognized as the leading resource for new hydration science and also named a real world scholar bria is co author of quench your five day plan to optimal hydration with D. Deanna Cohen, MD, recommended by the New York Times, Oprah's O magazine and NPR who note how she is offering new perspectives and on current issues. Welcome Gina.

I know I missed a lot because you're super accomplished. Can you fill in the blanks for what I didn't talk about? Just introduce yourself to our guests.

– I'm just so pleased to be here and Wendy. I have to thank you for helping us spread better hydrating strategies. This is such a key and important part of what detoxification is how the body is a natural flow and fluid dynamic fluid system.

So thank you for that. I just I just love it. And of course I'm coming at this whole uh topic from the perspective of my training as an anthropologist.

So maybe a little bit to the side of what people are used to hearing. But I think um the fastest way to get people to into um understanding how I came into all of this and actually how powerful it is is um sharing with you a little bit about my own research in desert communities around the globe and how they were hydrating without liquid and discovering this is such astonishing stuff that um they were hydrating with plants because they didn't have, you know, open bodies of water. So that was a global finding all desert communities used plants of different varieties, but they all were using plants that had a commonality. And this was like the really key moment into this research for me.

Uh discovering they were using plants like um well course cactus and aloe and which is a form of cactus and chia seeds and tubers buried under the ground. So literally they would go on their migrations along paths. They knew plants were holding water in their root systems, wow. So finding out that plants are nature's thermos is right.

Fourth-phase water and plant-based hydration

They hold water and they hold a kind of water that's in that aloe state, you know, a little bit more um jelly, like uh more viscous, more dense. And that plasma jelly like state turns out to be a phase of concentrated water that the desert environment has engendered and that we can learn from to get our hydration from plants that will allow us to be better hydrated without drinking so much, but eating more. – How did you make the leap from recognizing the impact that this thick, the aloe type, thicker water made on making that leap into detox?

What happened there? Because that just I mean it makes sense. But how do you do it? – Well, at first I didn't understand what the gel was. The gel was common in all the plants, even though the plants were all different all around the globe. And I was like, well what the heck is that jelly like stuff? What is that?

I thought it would be like a polysaccharide. Or anyway, nobody could answer me. I I literally went to all my colleagues and they're like, well, first of all, that's a crazy question, What do you care? What's inside a plan?

And I'm like, no, no, I think this is important. And um I ended up making that one um uh fatal phone call fatal. I shouldn't. I'm using that in the in the ironic tone I called a water scientist. His name is Gerald Pollack Dr. Gerald

Pollack at the University of Washington who is had studied living so cells.

And I thought okay, he's gonna he's gonna get more, you know more of it. And when I called and he said, oh yeah, that's that's 1/4 phase water. And I'm like, wait a minute, wait a minute. Did you just say all of that.

That I was trying to the mystery of trying to find that out was is water. And he said, yeah, it's in a more concentrated phase. Um And it's concentrated by the electromagnetic waves of the sun and mineral content. That the course plants leaves are receiving it from the electromagnetic forces from the sun and then combining that with the minerals that the plants of the roots are growing up. And that creates a kind of magnetic electrical charge in this concentrated form of water.

It also is what helps it concentrate more that concentrated form of water. In other words the plant life that we eat and by the way Dr. Pawluk also told me that it wasn't just the desert plants that hold this kind of water.

It's all plants all plants are basically bodies of water with dense forms in their cellulose of concentrated water. And when we eat plants like this, what happens is that electromagnetic charge starts interact interacting with the toxins and it helps dissolve them.

It helps transmute them into less impactful forms. It helps move the whole water system in our bodies through electromagnetic forces we get we start to get a kind of magnetic flow of water and all of those features of hydration all have uh the the one of the chief work that hydration does in our body is fixing toxins. – I mean and that's right up our alley.

And so I think the thing that I'm really struck by is that the it's this beautiful synergy of the water and also the micronutrients that you get in the water that support the guts. The liver's ability to do phase one and phase Two. It sounds it's all part of this circle of detox that includes liver gut adrenals and its supporting everything perfectly delivered in perfect proportion. So if you eat an apple for example that is more valuable to your hydrating system and your detox ability than guzzling big up big bottles of water. So this is really important information.

