Introduction to Water and Longevity

Have you ever heard of this that if you go in the sauna and for a sauna near and far, maybe that helps to structure the water in your body? Well, again, that's the difference of like good and bad because what kind of stress is it putting on there?

It's going to adjust it, right? Because when I look at structured water and the actual definition, like let's say the most umbrella version is like, did the texture and tension change of the.

Like, yes, but is that good or bad? We don't know. So does it enhance the water is more so my interest in terms of like, does that enhance it for us in a positive way?

What if aging isn't about slowing down, but leveling up? I'm Dr. Isaac Jones. This is the Longevity Leaders Podcast. Dr Isaac jones here with the longevity leaders podcast.

I am here Todd Shipman. this is this second time I've interviewed him. Why? Because the first interview was so good that and he knows so much about water, which I like.

You know, I would consider myself a water connoisseur, but he's gotten deeper than I have. And so I want to talk to him about all things water and the things that we're going to get into today are very kind of advanced things.

A lot of people don't know about around programming and structuring of water, purification of. We'll get in the basics though of what differentiates, you know.

say city water from other types of water. But there's kind of like a lot of marketing around water of, like, we have the best water, We've got the inclusion zone water we've, got The best structured water We have alkaline water You should drink alkalined water with every meal, which is not something you want to do.

Todd, thank you for being here. Tell us a little bit about the background of why you became so passionate about water? I fell into it. And as I say that, that's a silly pun, but I didn't mean it as a pun.

No pun intended. I, you know, I just, my passion is always learning. and I think the alternative health space is just like a infinite, it's like the universe constantly expanding.

It's what's always like, there's, always new growth, new progress.

Todd Shipmanu2019s Water Background

new opportunity on the alternative health space. And it's always very exciting. So I'm always on a search for things and my passion always is finding this stuff, you know, so there's, always really cool, really heavy data and science, but that goes over normal Joe and Bob and Sue's head and we've lost them and then we're not helping them, right?

Like people, like my whole thing is off my mom who's 74, my twins are 14. It's like, if they can't understand it, They can't utilize it and they won't benefit from it.

So there's a lot of legitimate data and all this really cool stuff. But if we don't understand it or you can digest it, then it's useless. Understand it regurgitated again so that my mother can understand it and understand why it's good as well as my kids And I've just been that way forever.

I mean not forever I say like maybe 15 20 years I'd been like focused on this and I really fell into the structured water in like a serious level Maybe seven years ago and i was at a biohacking conference and had dinner with

someone and And someone sitting across from me started bringing some stuff out to structure the water while we're at a restaurant and got a hold and started talking to him a little more.

And it turns out that this gentleman, his name is John Butts, and he is globally acknowledged as the expert in water. People like Pollock, Vedic Austin, all these people, they actually consulted with him.

because he is the one who was doing the actual science research in his lab. And this guy is, he unfortunately passed away recently, ketoacidosis. He was a person who refused to do insulin at an unfortunate level.

and used water and other health things like rife machines to keep himself alive. And the older he got, it kind of started to creep behind him. So he's no longer around.

But through the last, you know, five, six years with him, I was lucky enough to spend honestly, no exaggeration. I could spend four or five hours a day easily with them talking about all his new findings with water.

He was a very kind of people say John Butts was kind like a grumpy old man in a way. He had such a big heart. But I feel honestly to justify is he held this burden with water and the relationship he had with Water because he understood water at a level that just no other person I'm aware of ever that has lived understood it because it was his life's passion after he was basically, a nuclear engineer in the military, and he started using how they were using even the Military and how focused they are with water, is that's how he got introduced to this stuff.

And he went further. So he wasn't even really a health and wellness guy initially, he figured out, oh, there's really something to requiring us to use with this nuclear technology and it went from there.

So long story I know with that, but it's like, where did I get involved? It's being able to have one of my best friends be one the most globally acknowledged person with the water education and just being to absorb everything he was willing to teach me all the time.

Wow. Let's start with the basics and then we want to get to John Butz kind of deep analysis of water and what you learned from him, what your top takeaways were from your relationship with him.

Similarly, I had Dr. Lorenzen, who's a water researcher from UNC Berkeley, his wife in the eighties or nineties. was definitely ill with fibromyalgia.

And the researchers from different universities and doctors said there's nothing that they could do to help her. These people said, well, bring her to this healing well in Mexico.

