

Cover]

The Secret behind the Water of Life
“The Right Knowledge Will Make You Healthy”

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[Forward]

Water is not just some colorless and tasteless one dimensional liquid; on the contrary, life on earth originated from water, and all life forms depend on water to sustain them, therefore water is the fundamental foundation and source of eternal life on earth.

Without water, neither humans nor any other life forms can exist. There are some life forms which may exist without air, but none may exist without water. Simply put, there is no substitute for water.

If we can not find staples such as rice or bread, we can replace them with meat and vegetables, even if a marriage ends up in separation or divorce causing loneliness and heartache, someone else can be found to fill that hole in our lives; however, on the entire planet earth, there is no substitute that can replace water.

Life can not exist without water, and water can not be replaced with any other substance. Humanity can benefit as a whole by appreciating such a valuable and rare natural resource, and by furthering the field of knowledge of how water plays active role in environment and health.

Maintaining health and leading a healthy life style should never be confused with a service station mechanic maintaining and repairing a broken down car and restoring it to a running condition.

Further, without proper knowledge and information, no one can hope to attain any semblance of health without at first trying any reasonable sounding logic or plausible remedy to see if there are any potential benefits. Modern conveniences and dizzying pace of scientific and industrial progress come at a price of pollution and befouled environment, making the environment increasingly unhealthy and inhospitable for humanity. Humanity is not the sole dependent on the natural environment, since all life forms on earth depend on the environment, however, without reflection or consideration humanity continues to corrupt and poison the fundamental resource of water. It is impossible for any one individual to reverse the environmental damages and poisoning of the water; however, if humanity consumes mere 1% of the water from a dependable clean source, it may improve and even reverse the damages to health caused by polluted water. This is the most economical and by far the easiest way to restore health of modern human beings.

It was my mission to spread knowledge and information about the nature of water, and the reason why I did not sway from my course in researching the science of water, no matter the distraction or criticism I received along the way.

If the water we drink everyday can be made into better water, if the better made water can ensure and improve health as well as prevent chronic and degenerative illnesses, that would not only benefit individuals, families, but nations and worlds.

Director of Water Science and Research Center: Kim, Young-Kwi

Part 01]

Water Lives Inside of My Body!

The Well Being Movement in Korea had raised the general population's interests in health and healthy lifestyle of late, however the majority of the people are still unaware of how important water is to their health. Therefore, the following pages contain valuable information about water, and explanations as to how better water can help maintain their health.

*** Birthplace of Life is Water**

Listen to the babbling mountain creek water!

It does not sound anything like sounds made by man-made machines. When you listen to it long enough, you can not help but to feel somehow refreshed and filled with life's energy. Similarly if one looks down at a majestic mountain landscape with curving and swirling streams of water, or even at a peaceful lake, one will feel at peace with the world.

Why is that?

That's because water is our birthplace.

Water is the basis of life on earth, and water ensures continued existence and progress of life. Water is the essential bond forging one generation to the next, the foundation on which all life forms build and thrive, without it thirst and death will be the only recourse. Water is a priceless treasure, divine in its power to grant and sustain life. There is nothing better than good water and clean air for good health to all life forms.

Testament to good water and clean air comes from those famous villages in Asia, where without any special medical care or some secret formula; villagers live long past average life spans of city dwellers. Now it may not always be possible for people to choose clean air, however anyone can choose good water, better water to live healthier lives.

What is this good water?

If you can obtain the correct and truthful information and gain knowledge about this subject, if you are not swayed by bogus claims of dishonest sales pitch, you and your family will be able to benefit from good water.

It is a well established scientific knowledge that the basis of good life and robust health depends on the clean and natural environment. The earth still rotates; despite the fact that Galileo was condemned as a heretic for discovering that the earth was rotating,

and his belief that the earth rotated around the sun. The apple fell to the ground before Sir Isaac Newton's discovered gravity, as it still falls to the ground today.

It is important for us to remember that the natural state of things occur as the cause and effect take place in the nature without any intervention, and no one for or against such natural state can do anything to put a stop to it.

