**THE STRUCTURE OF WATER**

**and**

**HOW PSYCHE ENTERS MATTER**

**Part 4:**

**The Phases of Water**

***by***

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**Part 4: The Formation of the 4th Phase of Water**

**What Creates or Builds EZ Water?**

The key ingredient to create EZ water is light (electromagnetic energy), whether in the form of visible light, ultraviolet (UV) wavelengths, or infrared wavelengths. Infrared is the most effective, particularly at wavelengths around three micrometers. The EZ water can build on any hydrophilic or water-loving surface when infrared (heat) energy is available.

It builds by adding layer upon layer of EZ water, and can build millions of molecular layers. This is how it occurs in nature. For example, ice doesn’t form directly from ordinary H2O. It goes from regular water to EZ water to ice. And when you melt it, it goes from ice to EZ water to regular water. EZ water is like an intermediate state.

*Glacial melt is a perfect way to get EZ water. And a lot of people have known that this water is really good for your health.*

Dr. Jerry Pollack

Testing water samples using a UV-visible spectrometer, which measures light absorption at different wavelengths, Dr. Pollack has discovered that in the UV region of 270 nanometers, just shy of the visible range, the EZ actually absorbs light. The more of the 270 nanometer light the water absorbs, the more EZ water the sample contains.

EZ water appears to be quite stable. This means it can hold the structure, even if you leave it sitting around for some time. Water samples from the river Ganges and from the Lourdes in France have been measured, showing spikes in the 270 nanometer region, suggesting these “holy waters” contain high amounts of EZ water. According to Pollack, there’s compelling evidence that EZ water is indeed lifesaving.

**EZ Cellular Water Helps Explain Health Benefits of Light and Heat Therapies**

Heating equates to applying infrared energy. Pollack has found that if you apply infrared light, EZ water builds and doesn’t diminish. The implications of this are profound when you consider the health benefits of sitting in an infrared sauna, for example.

Essentially, one of the reasons why infrared saunas make you feel so good is because your body’s cells are deeply penetrated by infrared energy, which builds and stores EZ water. The same goes for light therapy, spending time in the sun, and laser therapy.

*There are various kinds of light therapy using different wavelengths. We found that all wavelengths – some in particular – of light, even weak light, build EZ. If EZ is critical for the health of your cells, which I think is clear, these therapies have a distinct physical chemical basis.*

Dr. Jerry Pollack

EZ water also provides a mechanism that explains other biological mysteries. For example, Dr. Pollack describes another fascinating finding that further bolsters our understanding of the mechanism of action behind the health benefits of something as simple as exposing your body to the light and heat of the sun.

He found that if we put a simple tube, like a straw, made of hydrophilic material, in water, water flows through the tube at high speed. This happens spontaneously. But it shouldn’t happen spontaneously. The common idea is that if you want to drive fluid through a pipe or tube, you need to apply pressure. But he found no pressure here. There’s no pressure difference between the input and output, but flow builds up spontaneously, and it keeps going.

Recently, we found that if light is added, the flow goes faster. It means that light has a particular effect—especially ultraviolet light, but other wavelengths as well. It speeds up the flow. We now think that somehow the exclusion zones (EZs) are involved because inside those tubes, there’s a little annular ring of exclusion zone, and inside that is an area full of protons.

*It seems that the exclusion zone and the pressure of these protons are driving the flow.*

Dr. Jerry Pollack

Now, let’s apply these mechanisms to your body. Your capillaries receive radiant energy from outside all the time. Energy is also received from the inside of your body, since metabolic reactions continuously generate heat, or infrared energy.

So the question is, is it possible that the flow of blood occurring through your capillaries is automatically enhanced by exposure to light? It appears the answer may be yes.

This is an important question because the capillaries are puzzling. They’re so small. Some of the capillaries are smaller in diameter than the red blood cells that pass through them. Any competent engineer would never build a pipe that’s smaller than the junk that’s supposed to go through it. But nature, apparently, has done that.