I want to land that again so that people really get it. It isn't guzzling ever more liquid That doesn't help us. In fact it can flash flood our system in as little as 10 minutes and can actually wipe out the kind of electrolytes and nutrients that we're looking for.

But if you eat your water in apple form the water inside that juicy Apple. Or think a pair or watermelons or melons or cucumbers or to pick any of these plant lives are packaged by nature to deliver hydration and the water molecule at the right time to dissolve and can make by available the nutrients in that plant. And by the way they're great guests is on the way out. They take out the toxins.

– Right the fiber, the good binders. So Gina let's back up a step. What what can we talk about? What is water just at a sort of very basic because we all make a lot of assumptions but what is it?

– Right. So first I've already introduced you the idea that water is more than baker, it's more than liquid. It's more than ice. It has this jelly like state and this gel like state can be um modulate from just 10% more viscous than water.

So it still looks like it's in liquid form. But it's already started its electrical mobility, its electrical generating electrical charge which is generated by the water molecules getting all, you know, lined up together in the right order.

It can get as thick or as dense as you know like a gel like a plasma or even a cartilage. It can get that dense. And now the thinking is perhaps even bones are a form of water, their phases of water. So now I've helped you understand how much we are made of water? Right?

It's complete. We are water beings. And this ability of water to occupy many forms is one of the new ways of thinking about water that it isn't just we're so used to thinking of it as liquid or vapor or ice.

Water, detoxification, and toxin transport

Now we have this whole new spectrum of water and on top of that that water, once it starts to generate its own electricity by becoming more liquid crystalline or more ordered in its molecules.

It starts to generate energy. So now water becomes our fuel which we always knew but didn't quite land. – How can you describe that process Gina, like how does how does the water go from what I think of as as inert to something that has an electromagnetic field or frequency?

How does it, how does it go from? I mean, is it even a nerd when I think of it? Or is it not? – Right. Yeah. So um this this idea that the water molecules and this is what I have Dr. Pawluk at the university of Washington to really thank for.

I came into the story looking for what this jelly stuff. What the heck was that? And he turned it into the organization of the molecules as water leaves, uh uh random bouncing around molecule state and starts to spin together, that starts sharing electrons.

It starts generating its own energy inside of itself. And so helping people understand that water isn't just wet, it isn't just functional as in moistening, but it also is generating electrical frequency and power inside of us. And that that is a new way to think about water.

So when you drink a glass or when you eat a plant you're plugging into a power source and that that's why hydration. We just have to have a whole new conversation about hydration. – Were you big on plants before you had that eye opening conversation? Um No, well I was always like nuts about trees, right? As a little girl, I used to climb all the time and I'd go up and hug them and we have little conversations and I was just being eight, you know? But um as I, as I've understood the relationship of water to plants, I have been called more and more to study plants to understand what is going on when we eat plants. Because now I'm holding this information that eating plants is a extremely powerful and nature in natured way to get hydrated. But I'm glad you asked about plants because they one other element to water when you say what is water?

Well, I've already said it's it's it's it's wet, right? Water is um is a material. Like we recognize it as a material thing like vapor or liquid or this gel state uh called fourth phase water or easy Water and ice. We recognize the materiality of that.

But we didn't have so much the conversation of how was creating energy. So water is a material. It's an energy. But here's the real exciting part that I hope our conversation on detoxification will really land for people. Water turns out to be also uh information.

The transference, the medium by which information is transferred. So water is material, its energy and its information. Now when you eat an apple, you're gonna get apple information when you eat basil, you're gonna get basil information when you have rosemary, you get rosemary information and this information that's embedded in the plant itself.

It's vibrating. It's singing you it's song. So now we get to overlap with all the indigenous traditions in which they talk about. You know this plant said to me or this plant sang me a song or that's that's not a metaphor.