If one drinks clean healthy water, it naturally follows that it will be good for that person and his or her health.

There are multitudes of people and business selling easy health nowadays; however none would take responsibility or back up what they claim. Everyone must understand that ultimately the only person responsible for maintaining good health is themselves.

Therefore, it is critical for everyone to educate themselves and choose wisely in matters of health, to help their own family members and neighbors, and the society at large.

*** Why is there a proliferation of Chronic and Degenerative Diseases?**

Compared to the past, it is true that we eat better and enjoy numerous modern conveniences in our lives.

When I was a little boy, there was a term called "Borit Gogae". The current younger generations in Korea are probably not familiar with this term. "Borit Gogae" referred to the spring famine before the barley harvest. As food harvested in the past fall is exhausted through the winter, people had to endure and hang on until the early summer harvest of barley to sustain them.

Nowadays, social welfare system and various social safety nets ensure that even in poverty no one will starve to death, and medical care will be available even if there is no money to pay for it.

Therefore, isn't it more than ironic that in this age of plentiful food, and medical care for everyone, where people spend obscene amount of money on so called health food and longevity medicines, disease such as diabetes, atopy, high blood pressure, cancer, stroke and other chronic incurable diseases tend to afflict increasingly higher number of the population? According to the report prepared by the Korean government, overall chronic illness affecting the population increased at the rate of 29% in 1995, 41% in 1998, 46.2% in 2001.

Remember, these chronic diseases are not caused by infection or transmission; these are diseases which occur in the body.

We refer to them as chronic diseases, however, not in the far past, they used to be collectively referred to as adult onset diseases, since these type of diseases only occurred in adults.

Of late, even children are diagnosed with diabetes, high blood pressure, and atopy, affected indiscriminately by disease of our modern culture. We now refer to them as chronic illnesses, or even incurable chronic illnesses.

Although we are constantly flooded with the news of some new medicine or medical treatment promising to deliver us from all kinds of illnesses and diseases, ironically chronic illnesses affect ever higher number of us year after year, forcing us to stop and wonder about the irony of our modern culture.

Allow me to give you a little background in why I chose to devote myself to studying natural science. When I was a little boy, I often went hungry because there was not enough food to be had, during my boyhood the government sponsored campaign of “Let’s Live Better!” was all the rage. When I became an adult and was gainfully employed, I no longer had to worry about living hand-to-mouth; however I started to notice that many people around me began to suffer in increasing numbers from adult onset diseases such as diabetes, high blood pressure, etc. I had wondered, “What causes adult onset diseases, and why can’t they be cured?”

Although western medicine had introduced many miraculous cures and treatments, it had its own limits in tackling non-infective diseases or illnesses which originated from within otherwise healthy bodies. I had concentrated my efforts on how nature and environment affect the living beings, and researched how humanity can attain health by achieving a balance with the nature. I had studied Professor Lee Jae-Ma, and his theory about how different individuals react differently to the same treatment, and how the individual efficacy should dictate the course of treatment; Doctor Linus Pauling from America, the only two time recipient of Nobel Prize, for his research into the “building blocks of life” of amino acids and protein molecules, immunology, molecular medicine, and other world famous treatments, scientific and medical discoveries.

Through the decades devoted to studying and researching these subjects, I became intimately familiar with the importance of water, and how water plays a central role in sustaining life. All chronic or adult onset diseases are due to causes such as stress, polluted environment, over consumption of modern drugs and medicines, indulgence of processed foods and acidic or fatty foods. To combat the onslaught of our modern conveniences, we need to fight them with good water.

[Page 15]

Cartoon character: “I hear that chronic illness continues to increase in numbers!”

*** Water originates from the beginning of the world, and water can not be replaced with anything else**

Humanity and all other life forms can not exist without water.

Some life forms can exist without air, but no life form can exist without water. Water can not be replaced or substituted with anything else. If we run out of rice, we can substitute with bread or some other staple; however, there is nothing on earth that can replace water. Therefore, it is necessary for us to treasure and conserve water as a unique natural resource. You may wonder, if everyone is drinking and using water, wouldn’t it follow that water supply dwindles over time?

