Trends in General Medicine

Water, the Unknown Element and Elixir of Our Lives - A Review

Manfred Doepp*

*Correspondence:

HolisticCenter, 13 Haupt St., Abtwil 9030, Switzerland.

Manfred Doepp, HolisticCenter, 13 Haupt St., Abtwil 9030, Switzerland.

Received: 10 Mar 2025; Accepted: 25 Apr 2025; Published: 05 May 2025

Citation: Manfred Doepp. Water, the Unknown Element and Elixir of Our Lives - A Review. Trends Gen Med. 2025; 3(1): 1-3.

ABSTRACT

There is no more important substance for planet Earth and its creatures than water: without water, there is no life. However, the reality is that we suffer from insufficient and poor quality water. There is a lack of know-how in this regard among the population. It therefore makes sense to highlight the phenomenal capabilities and qualities of water. It doesn't take much effort to turn tap water into a "remedy", namely by purifying, energizing and informing. This will become unavoidable in the future.

Keywords

Water, H₂O, Elixir of life, Importance of water, Water in daily life.

Introduction

Water is the basis of all life on earth. Water as H_2O is the most common molecule on our planet, with approx. 70% of the earth's surface covered by water. The term water is used for the liquid aggregate state. Biological processes only take place thanks to water. As water is the only natural substance on earth that occurs in a solid, liquid and gaseous state, it shapes nature. The hydrogen atom was the first to be created after the formation of our universe. Freshwater reserves make up only 2.53 % of the earth's water and only 0.3 % is available as drinking water [1]. Most of the freshwater is stored in the ice sheets of Antarctica and Greenland.

Water consists of two hydrogen atoms and one oxygen atom. On the Pauling scale, oxygen has a higher electronegativity of 3.5 than hydrogen at 2.1. The water molecule therefore has pronounced partial charges, with a negative polarity on the oxygen side and a positive polarity on the side of the two hydrogen atoms [2]. This results in a dipole whose dipole moment in the gas phase is 1.84 Debye [3] (Figure 1).

Geometrically, the water molecule is angled, with the two hydrogen atoms and the two electron pairs pointing towards the corners of an imaginary tetrahedron. The angle formed by the two O-H bonds

Trends Gen Med; 2025

is 104.45°. It deviates from the ideal tetrahedral angle ($\sim 109.47^{\circ}$) due to the increased space required by the free electron pairs. The bond length of the O-H bonds is 95.84 pm each [4].



Dipoles Clusters

Because water molecules are dipoles, they have pronounced intermolecular attractive forces and can form clusters by hydrogen bonding (Figure 2). These clusters are not permanent, as the hydrogen bond only lasts for fractions of a second, after which the individual molecules break away from the cluster and link up again - with other water molecules - in an equally short period of time. This process is constantly repeated and ultimately leads to the formation of variable clusters. These processes cause the special properties of water, which can be summarized as anomalies. Water has the highest number of anomalies of all molecules. Without these, organic life on earth would not be possible. Here are five anomalies. Water has:

- a density of around 1000 kg/m³ (the definition of the kilogram until 1964), more precisely: 999.975 kg/m³ at 3.98°C. A density anomaly is the property that water has the highest density at this temperature and increases in volume when cooled below this temperature, i.e. loses density, so that ice floats on water,
- a viscosity of 1.0019 mPa-s (0.010019 poise) at 20°C,
- one of the highest specific heat capacities of liquids at room temperature (75.366 J-mol-1-K-1 corresponding to 4.18 kJkg-1-K-1 at 20°C),
- after mercury, it has one of the highest surface tensions of all liquids; for water, it is 72 mN/m in humid air at +20°C, which facilitates droplet formation,
- one of the highest specific enthalpies of vaporization of all liquids (44.2 kJ/mol corresponding to 2453 kJ/kg at 20°C; hence the cooling effect during transpiration) and a high enthalpy of fusion (6.01 kJ/mol corresponding to 333 kJ/kg; so that salt water shows only a slight freezing point depression compared to pure water.