That's a science reality now that we're understanding in a completely new way. – So how does this impact detox then? I mean you know I don't know if you know we don't know each other that well. So it's I'm all about detox and so I think about hydration and water as how do I say this? If you don't have a body that's well hydrated you can't essentially move the toxins and dissolve the toxins. That's how I think about it which is probably pretty crude compared to what we're talking about.

But how how does water relate to the detox in other ways? – So let's say you have um heavy metal um the water comes in carrying its own energy its own information plus whatever you're eating and what the role.

Of course we've heard this phrase before. The water is a universal solvent but now we get to really get what that means. The water molecules are capable of coming in and attaching reorganizing other molecules. It can draw molecules. It forms a protective barrier around the molecule and helps just usher it out. It turns out waters work is incredibly protective. That's one of its major features is to protect us to buffer us and to flow us so that the the whatever assaults we as a living being walk into the world and face whether it's assaults like E.

M. F. S. And high phone use and high computer use or being you know locked in a car during commutes. All of these assaults or immobility is another one, pharmaceuticals just naming a few of our modern life, all of those assaults yet easily we eat can easily be have they can pass through us easily depending on our level of hydration. And also what other molecules we are calling in through our food to help us support disassembling uh degradation kinds of materials inside of us. Not only our own wastes, which we need to be constantly moving our own waste that we're creating inside of our own manufactured materials inside our body, but also then the the external assaults that come in that are that we need to detoxify from.

– So yeah that's a lot. So I guess so I have a couple of pointed questions. So so do you have an opinion on since since it sounds like what I'm taking from this is sure you can drink water but don't guzzle it really focus on getting your hydration from plant sources. And it sounds like largely uncooked, right? Because if you cook them, then you're evaporating a lot. The water content you still have the fiber but you don't have the water. Is that let's just start with this that assumption accurate. – Well I eat a lot of raw food but cooking food also is very valuable and and we don't want to give that up because the percentage of loss through cooking isn't isn't so big that we want to give up that strategy.

– So you're okay with cooking. Okay, well the venerable traditions around the world, like we just you were just in peru right when the Peruvian in the Andes, we have ceramics that our ancient that got dug up and they show the liquid crystalline structure left over in the bottom of the ceramics showing the kinds of materials they were using to hydrate with.

So soups and stews and grains that leave behind this kind of gelatinous materials. That quality of water is found all over the world now that we've started to really look and so cooking is yeah, it's it's part of our traditional heritage is for hydrating.

Hydration through food, cooking, and traditional practices

– Okay, so it's funny, we were just in peru and the it was so poignant that we were having this conversation because you can't drink the water in peru.

It's not safe. It's not potable. And you really shouldn't even be washing your fruits and vegetables in the water from peru, Everything needs to be boiled. So I guess one question I would have is when people live in countries where they can't drink the water, does that boiling alter the structure of the water?

– Yes, it starts spinning it together. Think what boiling is right. So these spin capacities of the water molecules turn out to be really, really helpful and we didn't know that if you could get your water to spin or vortex, that it would begin to change its molecular structure and then allow this congealing, that event can help more effectively carry out toxins.

And of course we're not the first age that's had to deal with the contaminated water, contaminated waters around the world. The romans had to deal with it, the Egyptians had to deal with it. Um We even have, what is the most studied body on the planet now is the iceman um in that frozen skeleton they found up in the Dolomites in Italy that the he had a little packet with him a skin purse and in that were clay pellets and clays course are excellent at creating electrical charge and the spinning of the water molecules.

They would drop these clay pellets in contaminated water places to make less and less effective at harming them. – Interesting. You know because when you just talk about that then, because we talk about treatment for mycotoxins with clay and charcoal and fiber and and so it's thinking like it's their own built in detox system as they go and boil the water, increase its energetic frequency and then put clay in it.

It's like the best of all worlds. – Yeah, fantastic. In another example, I love to cite Wendy is that the Incas were using spring water for their um crops.

They had gorgeous mountain spring water. Think, okay, that's the best. Don't need to do anything else. But actually they would dig channels down from the mountain and they would line them with ceramic tiles. So they were also engaged in finding ways to enhance even pure water to make it more potent to grow plants and especially to revive soil microbes or keep those microbes in the soil very well hydrated so that they could communicate well to the plant.