Now, that means there’s a lot of resistance. Something needs to push those red blood cells through. One possibility is that the flow in your capillaries is aided by this kind of radiant energy, (light or infrared). We’re starting to test this. It’s possible that your cardiovascular system is assisted by radiant energy in the same way that the flow in the tubes is assisted by radiant energy.

One of the more interesting healing modalities I’ve explored lately is the use of a high-powered laser. The K-Laser has frequencies in the infrared range, which can penetrate tissue deeply. This kind of laser therapy has been shown to provide profound healing for many painful injuries in a very short amount of time—sometimes just minutes of treatment. While the benefits of laser therapy are thought to be due to its action on mitochondrial activity, it may very well be that the benefits are also related to “recharging” amaged cells’ EZ water, as well as promoting increased capillary blood flow.

EZ water in your body also plays a role in hyperbaric medicine, which is also good for injuries. In that case, your tissues are exposed to high oxygen under pressure.

*The results are in. We think we understand the mechanism as to why hyperbaric oxygen is so effective for wound healing. … EZ water has a higher density than bulk water. If you take H2O and you put it under pressure, it should give you H3O2 because the EZ structure is denser than the H2O. We did the experiments and we found, indeed, that’s the case. If you put H2O under pressure, you get more EZ water.*

Dr. Jerry Pollack

The same goes for oxygen. EZ also has more oxygen than H2O, and when you increase oxygen content, you get more EZ water. So, hyperbaric treatment builds EZ water in your body, particularly in injured areas where EZ water is needed.

**Alkalinity and Your Body’s Negative Charge May Be Critical for Health**

I personally drink vortexed water nearly exclusively, as I became a big fan of Viktor Schauberger who did much pioneering work on vortexing about a century ago. Dr. Pollack found that by creating a vortex in a glass of water, you’re putting more energy into it, thereby increasing EZ. According to Dr. Pollack, virtually ANY energy put into the water seems to create or build EZ water.

*We have looked at acoustic energy that seems to effect some change in the water. We’re still not sure exactly what. Vortexed water puts enormous energy into the water. There are several groups in Europe studying this phenomenon right now.*

Dr. Jerry Pollack

As mentioned above, EZ water is alkaline and carries a negative charge. Maintaining this state of alkalinity and negative charge appears to be important for optimal health. Drinking water can be optimized in a variety of different ways, by injecting light energy or physical energy into the water by vortexing, for example. This is fairly easy using magnets. Reversing the vortex every few seconds may even create more energy.

Clearly, more research needs to be done in this area, but some is already underway. My own R&D team is working on a careful study in which we use vortexed water to grow sprouts, to evaluate the vitality and effectiveness of the water.

As for a natural source of EZ water for drinking, an ideal source is glacial melt. Unfortunately, this is extremely inaccessible for most people. Another good source is water from deep sources, such as deep spring water—the deeper the better, as EZ water is created under pressure. Natural spring water is another excellent way to obtain this type of water and you can use [http://FindaSpring.com](http://FindaSpring.com/) to help you find one close to you.

Besides optimizing the water you drink, you can help generate an electron surplus, or support this negative charge within your body, simply by connecting to the Earth, which also has a negative charge. This is the basis of the earthing or grounding technique, which has been shown to have significant health benefits by allowing the transfer of negatively charged electrons from the ground into the soles of your feet. In a sense, it’s as though your cells are built like batteries that are naturally recharged by spending time outdoors—whether sunny or overcast, walking barefoot, connecting to the negative charge of the Earth!

*If you have an organ that’s not functioning well—for example, it’s lacking that negative charge—then the negative charge from the earth and … [drinking] EZ water can help restore that negativity. I’ve become convinced … that this negative charge is critical for healthy function.*

Dr. Jerry Pollack

**Coming Next:**

**Part 5: The Rainbow and the Worm**

**The Physics of Organisms**

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