That is not the case!

Although life of earth spans over 10 billion years, during all this time, the amount of water on earth neither increased nor decreased by a single drop, due to the fact that even though we drink and use water, water itself does not disappear but gets continuously recycled.

Waste water which goes down the drain, through the sewers, adds to the rivers, and eventually reaches the sea; during this process all contaminants and dregs are cleansed, heated by the sun and evaporated, treated with ultraviolet rays, water combines

with gases such as oxygen, hydrogen, and others. Evaporation condenses into clouds; clouds turn to rain or snow to fall back to earth, while seeping into ground water becomes infused with minerals such as calcium, magnesium and others.

This is how the earth and the sky recycle water, utilizing the energy from the earth and the energy from the sun, water helps to maintain humanity as well as all other life forms, even though the humanity continues to pollute the earth, the earth still works hard to recycle and replenish this treasured resource known as water.

Should we not be thankful for such marvelous process?

The amount of water on earth remains constant thanks to the process I described above, even through countless numbers of use and disposal after use, we can still enjoy and continue to use clean water from our environment.

The cup of water we drink today is the same water drunk by our ancestors, and the same water which existed since the beginning of earth.

*** Humans are “Walking Bags of Water”**

Everlasting nature of water makes one wonder, whether the water which bathed “Yang Gui-Bee” (Princess famed for beauty in Chinese history lived AD 719 to 756) in the past may be somewhere in the world, or even sitting in a cup of water about to be gulped down.

Do you know how much water is inside human bodies?

It may surprise you, but our bodies contain enough water to fill two horse troughs and still have some left over.

Water continues to slosh about inside our living bodies.

If you weighed 60kg (132.3lbs), about 70% or 42 liters (about 44.4 quarts) consists of water.

This is why human beings can be referred to as walking bags of water.

Do you think if a fish tank ran low or out of water, fish can continue to survive in the tank?

Do you think it will help the fish to survive, if we took it out of the fish tank, gave it a thorough medical exam, injected with antibiotics and vitamin shots?

Human bodies are no different.

Our skin can be viewed as the container of water supporting and surrounding living cells of our bodies, just like the fish tank holding the water for fish to survive, if the water within is somehow spoiled or runs low, do you think the living cells remain healthy?

Without the requisite knowledge of how the water affects our health, it will be impossible to restore our health by drinking anything.

Zygote, or a fertilized egg consists of 99% water, for new born it is about 90%, children about 80%, adults about 70%, and elderly about 50% to 60%. Over time, human bodies retain less and less water before succumbing to death. Think of farm fresh pickles and vegetables, how crisp and succulent they are, but as time passes moisture and freshness abandon them, leaving them to wilt and rot away. Similarly, human bodies lose moisture through the skin, which was once bouncy and resilient becomes wrinkled with signs of aging over time. In view of this, doesn't it make sense for us to examine more closely how we can find and use good quality water to sustain our health?

[Page 18]

[Part 02]

Natural Electrolyzed Water Made with Science

Once ordinary water is electrolyzed, alkaline water is formed on the side of negatively charged electrode, whereas on the side of positively charged electrode acidic water is formed. This process is referred to electrolysis, or generating electrolyzed purified water. Through this process, ordinary water becomes infused with activated hydrogen and obtains the ability to deoxidize. In other words, ordinary water becomes beneficial healthy water, or “Natural water made with Modern Science.”

*** Electrolyzed Water is the Ideal Medium**

There are several uses for electrolyzed water, probably the most central benefits are the prevention of diseases, fighting the aging effects of oxidative stress on living cells, to regain health, and restoration of vitality.