So he ends up going across the border, goes to these healing wells, and it like completely healed her within a week.

Water as a Reactive, Living Medium

And he was like, what is going on with this water? So then he got obsessed with studying water. He's been doing water research for a really long time on structuring water and his water actually is used by a lot of the U S Olympic athletes.

But the interesting thing was he couldn't figure out how to structure the water outside of their well. So it only worked in the well, he put buckets and buckets of water, and bring it back home to California.

And so we'll talk. about all that says something. Yeah, because that's something about water. And it's people look at water is just this thing, like it gets stagnant.

It doesn't move. And like its water is, if we can break away from our normal thinking and almost let's just for a moment. We can actually view in categories water as almost like a consciousness.

Like it has a personality which they can show. It has emotions, it's affected by things, its responsive and it is a mirror to us. And so the water in that area was a mirror, right?

It's a spinning image of its location and what's available in the area. And then you drive it, you take it through the cars, its vibration, loud noise, it stresses the waters.

It changes its state, changes it's energy, coherence is pretty much lost. during that travel, and that's why, right? But it's also a good thing. You want it to be able to change.

It has a memory, but that just shows you the difference. Water isn't the same state all the time, nor would you want to it be. So it changes. Let's talk about city water.

There's a lot of people that drink city So one thing I'll say is I am in a broad scheme of health and wellness, right? And I kind of like to live a looser life.

Like I think sometimes that like the stress of something and avoiding something can be more unhealthy than actually the substance. Right? So like some people are so terrified of sugar.

that they will just manipulate so much of their life and the stress behind that is more unhealthier than a little bit of sugar, right? And that's my opinion.

But the one thing that I have that it's a non-negotiable, and I was talking to my wife about this, there's the thing, nothing, is I will never drink tap water.

That is my absolute, no matter what, I would rather be dehydrated. I'll take the headache, the consequences of anything of dehydration over drinking tap and city water, And I think that says a lot coming from me because I will always be like, hey, enjoy the cake, Enjoy something, you know, and knowing all this stuff, I thinks sometimes it's there, but that is the one thing that I refuse to allow into my body.

And where do we even start with that?

Why Tap Water Is a Non-Negotiable No

I mean, every state is different in terms of its regulations, But there's upwards to like 1800 to 2100 different chemicals that are utilized in a processing plant, right?

Like when they're actually in the municipal filtration system, let's just talk about what water goes through. At the end of the day, first off, structured water is a great term, but I would prefer to utilize the word revitalized water because that's the goal, biomimicry of what's out in nature.

Ian Mitchell, who you've had on recently, he solves some of world's biggest problems and he always says how I always look at how does nature do it because nature is perfect.

And that is I am saying for all solutions in technology, right? And it goes the same as water coming out and from nature, is it perfect? It is invigorated.

It has gone through, it's moving, It's got a negative charge. It's flowing, it's free. It is bouncing off rocks, Shanghai, courts, different things. And it is being invigorated.

Wow. That's life, right? That is us. We are running around in a playground having fun. Then all of a sudden we are put in this really short cage. Once water starts to go into the munificent system it gets put into these really high pressure pipes.

One big thing is there are 90 degree angles in these pipes And in no place really in nature are there 90 degree shifts, right? So you're putting water into this very unfamiliar, very isolated environment.

Very pressure and stress. It's stripped of everything while it's being filtered. And then it has all these chemicals added. Again, this is depending on what state you are in.

So it is very different. also towns, it goes down to the very like, you know, town level of everything, but state has regulations. But think about like when people are throwing prescriptions in the toilet or down all that goes back in to municipal system.

And at the same time, now the municipal overload, overload more chemicals to balance that out. So you're consuming this water. First off that, I mean, we can call it water, but it's really just fluid.

I'm eating it away, right? Because it not the state of water how it was. It's been stripped away stressed, it traumatized. And I don't really mean to sound that as like an exact, exaggerated, like, Keyword but that's what it is.

It's traumatized water because it's like sitting there like what is going on? I'm in shock. I got been stripped I've been squeezed down to nothing and I was in this life of having fun and freedom and now here I am panicking, right?

So you have this water that has no life to it But I'd also like to call it dormant not so much I mean people in general call a dead water like once it comes out of the faucet I think John always said, you know That's a good way for marketing, but it really dorm it water Because you can bring it back to life and that was cool is you can have a lot of other deal with all that, but it's the process post that where you and we have the ability to bring it back to life.