A lack of electrons results in acidic water (pH value below 7), which has an oxidizing effect as a free radical. Basic/alkaline water (pH value above 7) has an excess of electrons and therefore acts as an antioxidant. A negatively charged/ionized water is like a remedy [5].

Many religions use holy water and ritual water applications. This means that water can have an increased vibration that has been added to it. It has therefore been known to store information since time immemorial. Healing baths, hydrotherapy, Kneipp medicine: water as an external and hygienic application has a positive influence on well-being and health. It was not only the ancient Romans who cultivated a "water culture" in thermal baths for these reasons.

The Underestimated Role of Water in the Body

Quantitatively: Our body consists of over 70 % water. The brain, lymph, blood - even our intervertebral discs consist of approx. 85 % water. Water is involved in around 99% of all biochemical processes. A lack of high-quality body water manifests itself in many problems, in fact almost all diseases are affected.

The blood plasma has a pH value of 7.4, making it slightly alkaline. The same applies to the mesenchyme. Today's industrially processed food - including an increased sugar intake - inevitably leads to hyperacidity, which results in a gel state in the blood and mesenchyme. Circulatory disorders and even thromboses are one of the consequences.

Qualitative: Water as carrier of information

Gerald Pollack has proven that there is a fourth phase of water,

it is a form of plasma or a liquid crystal. It occurs - in a healthy state - as cell plasma and as extracellular water ("EZ water"). This EZ water has phenomenal properties [6,7]. It can also be described as hexagonal water [8,9]. In nature, it is created by turbulence and is also produced technically by swirling water. Turbulence is the natural process of energizing water, one can see this everywhere in nature. Viktor Schauberger used it to add enormous amounts of energy to running water [10,11].

Hexagonal water: a key to health and vitality

Water is not only an elixir of life that we are all familiar with, but also a mystery that fascinates researchers worldwide. The structure of water - especially hexagonal water - plays a crucial role in our health.

The adaptability of water to store information and influences from its environment and to change its structure accordingly sheds new light on the importance of water quality. Hexagonal water, also known as structured or energy-rich water, is created when water is arranged like EZ water in a hexagonal structure - a shape that is optimally accessible to our cells. The number of clusters here has an average value (golden ratio between entropy and negentropy).

Fourth Aggregate State of Water

Hexagonal water is therefore a fourth state of matter, which makes it a liquid crystal - a substance that hovers between liquid and solid. This discovery, supported by the work of scientists such as Viktor Schauberger and Gerald Pollack, opens up new perspectives in water research. From agriculture to medicine, hexagonal water has impressive benefits. It promotes health and supports the body in its functions.

Water is our main source of energy - it is the body's "cash flow". Water generates electrical and magnetic energy in every cell of the body - it provides the power to live. Water is the binding agent that holds the cell structure together. Water prevents damage to DNA and ensures that enzymatic repair mechanisms are more effective, which means that less damaged DNA is produced.

Water is the main solvent for all foods, vitamins and minerals. It is used to break down food into smaller components, metabolize and assimilate them. Water enriches the food with energy. The food components can supply the body with this energy during the digestive process. Therefore, food without water has low energy value for the body. With the help of water, the body can absorb more essential substances from food. Water is used to transport all substances in the body and to detoxify waste products. In Greece they say: "Never drink without eating and never eat without drinking."

Reasons to Drink Hexagon Water

We all know that our drinking water can be very bad. Over 2000 pollutants, especially drug residues, are said to be in it - in very small quantities, of course. There is an effective and inexpensive solution to this problem: the activated carbon filter.

Water is the basis for all life - but the reality is often different. Although there are strict laws, a number of substances cannot be filtered out of the water. This means that tap water may contain suspended particles, bacteria or heavy metals as well as residues of pesticides or medicines. Another important point is the condition of the pipes, especially in old houses. Lead and copper dissolve from old pipes; these substances pose a health risk. The ancient Romans - known as water experts - degenerated due to these pipes.