Nourish the plants help the plants pick up the amount of sunlight that they needed. So there's these we're talking about very big systems now. – It's very sophisticated and you really look at it.

So I have another question. So I'm not sure if this is your area of expertise. So if it's not feel free to shut me down. But what impact does eating non organic or pesticide sprayed fruits, vegetables, plant foods have on the plant's ability to support our detox. – Yeah. I think there is what we do know from again from Dr. Pawluk who has become an amazing colleague and also why we founded the Hydration Foundation is to share this new water science as as profoundly as we could matching it with anthropology and indigenous traditions. So we know that glyphosate interferes with the water molecules ability to spin well or a line well or or create coherency for those molecules.

Um That said um I also um so there's the threat, you know we have these contaminants now among our foods um That said I wanna maybe shift this conversation a little bit to notice and to ally and to express that the plants, plants around us are evolving as well as we are and plants are going to be our best allies in detoxification because they're figuring out what to do about life estate to.

They're they're all evolving in the same environments that we are and they're trying they're scrambling to figure out, okay, wait a minute threat coming in.

What do we do? And especially um if I can make a bid for mushrooms and the mushroom, mycelium are huge astonishing networks which is drawing on information from all over the world to figure out how to grow better in a life estate environment. And so I can't say for certain that eating contaminated plants which would rather not do. Um but but I want to put a bid in for hope for the future that the plants are figuring this out.

And um I take powdered mushrooms every day. I have a powder, I think it's from Paul Stammets, he's the world's foremost my colleges, he's fantastic colleague, wonderful guy. And he has something a mixture of ancient mushrooms that I put in my smoothie every day. I have everybody I know taking mushrooms and like you've got to have because that's plant information that's evolving to help us eat a tomato that's been sprayed, right? It's like okay we can't do this purity thing.

It's no not gonna happen. We're not going to get to 100% pure when we and why, you know our our job is to adapt. And so let's be using the plants that will help us even when we're exposed to materials that um that are contending.

So again it's it's not a complete answer. Like no, no, don't ever eat an MG. O plant. We I don't know if we're going to be that lucky. You know? – No, I'm not sure we will because it is always say to people, it's not about zero toxicity. It's about moderating, minimizing and avoiding wherever possible and then optimizing your detox so that when you're exposed to these environmental toxicants, you can minimize your auto immunity, chronic diseases by essentially boosting your upside and guarding your downside.

So tell me, is there, yeah, there's tons of ways so talk to me Gina about, are there any guide posts like if your ex wait, here's how much pounds ounces, fruits and vegetables. Plant based matter that you should be eating.

And is it based on how active you are in terms of how you support your detox? Is there any formalized protocol that the listeners could say, okay, I know if I'm getting x, I'm doing okay.

– Right. Yeah. And I think the person to thank for that is Dr. Terry Wahls who actually have, you know in nine cups of greens.

Water quality, filtration, and water structuring

Um, and of course I always get asked the question, well how much for my size, You know I mean thankfully there now including size. But again, I'd like to shift the conversation to electromagnetic forces and that there's, you know, if we say you're supposed to be drinking your so many ounces depending on what you wait half your weight. And all these kinds of conversations to me are very reductionist now in their understanding of, wow.

Well if you're getting mushrooms, the level of information you're getting for your body to do the work that it can do, it isn't just a volume question anymore.

And I'm not sure it ever really was good because look what we ended up doing with with volume. We told everybody they had to have eight glasses a day, even if you were like a 95 year old lady.

– You know, it's quality. It's, I think it's a quality conversation, right? How do you, how do you, what's, what's the quality you're looking for? How do you gauge the quality?

And then I guess the question would be, how do you know that it's working or not working? – Great. That's what we want. That's, we want to put that agency back in people's hands so they can say, I know I'm well hydrated because, and here's your, because I sleep well.

It takes a tremendous amount of hydration to sleep well and it's very important because um, your whole system is detoxing then that's when it does, its best work, especially in your brain. It gets the waste, just certain circadian hours where it's like, hey, time to clean the brain, you know, shut it down, give it some dreams, keep it occupied.