And that just depends on how we do it, right? It's not structured water. It is revitalized or reinvigorated water is. Yeah, there's a difference between that because structured.

Water is, you know, again, it is more of a marketing term. I would say it did. There is real. But you, as you mentioned before, There's lot unethical marketing and the water filtration and water revitalization structuring world where they're making these claims of things and I've bought it all.

I bought the Kangen machine. Yeah. Brita water filter. All of the things over the years, you know? Well, because they have a lot of money to spend on marketing, right?

And again, at the same time, and that's where my passion comes because especially in the alternative health space, people are so done with the other modern type of medical stuff and they're so desperate to feel better that they will want they want to listen they Want to believe and there and They spend money that They don't have on things that are giving these claims right and I see that all the time with other water structuring devices where they make these Claims and when you really understand it's like man.

That's very immoral to be making these kinds of claims about things. And they're just really stretching the truth and they are stretching, the research is out there and there's, you know, taking it and running with it.

So it's traumatized. Traumatized water, it is water that has been exposed to chemicals, It's been expose to pharmaceuticals, its been exposed to a non-natural environment.

It is not in minerals anymore. Its been stripped of that and it also In isolation, I guess, in these pipes, that's not dead water, but dormant water. Which I love that distinction of revitalizing water and then dorment water And so let's transition into like, how is it that you can revitalize water?

You throw it through a Kangen water machine, you get it alkalized or you do a reverse osmosis and then you've got purified water and it's so awesome.

Revitalizing Water with Flow Form Technology

It's like the best water in the world. You know, like you're good to go and the toxins just leave. What do we actually need to do to reinvigorate and re-energize the water?

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Yeah, that's what I'm excited about. But you know, as you were talking about that, if you don't mind if I could step back when we're talking About the bottled water and we'll talk like botted water style tap water.

And one thing I this analogy came up is consider tapwater processed food. It helps people understand it. That's how I view that type of stuff. So at the end of the day, we could talk about the disorganized clusters and all the science.

It's low energy, dead water, all that. But at end the of day I think that's the easiest way is it's processed packaged food. Like that what water out of municipal systems coming.

Moving back, how do we fix that? That the good news. Because I'm not here to fear monger at all. Again, I am just here educate so we know better. And then everyone else can make their own decisions, right?

There's no judgment to it, but I love to give the opportunity and the options of how to do this. going to, how do we fix this? So they would get the water from Mexico and they'd bring it back and then like, hey, this isn't the same water.

It's like yeah, that's actually kind of cool. Like it's unfortunate, but like that just showing that water is adjustable. it, it going around like you wouldn't want water to stay in the state.

Think like there, and there are companies like the wand that we mentioned. So, they claim that if you put the one in there and frequency that that, water keeps that coherent state for like six years.

Now, let's relate to that for a second. Let's say I choose my heart rate for the next six years is going to be 112, random number, right? For non-stop, forever.

Doesn't matter if I'm sleeping, if i'm working out, or if im meditating. My heart rates at 112. Like that's bad, we don't want that. We want our heartrate to Relax below and when we work out we want to increase we wanted to Adjust but if it's the same state that makes things awkward like if I'm trying to sleep in my heart rates at the high It's like whoo.

Okay. I don't really like this right now. If I try to meditate It said I've been working out it helps a little 112, right? But that's what we're considering a same State and it like that.

That's not what you want. You want water to be able to be a mirror, move back and forth and adjust. It's a personality. You can consider water when it has energy and it as a consciousness, it does have an intelligence.

John Butts would talk about doing studies where he would do the same study like 15, 20 times. And then he'd be like, if I brought you into the room, that water would change.

The results would changed just because you came in and now the water has a different energy to it, right? Because our energies, our biofields, Everything changes water, light changes, water.

EMFs change water UV, all that sunlight stuff, temperatures, so many things. Water is just reactive. It's probably the most reactive thing we have. it's very conductive and reactive, you play music with it.

Just like Emoto did, right? If you played positive music, it reacts if you playing negative music. So it's a good thing because my opinion and I am very strong on this opinion, and it could be fact if you want to say, but is there are

different ways to structure but flow form technology is the route.

Now, there're different companies that do different things through frequencies and charging and they can add information to the water. But what we're wanting to do is biomimicry.

