

## Human Daily Encounter with Water universal vector of nutrients or toxins

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*"Water is life's mater and matrix, mother and medium. There is no life without water"*  
Albert Szent-Gyorgyi

We humans are in the continuous search for the ancient encounter with such water that resembles the one that gave us life. 1, 2 Day after day we come in touch with a variety of types and qualities of water. This water as the universal solvent is vector of nutrients or toxins, so it has always been related to human progress or misery. Water cleans us or poisons us, depending on the quality of it. It is in itself the most important vector of health or disease. The main target of this presentation is to explore the main toxic or nurturing mechanisms of each form of water we encounter in our daily life.

We are living and walking hydrogel (Bio water). In every cell and each compartment of the body we continue to remember and reconstitute the ingredients of the soup of life, that once allowed life to rise. Gerald Pollack has a hypothesis that the first cells on Earth have assembled in a hydrogel environment.<sup>3</sup> This ideal soup is quite similar to the water in the Geothermal locations (Geo water)<sup>2</sup>, and day after day we continue to replenish and reconstitute the water, the minerals and the main characteristics that allow life and health to happen. These characteristics of pH, redox rH2, conductance, fluidity, nutrients, "cleanness", and even sunshine happen intensively in the extracellular matrix.<sup>4</sup> It is a critical space to analyze the dynamism and quality of the water, since every input or output of the cell has to be regulated or be interfered by the characteristic of this space.<sup>5</sup>

"Life is water dancing to the tune of solids." Albert Szent-Györgyi, father of modern biochemistry. Without that dance, there could be no life. This dance might be the quantum coherence of the pristine interfacial waters of the Living Matrix.<sup>6</sup> If that dance of water happens is it in the extracellular living Matrix to occur.<sup>5</sup> And it is not only the water that is dancing but the cells themselves. Mina Bissell has demonstrated how the matrix is setting up "the music" to a coherent dance of the cells. Even the malignant cells when in context can remember the music of the matrix and perform the attunement of regression.<sup>7</sup> This dance of universal transfer of matter, energy and information occurs strategically in extracellular living matrix, where the original soup or pool of life has to be recreated again and again. But for this dance to occur the water has first to maintain its motion or flow.<sup>6</sup>

Living water is flowing water. So the fluidity of the water in the human body has to do with the quality of it and not merely with the potability. Exploring the kinds of water we encounter every day in our lives we can start to pay attention to what facilitates the flow or opposes to it.

Two centuries ago we were still battling with acute water intoxication of the masses. Bacteria, parasites, and biotoxins spread out by the unsanitary waters, and reduced entire populations. We achieved better results with the purification with sulfur and iodine and later with other toxic Halogens.<sup>9</sup> Water sanitation has been the most important advancement in public health history ever. Sanitation was voted the most important medical milestone since 1840 (British M. Journal 2007). In the year 2015 the decade for Action on "Water for Life", proclaimed by U.N. General Assembly will come to an end and ironically this fight to bacteria with antiseptics and sanitation has led us to chronic chemical intoxication and accumulation of toxins. We may have achieved to relatively manage the acute food poisoning and watery dissemination of pests, but we have to still struggle with the chronic toxicity of the agents we are using and with the rise of multi-resistant bacteria. The acute bacterial infections and acute biotoxicity came to a solution with the chemical era of antibiotics and antiseptics. Despite we are now suffering more of chronic problems, rise of the fungal infections as a response to the abuse of antibiotic, but mostly from chronic chemical poisons and toxins that have invade almost any processed product and water, in our daily lives.

During our week we can be nurtured and hydrated by the soups and beverages that we drink or we can be neuro-endocrine disrupted by the toxins we are commonly exposed through water.<sup>10</sup> In the weekend we could be mineralized and recharged by the natural occurring waters of a cascade/thermal/river/spring or be halogenated and acidified by the pools and Jacuzzis we tend to use.<sup>8, 11</sup> Exploring the diverse waters we daily encounter with, and describing the different ways that sanitization, food cleaning and preparing have; will allow us to find how water generates more health or slow poisoning.

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