In Frances, Lourdes spring water has been called the miraculous healing water. The spring water from Lourdes is known to cure diseases not currently curable by the western medical science, such as cancer, diabetes, atopy and many other chronic illnesses. Due to the countless numbers of cases of patients being cured of their otherwise incurable chronic illnesses, the Lourdes spring water is now world famous and renowned. On annual basis, over 6 million visitors visit Lourdes spring water site, even covered several times by KBS-TV’s “Sang Ro Byung Sa’s¹ Secret.” Many interested scientists and specialists analyzed the Lourdes spring water to see whether it contained any special minerals or any other substance, their conclusion had been that there was nothing special about the Lourdes spring water.

During the second series broadcast covering the Lourdes spring water on KBS-TV’s “Sang Ro Byung Sa’s Secret,” it was disclosed that there was no scientific mechanism which explained the miraculous nature of the water. Doctor Sirahata Nakasone from Japan, targeted his research and analysis of Lourdes spring water into finding elements or characteristics not present in ordinary water, and discovered that it contained unusually high amount of activated hydrogen. Activated hydrogen countered the ill effects of oxidative damages and stresses responsible for chronic illnesses, enabling living cells to recover their health and vitality.

The real secret behind the miraculous effects of the Lourdes spring water turned out to be activated hydrogen.

It was surprising to make this discovery, since electrolyzed water tends to contain more activated hydrogen than the Lourdes spring water. Even though electrolyzed water has been used to treat chronic illnesses such as diabetes, high blood pressure, atopy and others, Doctor Sirahata’s inquiry did not turn up any explanation to the healing powers of electrolyzed water containing activated hydrogen.

Several years ago, due to a rumor that vitamin C acted to eliminate damages associated with oxidation, increased demand caused a nationwide shortage of vitamin C,

¹ Sang Ro Buyng Sa: Buddhist concept of four pains all individuals must endure, that of being born, growing old, suffering from disease, and dying.

however it soon came to an end when the respected BBRC (Biochemical and Biophysical Research Communications) journal reported that although vitamin C did eliminate certain oxidative damages, but unwanted side effects included additional oxidative damages and possible cancer.

Electrolyzed water rich in activated hydrogen, combines with activated oxygen turns into harmless water, causes no adverse or unwanted side effects; therefore it represents a safe and ideal solution.

*** Natural Restorative Power of Water**

There are several ways to restore health and regain vitality, however if such methods and treatments fail to follow the natural law and fit into the natural environment, it may end up causing more harm than good.

Life depends on four essential requirements in harmonious balance: water, air, warm sun light, and salinity. When the four essential elements are present in harmony, life is created, and life can be sustained.

The four essential elements are forever present, and do not rot or burn away from our environment. When they are in balance, health and vitality can be assured. If all elements are present except for continued supply of good clean water, it is all but impossible to maintain health or vitality.

Even if other essential elements are lacking somehow, continued supply of good clean water will ensure that the body gets rid of waste materials and toxins accumulated within the body, therefore the inner body environment will become clean, and circulations of good clean water will keep the living cells within exposed to plenty of oxygen and nutrients.

There are countless varieties and types of water known to mankind. Eui-Sung Huh Joon, ancient medicine specialist during the Cho Sun Dynasty, divided water into 33 categories such as mineral water, magnetic water, brine, spring water, medicinal water, thermal spring water, and others. What is important here is not the type or category of water, but whether there are benefits and how effective they are. Despite small differences in types or categories of water, there are not many differences between them, especially when taking into account that comparison between those whom drink such water from those that do not fail to show any dramatic difference in benefits or effectiveness.

Oxidation affects even the seemingly powerful and invulnerable steel which rusts and crumbles to powder over time, similarly oxidation causes human beings to age and to become infirm. Oxidation is a natural chemical reaction which can be described as loss or removal of an electron by a molecule. Active oxygen is the key suspect in the process of oxidation, responsible for causing all chronic and degenerative illnesses; therefore it is the true enemy and monster lurking in our midst.

Active oxygen is subservient to oxygen, and highly acidic, making it a toxic substance. All life forms including human being are continuously battling against active oxygen in a sea of oxygen, and the key to longevity and continued health is in winning against such a formidable foe.