Like we, as I mentioned before, like nature is perfect. We're wanted to bring water back to its most absolute natural state. It's alive, it's coherent, so it is connected, its in harmony, right?

It is how water flows in nature. Now, let's take us back hundreds and hundreds of years, if not thousands, however far you want to go back. we weren't drinking water out of a bottle, we were not drinking out a faucet.

We were on our knees going down to the water and drinking it, right? Because that was the most natural form. It's the cleanest, purest form of water. And it's moving, it invigorates, getting vortex, energized and alive running through this river.

So the goal is to bring that back to while we're drinking. my opinion and I think most people would agree in that level that aren't trying to sell other things is that that's gonna be your best option.

Because you have these devices, you got these device that you can pour water through. So there's portable units, there are showers, garden units from like natural action and it has There's even under sync systems and whole home systems, right?

So the whole water, you can have whole systems that structure every and revitalize everything that come through it. But what matters is what's inside these little devices, and they're really easy.

Most of them are plug and play setups. Let's say again, mimicking or reenacting what water's environment is going through a river.

Structured Water, Cellular Energy, and Sauna Discussion

So it's got double vortex. It's swirling through what's inside there. There's shungite, there's quartz, right? And there are these rare earth minerals that the water is being exposed to as it is bouncing off hitting and it coming back out alive again.

Think of it as kind of like this reawakening and holds onto that memory. It's important, technically, that you're drinking that water as soon as you can, because again, it's state changes.

And you want to be drinking water, as fresh as possible. You call that float form technology. Like I have a golden restructuring unit or something like that.

Yeah, exactly. It is a big fat one. I think it was like 10 years ago, my friends, like you got to get, you are building your house, You got get this for your whole house.

So it comes through. like two carbon filters for the house, then it goes through and before it go, like all the water goes, through this filter that apparently flow form technology.

It sounds like it's like flow, form, technology, And then it goes through the house. So like the toilet water, the shower water everything's purified and quote unquote structured.

And there's another filter and then another restructuring. Then it comes out the tap with like remineralization as well. That the flow form technology is simply like, The water flowing through, Okay, cool.

Yeah, we're mimicking nature. It's running through as if it was going through a river again, and you're kind of reinvigorating it. You're bringing it back to life.

it's got that energy, it is changing its state into like a crystalline liquid, right? That's it! That literally was what I was gonna ask you. Because pre-post, the water tastes like milky, or it like thicker almost.

And you said its crystallin state, so I think that's where it When people use the word structured, you almost like see the water molecules that are hexagonal.

It's like a snowflake, basically. Oh, okay. That flow form technology gets it from maybe a non-hexagon shape to a hexagonal shape. Yeah, it changes the molecular portion of it, right?

So when we're talking like fourth phase of water, because you know, you have the three phases, everyone knows, and this is the fourth days basically of waters.

So what we are talking about is water. One of the benefits of drinking this type of a water by the way, is that your body doesn't have to convert so much energy to it into the water that it needs for the cells.

Like once it hits your cells, it becomes more of like a plasma. The water does where it's not just water anymore. It's converted into this thicker milky in a way you want to say like thicker plasma, its a crystalline liquid.

And if you're able to consume the Water already in that state, as we know before, like the less you know your mitochondria has to do these things, the more energy you have.

So if you're doing the work beforehand, as opposed to it gets there, and then it's like, all right, guys, we got all this work to do, you got to adjust you and change you, do a makeover, basically, right?

In that process, mitochondria is now exhorting energy to that, which is having to sacrifice energy somewhere else in your body. So it was able to Do that.

It's this kind of like think of it, it kind like when the water when you drink it. And it's this way, it just kind of like a it in its natural place. It's like, hey, we know you, come on in, right?

Like, there's no like who are you? What's going on? You don't look normal. We got to fix you right. Like it is just, Hey, you belong here, Come on, in.

And this is fluid with it. It knows so it's less work on the body that it has to do it just kind of it fits into line and it starts going It's like your best friend that you maybe haven't talked to in a few months But it"s like you saw each other two minutes ago, right?

Like you just get into the conversation like nothing happened and that's kind what this water is So it you're helping your body and when we do all this stuff Otherwise now our body has work harder to put it back in its own state It's kind of a lock and key with it, right?

Filtration, RO Water, and Mineral Reintroduction

Have you ever heard of this that if you go in the sauna and for a sauna near and far maybe that helps to structure the water in your body? Well, again, that's the difference of like good and bad because what kind stress is it putting on there?

