

What is Structured Water?

Structured water (also known as charged water) is a term used to describe water that has been treated with a specific type of technology to create a more organized molecular structure. This process can be done through various methods, such as vortexing, electrolysis, magnetic fields and in this instance by applying terahertz gap frequency. Structured water can also be created through various natural forces.

The iTeraCare TeraHerz device is a revolutionary new technology that uses terahertz gap radiation to charge the water molecules and break down 'clusters' enabling water molecules to line up in an orderly structure. This process allows the water molecules to be absorbed directly into our body's cells. This means that the water can be absorbed more quickly and efficiently than with traditional methods, providing us with better hydration and improved overall health.

Regular drinking of the Terahertz Gap Structured Water is believed to have many health benefits, including improved hydration, increased energy levels, improved digestion and absorption of nutrients, better detoxification, and reduce blood viscosity. It is also thought to help reduce inflammation and improve overall health.

Characteristics of Structured Water

- 💧 Surface tension of structured water is higher, making it more cohesive, so it can act as a suspension medium and carry small particles in solution
- 💧 Lower viscosity makes it more fluid and easier to move through cell membranes
- 💧 Higher solubility allows it to absorb more minerals and other molecules
- 💧 Higher electrical conductivity helps support the movement of ions through cell membranes

How to Make Structured Water

Fill a glass, bottle or jug with filtered or spring water. Yes, cold water is completely fine and actually holds more structure & energy than warmer water. Best to drink warm or room temp water immediately before & after treatment.

Try to avoid using unfiltered tap water - you want clean water.

Make sure it's glass or ceramic, do not charge in steel or plastic.

Add trace minerals or some good quality sea/lake/Himalayan salt (optional).

Use your device by blowing directly onto the water or through the glass.

You can charge two or more bottles at one time by lining them up and blowing directly through the glass or from above providing the wind is blowing on both bottles.

How long do you charge your drinking water for:

Glass - blow for about 30-45 secs

1-2L Jug of water - blow for about 1-2mins

Bigger bottles or jugs - blow for about 2-3mins for up to about 5L

Please note these are not "exact" timings as there are no exact answers. There is lots of different information out there in regards to the time it takes to charge - just be sure not to charge for too little or too long. You may be able to taste/feel the smoothness of the water once it is structured depending on your own senses and level of awareness.

It also does not matter which setting you use - if it's through the glass use the highest setting but if you are blowing directly onto the water use the setting that causes the least splash for the type of container you are using.

How long does the water stay structured:

Good question. There is no exact answer to this either as it depends on other factors, such as what other frequencies the water has been exposed to or how long the water has been stagnant etc... a good rule of thumb to go by is 24 hours.



Other things to do with Structured Water

Make a spray mist to spray on your face and body or any kind of skin condition.

Spray your body with the structured water before blowing.

Soak a cloth or towel in charged water then put it over the face or body and blow through the towel pushing the water into the body and also protecting you from the heat if you are sensitive.

Water your plants with the charged water.

Charge the drinking water of your animals.

You can also charge your juice, tea, food etc... anything that is organic/natural.

More Information on Structured Water

For more info on structured water check out this Q&A with Victor Cozzetto:

<https://youtu.be/0UOF-LU8VMQ>

Or check out his entire playlist on Water & Hydrogen here:

https://www.youtube.com/playlist?list=PLL_vKgivHlgu7j5Tfw_vjFtudVyP2JjOe

Disclaimer

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