It is worth repeating that oxidation is responsible for seemingly powerful steel to rust and crumble, and the same process causes the living cells to become debilitated and age as a part of the natural process.

* Small Clustered Water

Until now we emphasized the difference between good and bad water by looking at the general make-up of water, however it is far more important to deeply inquire and put to strict scientific scrutiny what kind of molecular structure, what kind of energy, what kind of efficacy, and what kind of capability define good water.

In chemistry, a cluster is an array, unlike that of grapes, of bound atoms. In water, or H₂O, water cluster is not singular but is made of several molecules such as two hydrogen atoms and one oxygen atom.

The size of the cluster determines the molecular size of a given substance; thus, smaller cluster size results in smaller sized water molecules, and similarly, larger the size of the cluster, larger the size of water molecules. Large animals such as elephants or giraffes can not move as fast or hope to match small and quick footed animals like hamsters or mice as they nimbly dart in and out of small spaces. Smaller clustered water means the smaller size of the molecules of water can nimbly move about in smaller spaces.

Therefore, smaller molecule water can be absorbed at a faster rate, and able to penetrate the walls of living cells with ease.

Conversely, when you drink larger clustered water, due to the slow rate of absorption, you will feel the water sloshing about in your belly, causing discomfort. There's an old saying, "Even if a drunk can't carry liquor down the block, he will gladly drink it first before walking a mile." Electrolyzed water can be viewed in a similar vein, even if you can not carry the container of water, you will have no problem drinking and absorbing it.

Ordinary water usually passes through the stomach before being absorbed by the small intestines, electrolyzed water does not slosh around inside and causes discomfort as it is absorbed directly through the stomach. There are only three things which are absorbed directly through the stomach: alcohol, sugar and electrolyzed water.

Aside from the problem of alcoholism, due to the fact that alcohol is absorbed directly through the stomach means one gets drunk faster, and as soon as one becomes sober or gets detoxified, more alcohol can be readily consumed without further problem. A diabetic patient collapsing from low blood sugar level can be readily revived with a piece of candy due to the fact that sugar is absorbed directly through the stomach. The smaller molecular nature of electrolyzed water lends itself to be fast absorbed through the stomach, therefore electrolyzed water is easy to consume and is easily discharged by the body without causing discomfort.

The cluster theory was put forward by a researcher from the consumer electronics giant Matsushita Corporation in December 1988, in a newspaper article in Asahi shimbun titled, "Microscopic Eye" describing the research of NMR (nuclear magnetic resonance) which succeed in high resolution measuring of molecular formation of water.

The size of cluster is express in Hz. Smaller cluster size renders the molecules to be more active, therefore smaller Hz number, conversely larger cluster size renders the molecules to less active therefore larger Hz expression number.

The smallest cluster size water on earth is 54Hz electrolyzed water. Electrolyzed water is tastier and is absorbed into the body faster, therefore helps the body to efficiently rid of waste and free radicals caused by oxidation within the body.

[Figure on Page 25]

Large cluster water can not pass through

Water Molecules

Electrolyzed Water Molecules

Ordinary Tap Water molecules

Smaller cluster water passes through easily

[Table on Page 26]

Tap Water	Spring Water	Water from famed longevity villages	Electrolyzed alkaline water
111.2Hz	100Hz	70Hz	54Hz
			Earth's smallest water

Comparison of cluster sizes

* Advantages of Smaller Cluster Water

I. Due to the smaller cluster size, it is absorbed into the body at a faster rate.

* Efficient and faster supply of needed nutrients and oxygen to living cells.

* Revives the vitality of living cells.

* Up to 6 to 8 liters (1.59 to 2.11 gallons) of daily consumption possible (due to the larger cluster size, ordinary tap water can not be absorbed through intestines, and will cause diarrhea).

* 2 to 3 cups will result in urination in about 20 minutes.

* Drinking 2 to 3 cups will not cause it to slosh around inside.

II. Superior Solvency

* Superior solvency works to dissolve both nutrients needed to keep the body healthy as well as waste and toxic materials, for supplying the nutrients and ridding the body of waste products more efficiently.