It is going to adjust it right because when I look at structured water and the actual definition like let's say the most umbrella version is like did the texture and tension change of the Water?

Like yes, but is that good or bad? We don't know. So does it enhance the water is more so my interest in terms of like, does that enhance it for us in a positive way?

And, you know, so because water Is very affected by temperature, it much prefers cold, You know? So to stay structured, revitalized longer, just like us right it stresses us doesn't mean it isn't that way because you're looking at

like wavelengths because the sun you know everyone there's all these people i see influencers that are like i structured my i put my water in a glass jar and i'd put it out and structure it now john butz would say that's not good Like, you don't want to do that.

That's not good, right? And he was so far ahead of people, though, that people were like, well, everyone's telling me this now. He's like water doesn't always, or light doesn' t always positively, water does' n't react positively to water all the time.

You want it likes to be in a dark place. It also doesn t like to isolated. Like it is such a social creature that when you're separating the water bottles, it's also stressing it.

And it' s very social. And it doesn't like to be that way, right? So when you're putting in the glass jar and you put it outside, it's like, okay, you structure it, but how so?

I see people with red light. Is it good or bad? Um, I think there's a lot more studies that need to done with that as well. Like to see what enhancements are occurring because it is definitely not turning into the end result that we're looking for.

I do know that. Again, are you adding frequencies? Are you are adding information to it? Possibly. Um but to me I want it to mimicking nature as close as possible beforehand or more so of a priority than adding frequencies and stuff and changing it with wavelengths from the light, right?

So it's like you've got this restructuring that happens. What is it that is the next step from after flow form technology? This is kind of how we got the whole conversation about water was when we were talking about quantum energy and then we're talking like the RO water and you know, RO Water to all serve a different purpose.

There are studies that show, I think it was Andreas Schultz did the study where when you are revitalizing water and it is at its full true state, it has an intelligence where it actually encapsulates the toxins.

So you can still drink them and consume them, but they're not being absorbed by the cells and that is past three, right? And this is something where I always wondered like growing up, you know, 25 years all the time in Yosemite and the national parks backpacking for a week or so at a time and I'm always I've never like suggested Hey, you guys should do this, but I always drinking the river water.

I don't filter I Don't do anything. And drinking in the water not stand water like standing water This is movement water, right? And I drink it out of my bladders and stuff that I have in my packs and have never had any issue and i'm just like what's interesting like I guess I'm lucky right now not something I've always suggested people but after reading the studies or like it's actually holds an intelligence and it can enhance minerals but it will go encapsulate the toxins and so again you're still consuming them but its kind of like a lipid form if you as an analogy and its protected and is going through your cells and then you just you you know, urinate them out.

So that's the one level. And again, I'm always going back to John, and sometimes a lot of things John would teach me is still kind of hard to wrap my head around like that.

Like, is it? We don't know. Those are things that he got from, you He would always say that for him, it's way more important to structure and revitalize the water as opposed to the filtration.

Like that was his focus. He wouldn't say, I would only filter my water if there was a taste preference. So his focuses this and then filtering the Water is based off of a tastes preference, right?

There there's so many options out there. And there is very, there are a few companies that so like natural action, we have like basic general filtration systems.

But at the very end of the day, like if you have a custom home, you know, We have very custom filtration system that are 100% geared towards you and your needs.

So we get like, We get like chemical tests done from your city. We take water, we get it tested for you and we see what you're too high in. And then we would focus on filtering those items that you want taken out as opposed to just a general blanket, which also do the job.

So I'm not speaking negatively on the other filtration systems, but if you wanna very focused water setup, the best route is like, okay, were really high on this because where you live and where I live is, in fact, I am on a well, right?

So like my water is way different than most anyone else's thing. Well, that's also very much depends, right? Because you could have really high iron, which is really in general, like my property after testing, it was really higher in iron and everything else was clean.

So just wanting to, for me, focusing on removing the high levels of iron out of it, because the taste of that, cause again, taste preference, but also just to not have that much iron in the water.

So it's one of those that there's no one size fits all in terms of like high level water quality, right? We sell systems like that, we sell RO systems that go under the sink and then also will re-mineralize and also restructure.

So we can talk about the importance of the placement of that stuff. You know, again, Aqua True, that's an RO system that people have. The new ones are like sands, make RO systems that are remineralized.