So it's a matter of: energize and structure water with high energy and revitalization at the cellular level. The focus is on revitalizing the fluid between the cells - the mesenchyme - in order to promote the removal of metabolic waste products and transport essential substances like oxigen into the cells more efficiently [12].

The Power of Frequencies

Through extensive metabolic measurements, experts have determined that vibration frequencies have a significant influence on the efficiency of the metabolism. Positive, high-frequency thoughts and the resulting energy flows can significantly improve the quality and function of our tissues [13,14].

Advanced 90.10.® quantum technology can be used to transfer quantum energy permanently into matter - and thus also into water [15]. This gives water a language, so to speak. This process takes place without electricity and is based on Nikola Tesla's theory of freely usable energy [16]. It can improve the structural quality of water, which in turn enhances its invigorating effect on our bodies.

Is tap water really good?

High-quality drinking water should be like this: Pure (not just clean), Alkaline and ionized (pH value 8-10), Antioxidant (high redox potential), Cell-permeable (small to medium cluster structure), Energized, informed (e.g. by frequencies or light).

Conclusion: Frequently asked Questions

Can I drink too much water? You only need to be careful if you have impaired kidney function or a weak heart. Healthy people can usually metabolize 2 - 2.5 litres/day well.

Is water from plastic bottles problematic? Yes, it often contains hormone-active substances (e.g. xenoestrogens) or microplastics. You should use glass or high-quality Tritan bottles (BPA-free).

Which is better - osmosis or ionized water? Although osmosis water is chemically clean, it is low in minerals and "dead". Ionized, alkaline hydrogenated water [17] contains important electrolytes and is similar to EZ water.

What do frequencies do in water? Water reacts to vibrations. Frequencies such as 7.83 Hz (Schumann frequency [18] or 432 Hz (self-healing) support balance, focus and regeneration - directly via the drinking water. Why is it so difficult to drink enough? Water is often too heavy (e.g. with too many inorganic minerals) and tastes "dead". Well-structured water like spring water is readily absorbed by the body - you automatically drink more.

References

- 1. Siegfried Dyck, Gerd Peschke. Grundlagen der Hydrologie Verl. für Bauwesen Berlin. 1995.
- 2. Felix Franks. Water a matrix of life. Second Edition RSC Paperbacks Cambridge. 2000.
- Martin Chaplin. Water Structure and Science. Water Properties (including isotopologues). In London South Bank University. 2016.
- 4. <u>https://webbook.nist.gov/cgi/fluid.</u>
- 5. Stephan Euringer. Water The underestimated superpower: How the elixir of life boosts health energy and well-being. 2025.
- 6. Gerald H. Pollack. The Fourth Phase of Water.
- Gerald H. Pollack. Manfred Wussling. Wasser viel mehr als H₂O: Bahnbrechende Entdeckung: Das bisher unbekannte Potenzial unseres Lebenselements.
- 8. Mu Shik Jhon, M J Pangman. Hexagonal Water: The Key to Health. 2008.
- 9. https://www.cellavita.de/wasser/hexagonwasser-technik
- 10. https://en.wikipedia.org/wiki/Viktor_Schauberger
- Viktor Schauberger. Callum Coats. Eco-Technology 1: The Water Wizard - The Extraordinary Properties of Natural Water. Gateway Books. 1998.
- 12. Veda Austin. The Secret Intelligence of Water Macroscopic Evidence of Water Responding to Human Consciousness. 2021.
- 13. Minni Jain, Philip Franses. The Language of Water Ancient Techniques and Community Stories for a Water Secure Future. 2025.
- 14. Abhra Pal. Language of water. 2023.
- 15. https://www.hochenergie.com/
- 16. Michael Krause. How Nikola Tesla invented the 20th century. Wiley. 2010.
- 17. George A. Jeffrey. An Introduction to Hydrogen Bonding. Oxford University Press. 1997.
- John David Jackson. Classical Electrodynamics 4th ed. De Gruyter. 2005.

© 2025 Manfred Doepp. This article is distributed under the terms of the Creative Commons Attribution 4.0 International License