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Titel of talk: **The Health Revolution - how modern water research is rewriting our medical textbooks**

The structure of the water matters! The key to health lies in the structure of the water we drink! This banal-sounding message is actually a groundbreaking insight into modern water research and has the potential to rewrite our medical textbooks. What's new is that water supplies us with energy. What's new is that water coordinates the many thousands of simultaneous metabolic processes in the cell. New knowledge is, water is superior to DNA. It activates the DNA, the proteins, the enzymes through information contained in the water and provides the energy for this purpose. To be healthy, we need the right balance between structured water with liquid crystalline properties, the so-called exclusion zone water (EZ-water) and the so-called coherence domains (CD's) and chaotically flowing residual water (bulkwater). If the hexagonal structure is disturbed, diseases can arise. For example, researchers have now come up with the new term "exogenous interfacial water stress" (EIWS). Similarly, a new hypothesis on carcinogenesis has been developed: Not the genetic mutation is the cause of cancer, but the pathogenic change of the interface water (EZ and CD) by external influences on the environment or the diet. The origin of endothelial damage leading to arteriosclerosis could also be in a disrupted interface water structure. Unhealthy diets that put too much acid on our bodies, toxins like aluminum, but also mental trauma, lead to "water stress at the interface" and are most likely the basis for many different chronic diseases. Both the pathogenesis of diseases and the therapeutic options need to be reconsidered. The WHO estimates that up to 70% of all people are at least slightly dehydrated. Considering the new findings of water research, we can claim that dehydration harms twice. It lacks the energy for the metabolism and it lacks the information to optimally coordinate the tenths of thousands of chemical reactions in the cells.

In a pilot study with 80 participants, it was impressively shown that after 12 weeks drinking 1.5 liters of Artesian spring water significant improvements in the state of health can be achieved. The antioxidant capacity in the blood increases significantly by almost 20%. The physical performance increases, pain became less, medications could be reduced and losing weight was relieved. On the mental level, it was noticeable that even depression and anxiety could be alleviated. The ability to relax improved significantly. Apparently, drinking water works in some form soothing, worry-solving and relaxing. A more conscious, mindful and healthier life is the result! So overall drinking good water helps to prevent chronic diseases!

Author's note: I consider myself an ambassador for global health and independent science and research. Our association "Sources of Life" wants to work interdisciplinarily and internationally with researchers who are also searching for truth and wisdom. We want to help our young generations to restore the earth as a livable planet. We now want to promote future technologies and strengthen the health awareness of the population. Following the motto: Together for healthy water, together for a healthy world, together for the future of our children!