Those are countertop systems. And RO water has a time and place for sure. It can, if you are relying that as your only form of like mineral intake, you will definitely dehydrate yourself.

RO water is amazing when you're detoxing because since it has nothing in it, it's going to enter your cells and push other things out of your cell. So it is a great tool to use alongside if you are trying to detox or if your sick or anything and want to push things of out your system.

That is for me when I would really hyper focus on RO consumption because it pushes everything out. Is that because its pulling the minerals out? Yeah, its going push everything else.

Interesting. And you want to do that very in a smart way, right?

Spring Water, Distilled Water, and Practical Use Cases

Because then you have like, when you're removing electrolytes and minerals and everything else in there, that's where people could be more susceptible to like hyponatremia and stuff.

That's if you drink large amounts of water, but also RO water by itself has no hydration. No hydration benefits really, right? So if you're doing that, make sure to add salt.

So you've got RO system, like what you have, you the Kenon tablets, so you those little glass tablets. If you are putting those back in after the water, that's great because it's got plasma, very specific minerals and electrolytes in it.

The way you set that up is great. You've stripped it of everything. you got the UHM system so your flow form technology bringing it back to life and then you adding the stuff back into it, Right?

It makes me feel good about my system. Yeah, and you know, everyone has different preferences on it. But like, that's where I'd be like hey, That's a great setup because you're filtering what you want to get out of it, but then you've also stressed it but you like you give it that reinvigoration.

And then, you bring it back to life also with the minerals and the taste and texture on there. One of the speakers says, I was really sick. I could not figure it out.

I had filtered water, I was restructuring the water through the UHM system. And then I did a toxicity test and I high

in uranium. What we found is that the uranium didn't get out of cadmium and uranium and maybe it was lead.

But the RO system or whatever filtration system didn t filter it all out. the water structuring happened before it went through the filter. And so I don't know if that changes the intelligence of the It's the placement down the line of how you ideally have it.

Because if you are revitalizing it and bringing it to life, and then you're just punching it back in the nose again, it's a little wobbly. So back into its state.

The end goal is to have the revitalization be the last thing it goes before it comes out of the faucet. RO does not strip a hundred percent, right? So this guy was still sick and then he said the only thing that cured him was getting distilled water.

He said distill the water and he would like pinch sea salt into it afterwards. That's what like got out of his brain fog. It was like literally the toxic buildup in, you know, just from the exposure of these different things.

Yeah, I'm a fan of distilling water, I think there's less, depending on where you live, you have less access to it. So like when I'm in California, I can get it most anywhere.

When I am in Florida, it's like the opportunity to pick it up. Spring or distilled? I thinks it is a tool based off of what's going on in your goals in life.

I thing in general, spring water. Okay. Where is the springwater coming from and if you're buying it bottled, we could talk about the unfortunate. scam that you know Nestle can call their water spring water because it hit within 400 feet of a natural form of water at some point in its life so they can bottle it and identify it as springwater right so like when we're talking spring-water we talking out of the side of mountain that's you can get on you highway 101 or like actual out-of-the-mountain or if you're buying Spring water if you buy a bottle by the way like that just means nothing to me because the water has been driven It's been transported.

It has gone through heat. I all I still will consider that dormant water No matter what company is coming from it's no longer the state it was when they originally bottled it.

That's for sure So I will always like even if we have our portable units from natural action you just pour through it and re-vigorate it Dr. Lorenzen.

So this was an interesting story. My friend's like, you got to try this water. It's amazing. And I'm like what is up with this guy? And he, I didn't want to drink out of plastic bottles and it was all plastic.

for a week and just see what happens. He sends me like four or five cases of this water. And it was the water that Dr. Lorenzen studied at UNC Berkeley.

So Lorenzan figured out a way in the lab after years and years of research as to how to stabilize the structuredness of water and so So this is so crazy is they use this water for Olympic athletes and get this, it increased their VO2 max by like eight or 10%. It was like crazy.

Some people are like, oh, that's the reason why the US athletes are so good, right? So I drank the water and the only water that is at the grocery store that similar to it when I taste it.

And it has that thick kind of milky taste. It has the stuff added to. Oh, okay. So, but I did feel an increase in performance that week and I was like, wow, how can water do this?

And this was years ago. And anyways, it ended up getting bought by a big company, that whole water structuring system or whatever. All these stuff are tools.