(Example) Even in cold water, green tea will have no problem bursting with full flavor.

The smaller molecule of electrolyzed alkaline ionized water has about 1.8 times the solvency power of ordinary tap water.

III. Due to the smaller cluster size, the molecules of electrolyzed alkaline water is much more active and is fast absorbed through the walls of living cells, thereby revitalizing the living cells. The energy state of water, or ORP (Oxidation Reduction Potential), is therefore the inverse of the size of the cluster of water.

IV. Smaller cluster water has superior power to penetrate between proteins, and perform cohesive functions.

* Protects the integrity of living cells by assisting the cellular framework.

(Example) If you boil soy beans in small cluster water, soy beans would not crumble and remain whole.

Bread baked with small cluster water retains higher moisture content.

V. Smaller cluster water's active molecules assist enzymatic breakdown and microorganisms inhabiting human gastrointestinal tracts.

* Reduces abnormal gastrointestinal breakdowns to produce less foul smelling stool, and reduces amino acids and organic acids present in urine.

* Produces clear watery urine.

VI. Smaller cluster water's electrolytes (metal ions) easily penetrate and increase electrical and thermal conductivity inside the living body.

* Helps and acts as catalysts for internal chemical processes and reactions.

(Example) Ionized alkaline water boils in less time than ordinary tap water due to higher thermal conductivity.

VII. Smaller cluster water tastes better because it can easily penetrate taste buds containing the taste receptor cells. (Presently, at Japan's Kyo Wa Hospital, prescribes the smaller cluster water to treat diabetics and atopy sufferers. The public is encouraged to use it at home as non-toxic, non-polluted, sports, and health promoting drink.)

* **Increased mineral content in alkaline water**

Just as one must build with strong steel and concrete to ensure the building will be longstanding, human bodies require sufficient supply of minerals to fortify and maintain the inner health. Cellular walls usually have somewhere between 0.3 to 1.3 nm (nano meter) porous openings to allow passage of water which measures about 0.3 nm, however vitamin C or beta carotene are 10 to 30 times the size and can not easily pass through cellular walls.

Minerals dissolved completely in water can be more easily absorbed, and ionized minerals are even more efficiently absorbed.

Electrolyzed water contains about 30% more dissolved minerals than ordinary tap water. When weak electrolysis is applied to ordinary tap water, acidic and alkaline water are separated, during the process minerals which are normally associated with acidic water accumulates within alkaline water, and results in 30% increase of mineral contents.

To acidic water's side, minerals such as phosphor, sulfur and oxygen (-) negative ions are accumulated, on alkaline water's side, minerals such as calcium, magnesium, kalium, natrium, and hydrogen (+) positive ions are accumulated. Whether the ordinary tap water is electrolyzed twice or three times, dissolved minerals line up as natural chemical elements are bound together and divided in uniform manner, however by passing a weak current through white gold titanium electrodes, the negatively charged pole attracts positive ions of calcium, magnesium, natrium, and activated hydrogen like a bachelor chasing after any pretty woman; the positively charged pole attracts negative

ions just like a bachelorette chasing after an unattached man, creating acidic oxidation water. While increasing dissolved minerals in the water is important, what is even more significant is the fact that ionized minerals are absorbed so much better at the cellular level.

Electrolyzed water is therefore natural water made through science.

Needless to say, it would be cost prohibitive to import Lourdes spring water from France, to benefit from its activated hydrogen; it would be much more cost effective to install an electrolytic water treatment unit at home to generate clean and better water for drinking, cooking and washing purposes.

This would be the surest and cheapest way to ensure continued supply of better water.

The problem comes down to choosing the right electrolytic water treatment unit as it holds the key to restoring and revitalizing your health. There are many products existing in the market, loudly proclaiming their superiority over each other, however you are advised to carefully consider quality, unit capability, and functionality before making the selection.

[Cartoon figures on Page 31]

This is electrolyzed water?

It's nature made natural water.

This electrolytic water will keep our family healthy!