We're gonna go in and clean that baby up. Um So all of these strategies are, are really important. But the um I forgot what we're what trained. I lost my credit card. – We were talking about ways that people can know that they're well hyped. So sleep.

So quality of sleep sleep well. Very important. Are you crabby? If you are dehydrated, your mood goes, I'm thirsty here. I'm not gonna do anything else that I'm gonna buck you until you get me some hydration. – I'm perimenopausal.

So I don't know if this one applies to me. – Well, mood is a huge issue. Um I also think you can tell a lot about your hydration from your skin, which is, you know, your largest organ and gives you good clues about the buoyancy of your skin or the feeling. I know that you can, there's a kind of a classic test where you, you know, you literally pinch your nail on either side with, – Let's do this on camera. Can you, can you put your finger up to the camera? – Yeah. So if you can see I've got my little finger up and I'm just pressing either side of my nail and a pink will come up because it's your pulsing blood in there. If it comes up pretty quickly, you're pretty well hydrated. You're pretty well hydrated.

– That was the hardest part about being in peru was I found myself really, I couldn't drink the water. I couldn't, wash my fruits and vegetables so I ate less of that and I hate abhor despise resist drinking from plastic water bottles. So I came home from Peru and I was like oh I'm pretty I am try you know my skin was hanging off of me.

It was it was it took a while to recover from that. – Well I'm gonna assist you for whenever you go next time or anybody else and we can do this here in our own country and that. And by the way that it's chia seeds so you don't have to wash those. Um You you can I yes mix that with the juice of something or um Yeah I see the water problem now right away.

But in the in the in the agency of chia seeds which are native to peru by the way and California, they're very widespread. Chia is a plant that is trying desperately to help us be hydrated.

– So I always remember when someone said to me that chia absorbs eight times its weight in water. – So yeah it's a it's a bit backwards because I run into this question all the time. So my first experience with Dr. Pawluk is I call him up, he tells me yes it's water and I'm like well um you're using science lab chemicals to to show these

organized water molecules. Have you ever tested plants?

And he's like well I'm like I'm gonna send you some chia seeds, right? And um it took two years for him to actually, because he's got a small lab, right? You know, he can't just do whatever crazy lady and say, why don't you test this?

I wanted to send you my son, You test him. It's not like that. It's, you know, it's a collaboration of slow ideas forming and shaping. When he sent me two years later, an email that just said, congratulations TSC is water in this form. I already knew it, but it sure was nice to have those lab results. So it isn't that it absorbs a more times water. I mean it's doing that kind of work, but it's also releasing water. That's the shocker.

It's it's as powerful as that seed and nature, mother nature love her to death. You know, just such a pal she has those seeds. Get what happens when they get a tiny drop of water on them or do point. Um they surround themselves, they release and make this gel, I want you to think of as almost like amniotic fluid for the seed. – You know, my kids love chia seed putting and I'm always like, I mean, we make it I guess in the scheme of thinking about treats and excursions for food, it's pretty benign, but it's it's soy milk chia seeds and cinnamon. It's like the extent of it, but my kids love it. And then now I'm thinking, oh, I'm gonna go home and feed it to them? Because it's, and it and I think the thing that I don't want to step over is it's got great fiber content.

So it supports detox in the gut and it's getting that gelatinous, this did you say stage four water for four. So it's got the face for it. And, and I want to make sure we don't step over anything.

We have the three things you talked about in terms of how people would know that that they were well hydrated. So their sleep, their mood and their and the skin on their fingers. – Skin in general is going to tell you.

And of course, if you look go to any nursing home and you look at the age is what you're looking at is hydration, dehydration. Sorry, you're looking at dehydration.

– Is there any other way people would know that they needed to pay attention to their hydration status? – Creaky joints, headaches, uh, afternoon fatigue.

And, and again, um, I want to get you to this idea that you are a body of water moving through your day, You're gonna need hydration throughout your day.