Right? Like I, if I have a specific purpose, I'll use RO water. If I was- What are the purposes? So let's get into that.

Like RO distilled spring water, revitalized water in your house.

You consider springwater revitalize water and it's true natural form. That's how I view it. Right. And I would say for the general basis of the population, that's what you want to aim for.

As close to spring water as possible revitalized, it's still in its natural form. But again, I'm lucky where I live. I can drive down and get actual springwater out of a mountain here in Sonoma County.

So just north of San Francisco, we have sources where I drive to it, it's fresh into a glass jar, and I have it. Spring water out of a plastic jug bought at the grocery store really doesn't hold much weight for me.

And I also understand, like, I'm not gonna say this is the only way to go, because people all around the world, country have different abilities for resources.

So RO water and distilled water I think are really good again if you're sick. If you have goals with health and you've challenges with heath, like that's a good place to start.

But with the RO Water, if your detoxing as I mentioned or you are sick like actually actively sick, I would focus strictly on reverse osmosis water because it's going to help push things out of your cells and system and get it flowing out to you.

InfoCeuticals, Frequencies, and Water Imprinting

Long-term, RO water is not sustainable because it doesn't have anything binding, right? So as long as you can drink the RO Water, but you do want to be adding minerals.

So like you have the Keaton water, the glass capsules, that's what it's called. Yeah, so then that is a great additive to water. I would be add those back to the R. O.

water just per liter. Like if you get a mason jar, just crack one open and put it in there and drink it. Distilled water's really good. I find it less available and you can buy a machine and those tend to be fairly expensive.

But if you have the resources, like a water distiller. When I heard that, I was like, oh my gosh, we're still getting exposed to toxins. So I bought a distillery, but the distilled now is just used for all my ice cubes, you know?

Yeah. And then your water, your ice, cubes are clear, right? Yeah. Are they foggy still, are they still fogging with distilled water? They shouldn't be, right?

Because people always wonder why it's because there's no more like the minerals or anything in it, like, which is what happens with the, with ice cubes.

Usually when you see that cloudiness in them. So. And water be. Did you finish by the way, and how to use water. But you know, we can just go on forever with that.

So but yeah, I mean, this depends on your tool and like what your goals are, because you want to be focused on different things. But I think like if you're healthy, you just looking for water, spring water if You can find it otherwise, again, using a water revitalizer is your best option.

You can put a revitalizer into your sink, it takes five minutes to install it, and your water is literally better than fresh spring water out of a river type of life and texture and the flavor changes.

Where do you get this stuff? Well, so I work with natural action and I have the benefit of finding the companies and like all these things that I find to be the best.

And then I reach out to them, right? So I'm not, I don't even want to say I am biased because I found them like, this

is who I want work for with. Like, because these guys with like natural-action, it's a small company in the US.

It's very small-company, you know, crazy warranties. Everything is like hits the mix of what you want with them. Also, the cost is going to be lower than other people because they're not like just skyrocket on margin of everything.

I think it's like $5.99 for an under sync system and you never replace them. It's one thing and it takes five minutes to install, it take five to uninstall so you can take it to another home.

another apartment. We have whole home systems, which do the entire house. Those require a licensed plumber, but take about 30 minutes, 45 minutes to install.

And then we have under the sink RO systems that re-mineralize and then restructure. At the end of the day, I think that is the best system that's available on the market, specifically the price.

I thought the prize that they had put on there was an accident, and I'm not saying that to add excitement. Like, if you go find a RO system that re-mineralizes, it can be $2,500 by itself.

Wow. Does that also increase the pH at all? Well, It does naturally, but it's not something to market, you know, because it has such a small percentage.

With the oxygenation that occurs, that's why. So you could, again, this is where the marketing gets weird, where someone's like, oh, we're increasing it, making alkaline.

It's, like… You're really stretching on what it's doing because it being exposed with oxygen and it slightly increasing it. I'm on that natural actions website.

It's really cool what you guys are doing there. That's awesome. Yeah. Well, it was all about education. There's unlimited amount of education, science, data there, and this is the company that John worked with before he passed.

He created a few of the products in there It is amazing. Even if I didn't work for them, this is who I would promote out of everyone. There's other good companies out there too, but when it comes to cost, when comes being around as long, trustworthy, everything that I care about in a small company, they check those dots completely.

