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Abstract

The World Health Organization has calculated that every second hospital bed is covered by diseases caused by contaminated water or lack of water. That means poor water quality causes more hospitalizations than any other illness. Healthy water should therefore have a greater healing potential than any other substance. Nevertheless, there are only relatively few water studies in medicine. In my pilot study with 80 subjects (50 mentally healthy, but with different physical complaints and 30 patients with depressive episodes or anxiety disorder) the health effects of a drinking cure (1.5 l / day) with artesian spring water were investigated. With different measuring methods (Biotonometer®, CRS analysis, measurement of the antioxidative capacity and the reactive oxygen species) and with the help of questionnaires, the effects on the autonomic nervous system, the antioxidative capacity, and the effects of subjective changes on a physical as well as mental and spiritual level were evaluated. In total, almost 14,000 individual data were collected. The results of the measurements show a balance of the autonomic nervous system, a significant increase of the antioxidative capacity, and the reduction of oxidative stress. Some participants were able to reduce their medication for type 2 diabetes mellitus, hypertension and chronic pain. On a subjective level, among other things, an anxiety-reducing effect, a better mental well-being, an increased contentment with life and physical performance were observed. In the CRS analysis, among other things, an improved detoxification of the connective tissue, a reduced allergic activation, and a lower activity of inflammatory diseases can be proven. Conclusion: Good water has the potential to prevent chronic diseases. The discovery of the fourth phase of the water, which seems to be responsible for the healing power of the water, shows us the way towards a new medicine. We begin to understand how healing really works. I call this type of medicine coherence medicine.