You isn't like, it's a one stop deal. It's like, how do I continue to get to it from oasis to oasis as I move through very dehydrating environments. And um and so you're going to be watching yourself and saying I know that the first intervention I'm gonna need at any point in the day is some kind of hydration. – Do you recommend people not drink water or do you recommend that it's a balance? – It's a balance and because because mother nature created liquid water to write and a great deal of our systems are liquid systems.

So you look at circulation. You know you look at blood, you look at um lymph uh you look at your you know tears. I mean you know if you really take apart the human body and and and look at it through the lens of water you're either in liquid form in there or you're in this gel like form that's getting denser and denser all the way to the point of cartilage and bone.

So they are partnering and each stage of water does each phase the water does different kinds of labor. So of course the flowing liquid gets things out more quickly. But the gel like stage is what moves the the particle contaminants out of your cell structure and out of your tissue structure.

And it does that through that really gentle jelly like quality that moves it into a liquid system like the blood or lymph to move it all on out. So it's a perfect system. – Are there ways I mean obviously if people are not I want to switch over to straight up just liquid water are there ways in which you recommend that people test or filter or clean their water so that what they're putting in their bodies is as clean as possible so that it's getting the job done right.

Movement, breath, and hydration support

– So we do have a contaminate issue in our culture and that we want to address. And there's there's, you know, different kinds of filter. I do recommend filtering of some kind um if it's as simple as a carbon filter uh that um someone like Soma would do the carbon filter um or britta, I'm not crazy about them because of the plastic issues and but you know, not to speak against anybody.

But yes, think about where you are in your life and what you're ready to do about filtering your water. But I want to share some techniques that you anybody can start right now. And that involves something as simple as putting a pinch of salt in your water, any salt, it's sea salt, it's natural salt. You really want to use mother nature, right? So you go to those um sea salt, I like Redmond salt. It's from the Utah desert.

So there's less of the micro plastic issues involved. But again, these are percentages and they're small percentages. So just a little bit of salt. And I'm talking literally like a pinch in your glass, like this amount, you know, pinch.

Um and you're not gonna do that with every glass of water you're drinking, you're going to do it maybe 21 or two glasses that salt begin singing to the water molecules, it helps them get in alignment and it makes the water more hydrating.

So you don't have to guzzle as much water and then if you do additional things like um you know, chop up a lemon and you, you're squeezing a lemon or apple cider vinegar.

These are classic water organizing materials which allow the result to be more detoxification and even just a pinch of salt, if you think about that, it's a very mild form of sailing, which is what they give you when you go to the hospital as a dehydrated creature. Right?

So let's get you before then on a milder version of it. So um, so I like to start people there because that's a, anybody can do that and they probably have it in their, their cabinet right now.

Um in terms of the larger issues of filter and filtration, this is a very big conversations, but there's new companies out there that are doing this coherent water or structured water ordered water by vortex ng funnels or by exposure to light sunlight.

It turns out is an incredible detoxify there for water and the electromagnetic fields of course make that water really powerful. So even if you, you do sun tea, your, your are now operating at a different level um than you would be just getting that water out of your tap.

– What are some of the companies you you like for vortex for water vortex systems or for – Yeah, so as the hydration foundation, it's sort of my responsibility right to go out and find good companies to help people understand, I love spring Aqua, Kenny Lou has been helping me actually get water into agriculture and that makes a huge difference.

And they have a great system. The wellness enterprise has something called the Aqua Energizer. That's a small portable that you can just carry with you and pour water through that will vortex that water, the vortex ng is a form of filtering.

Um but not everybody feels so safe about that. So you have to sort of decide what's your level of understanding the physics. I love a swiss company called Evo Water and Young Fabio is the CEO there.

So it's not only the companies, it's who's behind them. What kind of people are they, what's their own energetic uh you know, mercy moment. What what kind of people are they?

Gary Greenfield of Greenfield water solutions. Um he's a beautiful man and a great company. So uh you know, these are, I keep people keep showing up in my life and you know, it's putting them forward and then trusting that you're gonna explore those companies and you're going to find the right resonance like, oh yeah, this is the one I want to work with. This is I feel right because it matters what you're bringing to the water and how you feel about

who you're interacting with because it actually, you know, has an impact on the water molecule.