That's great. Yeah. I would love to get one from my house. What is the deal with InfoCeuticals and this whole industry of imprinted water? Is it complete BS or is it legit?

I say it's legit because I've experienced with it. Again, that adds frequency, right? So on a whole other night, we have some of the best and mostly elite athletes in the world that utilize our systems, the natural action systems and they add they add infrastuticals to their water at the end.

They add light. There's Olympians that have our systems. And then on top of it, they'd add frequencies, information, and even light at end for specific colors like blue and stuff to change the water.

So, you know, water again is just a mirror and it'll absorb anything. Even if it's quantum energy or frequencies that you can add to the Water, it is going to adjust and absorb it.

I think there's a lot of truth to it.

Water as a Communication Bridge and Final Takeaways

When I see that like some of the best people in the world of what they're doing, they are looking for that 1% improvement on how to better themselves, thus the things they doing.

And those people aren't investing heavy amounts of money on things that they don't believe in. That's so good. I think that goes into quantum entanglement, goes in to quantum energy, it goes to frequency, rife, scaler, all that technology.

People are utilizing that all the time. Out of everything we've said, the most thing that surprised me, I thing you mentioned, was what's the craziest thing John ever told me.

And John, one of the things was that people think water's job is to hydrate us, and he's like, It's not. He's, like water is job to be a bridge of communication.

And so when you're talking about what's transferring, communicating frequencies, any type of information, and then it's bringing it to our body, right?

So water is bringing minerals to us. It's bring things to ourselves to help actually create the hydration, because our bodies are 99% at a molecular level, we're 99 percent water.

75% of our mass of brain is water, so the quality of water really matters that's in there, right? Because we're entirely involved with that, and we are electrical beings and water is very, you know, conductive.

So we want to have water in their, it's lowering our blood pressure. Everything it does creates better communication through our system. If we were dehydrated, we have brain fog, but you look at pro like UFC fighters, when they do their water weight cuts, they significantly have lower cognitive function the next day, even though they've rehydrated.

It hasn't absorbed all the way. So they fight slower every little thing that goes on with weight cuts, right? So think about that all the importance of the water we're drinking and the having being properly hydrated so that the information can be communicated and sent everywhere through which is just being hydrated right when you have when You have revitalized water.

You'll see you probably drink 25% of what you normally would because it's that effective That's amazing. That is amazing! Well, thank you so much, Todd, for your time today, your wealth of knowledge when it comes to water, structuring, revitalization.

The biggest takeaways I have is that look, biomimicry is the most important thing that we could focus on. You know, nature is perfect. Let's bring it back to nature.

That there is a reinvigoration revitalization of water. So the word isn't, you know structured as much as revitalizing the water, the world is in a dead water it's dormant water that needs to be revitalized.

And You know, that structured water is coherent water. It's like plasma mineralized. it's been reoriented with the hexagonal structure that then allows for water to carry proper communication and information.

that flow form technology is one of the most important things that we want to be using and the importance of just understanding that water is intelligent, that it carries data with it and it can either carry not so good data or good.

And so revitalize water as the good And it impacts the body positively and non revitalized water, the dormant water is not the best for the. Which is why city water isn't the big takeaway from today's podcast is, you know, that whole concept of utilizing water.

for as a tool, like for detoxification, for getting through sickness faster. That's really interesting and powerful as well. So I know a lot of the clinicians will be very happy to learn about how to integrate this.

But Todd, thank you so much. What's your website? How can they follow you? Yeah. naturalaction.com. So it's natural action, which is what we're replicating for the water, right?

And of course, natural Action is on Instagram. And also, one thing is, when we were doing this podcast, we are currently having a sale for 20% off site wide, and it is a short term sale, but our team there said, hey, make sure you give them a discount so that any of your listeners can continue that.

We can put in the show notes, I believe it was going to be Dr. Talks 20. And just to be clear, they don't ever do that type of stuff. So I thought that was really cool too.

That's awesome. And so anyone who's listening, They're going to extend the sale for everyone. Pure Talks 20, DR Talk 20. Thank you so much, Todd. I really appreciate your time and thanks for the practical strategies that we can implement as well.

Yeah, absolutely. Thanks for listening to the Longevity Leaders podcast. A Lungevity leaders community is on mission to transform a hundred million lives by 2040. If you enjoyed the show, please share this with somebody that you know, especially another doctor or physician, but also click that follow button.

Until next time, stay strong and live long.