Another thing I really love to recommend is tuning forks and sound forks, sound and resonance has a huge water loves sound. It just loves to dance to sound. So um, you know, I, I actually drink water and then put on, you know, you go find something cool on youtube and listen to all the time listening to music resonances and then one other dimension that we haven't gotten to yet. I want to get back to light because light is the driver of water's ability to organize. So sauna systems and saunas today are more important than ever. And they are actually not only making you feel good and they help you detox, but what they're doing the way they're doing it is orchestrating the water molecules to be their most profoundly detoxifying in their most profoundly detoxifying state.

So I love infrared. I really do. – Do you have a preference for near mid far or all of the above or? – All of the above. You know, all of the above. And uh, I have a simple little come um, it looks like a little tiny television and it's a ceramic bulb and it's made in Germany.

I think the company is uh, is brewer, you can get it on Amazon. I think it's $70 and it's a little box and it goes on for 15 minutes and I'll put that on my feet at night, uh, luscious or I'll do a treatment on my head if I'm gonna have a interview or conversation um anywhere I hurt if I have those sorts of things. – I have a question for you, Gina, Do you recommend people do epsom salt baths? – Oh Baths is on my list to get to right here.

My notes on baths. Bathing is in a fantastic way to get hydrated and um and putting in sea salt in your baths or epsom salts in your bath. Another form of salts, um, mixing it with plant material.

So your bathing with the roses. Come on. How can that not change your vibration? Super cool. Very valuable form of detoxification. Of course, swimming in the ocean is insanely wonderful. You get all those electromagnetic forces going on. So, you know, any way we can do this and we need to do a lot of different ways. – And I think the thing that the listeners want to take home is that, you know, we all want to be perfect, right? We all want to do it right and be perfect and be do you know, get an A plus. But really you do what you can do and you do your best at what you can do. And you don't sweat anything else because we do sweat because it's good for detox. But don't worry about the other things because that's not serving us right? – And the worry is a chemical and the chemical interferes with the water molecule alignment. So you want to do anything, You can I don't remember what neuroscientists I was working with, um so sad, I can't think of the name, but one of the the important information that got passed to me was that a flush of chemical like anxiety or worry only lasts about two minutes and then you start feeding it. So after two minutes anyway, you can distract yourself out of that state, even if it seems like you're doing something mindless and naughty, you're getting yourself out of anxiety, you're doing yourself an incredible service, don't perpetuate it.

So one of the best ways that I hydrate is Pandora on the on my phone, I listened to all sorts of great music um that is ready at hand. I get myself in trouble. I just um I listen to it or I pre trouble I try to get to happiness before um the details of the day overtake me.

– I think it's really important for each of us to find that thing that the thing that gets us out of our head and gets us either meditation or yoga or music or singing or prayer, whatever that is. It's important to recognize it for ourselves and do it. – Yeah, so, great.

We can say just a bit about movement now because movement is a huge part of getting the flow system to detoxify and um if you and and so I'll give you a couple of movement strategies that are really simple, but they're very profound.

Um and you can park them in your as you're moving through your day. So, um, uh, so even when I, if I'm having a phone conversation, I might have my earbuds and if I just happen to have the phone by my head, I try not to do that very often, but in my phone conversations I am often nodding my head a lot and they just think I'm an agreeable person if they see me.

But you know, if I'm just talking, what I'm doing is I'm dropping my chin to my chest and when I lift my chin back up in just this motion of up and down chest, what's happening is I'm creating an entire synovial flush down my canal

there in my spine and that again, this mobility, we're a very immobile society.

Any time you can twist and turn, all of those are helping the liquid flow detoxify you. – I have a friend who's an osteopath and he's all about improving the flow of fluid in all of the ventricles of the brain and movement is critical. What are some of the other movement tips that you would have for people?

Practical hydration takeaways and closing remarks

– Oh, well, one I love to pass on to women in the audience is always get your arms above your head sometimes during the day, just this is an extraordinary flow channel right here, we're busy hunched over it and you know, so just somewhere during the day, you get your hands over your, that you're using gravity to move vast amounts of water and limp right there and then I like to stand in the doorway and put my hand on the door jamb and just twist back and forth. So I'm actually squeezing the tissue as if I were ringing out a dishrag. And that is again, another great strategy for um thinking about yourself as a flow being and wanting to be in movement as much as you can without the exhausting idea of, you know, an hour dedicated to exercise alone.

– So I think it's great when you think about a lot of women, especially at our age, that it's sometimes hard to raise your arms above your head, the shoulders get stuck in the girdle. And so ensuring that we maintain the mobility is critical to, and the flexibility. So I think this is great.

Do you have a third tip? – Oh, dancing, Absolutely. I do tai chi, you know, I do qigong, I don't do tai chi because I'm too, I'm such a rebel. I couldn't follow the choreography, I'm like, I go here now, why are you doing that? I don't have the framework for that.

But I do a lot of movement during the day. And um and even in in meetings, I'll be the one who's nodding a lot and wiggling my chair and wiggling my elbows or my ankles. And um and those are all become qi gong or tai chi just by virtue of inhaling and exhaling – the breath, It's very powerful. – I think what you're doing to your lungs when you breathe in the lungs of course, is a whole delta water delta.

All that tissue is fed by liquids. And when you move your, you take that deep breath in, you're creating a new, your ribs are creating a pump, a fluid pump that then begins moving water through your system. – Gina.

I feel like we could just talk about this for hours honestly. Um This is this has been pretty deep and very grateful that we had this conversation. I think we're gonna need to transition to completing.

But it's really, I think as as, as someone we've never had this conversation and so much to think about. I'm actually gonna go home and make chia pudding tonight because like I can um but I want to make sure that the people listening, you know how to find you. – Like this a little bit, just very quickly. I want you all to know how much more water you are than you think you are. So hydrating becomes your go to strategy for any kind of material waste to move out of your body and the new environmental assaults we have to have. So we have to face.

So whether it's cmfs or glyphosate or whatever, I want you to know, not only are you vastly more water than you thought you were, but you're far more fluid than you thought you were.

So this means detoxification is your natural element. This isn't something extra you do. This is about who you are. And then let's call in plants to help us do that work.

If they're fabulous allies, they love us to death. They can't wait to help us. And it's great to to think about eating a high plant diet as a form of uh extraordinary detoxification and hydration at the same time. Then we talked about movement and how important movement is to get that flow going. And besides, much happier you. That's how, you know, you're hydrated, You wanna dance, you wanna wiggle.

Um and then exposure to light and see whether it's sauna because you can't get out or getting at least 15 minutes of sun. Uh this is who we were, this is who we were made to be. This is our real biology.

So um I think that helps to just kind of organize everything. – This is great because you encapsulated everything in this nice package for people to take away with them. And then the only thing I don't think we mentioned is filter your water and put salt in your water.

– Yeah. Using salt in your water or lemon, apple cider vinegar. I love that. And um we, you know, we are going to find continuing to find new strategies and new water.

Great food, Foods and all of those plants. Um you know whether it's a tomato, everything. Every plant is mostly 86-90% water or above. So don't you know, why are we doing the percentages?

Just go eat right. – Go to your plants. So Gina. I mean anyone who's listened to this whole thing is really into this. Where can they find you? – Yeah. So I have a website, it's called HydrationFoundation.org. Where nonprofit my job is to spread better hydration strategies based on my research with desert people and my new collegial network of water scientists who are actually studying how the walk molecule tips into different kinds of phases to do different kinds of health and labor in our bodies and on the whole planet.

So come find us there, join us there. And my big project now is really to get water back in the soil so we can our plants to do the work and the microbes to help us.

– You're doing valuable work. So thank you. I love it. – So please and again, thank you for helping us spread how to hydrate without guzzling all that water.

– Yeah, it's critical stuff. So Gina, thank you for coming on to the environmental toxicants auto immunity and chronic diseases summit. Thank you all for listening.

We'll be back with more. – Bless you all water. Bless us.