

In his book, *The Fourth Phase of Water*, Dr. Gerald Pollack from the University of Washington describes in detail his work with water and how it structures itself within the body, along with implications of this for our health. For instance, this structure appears to create a battery effect to give us energy and may help blood to flow more easily. Dr. Pollack refers to this type of water as “EZ” water for the “exclusion zone” layer it creates, expelling all contaminants. Here are some tips for hydrating your body, especially with more EZ water:

- **Drink plenty of water.** You cannot have structured water without first having water.
- **Drink green vegetable juices.** Water in plants is EZ water, and plants that photosynthesize may have more EZ water built up in them.
- **Expose your skin to infrared light / heat.** In addition to sunshine, you can use heat lamps or infrared saunas. Light, especially in the infrared spectrum, has been shown to structure water.
- **Use turmeric as a spice (or even as a supplement).** Dr. Pollack found that this can increase EZ water.
- **Drink coconut water.** Dr. Pollack found that this can increase EZ water.
- **Ground your body.** This involves touching your skin to the Earth, from which it absorbs electrons.

Drink WATER. Do not drink soda, fruit juice or sugar-laden drinks for hydration!

Water Filtering

- Avoid drinking tap / faucet water whenever possible. Use a water filter.
- Pitcher filters / carbon filters do NOT filter most of the contaminants you want to filter.
- Reverse osmosis and distilled waters are free of most contaminants, but their filtration processes also strip out healthy minerals from the water. Mineral supplementation may more than make up for this.
- Ionizers or alkaline water devices don’t strip toxic solutes out of the water, so they don’t replace a proper water filter. These devices could be used AFTER water has been filtered to make water more alkaline, though there is no need to raise its pH above 8.5.
- Avoid drinking water from plastic bottles, as plastics can leach into the water, especially if left in the heat, like in a hot car.
- There are some more advanced filters that remineralize and/or structure water on their own – something you can explore.

How Much Water Should We Drink?

We should take in about ½ to 1 gallon (2-5 liters) total of water per day. About 20-50% comes from liquid beverages and liquid food, the rest comes from food. Water is also produced internally by the body (about 3%).

Examples of water content in food:

- Porridge 80%
- Meat 58-67%
- Vegetables and fruit up to 90%

Signs of Short-Term Dehydration:

- Thirst
- Dry or sticky mouth
- Hunger
- Constipation
- Headache
- Dizziness
- Dry, cool skin
- Muscle cramps
- Fatigue
- Reduction in physical/athletic performance
- Reduction in cognitive performance
- Impaired heart function
- Difficulty concentrating
- Increased tension and anxiety
- Heartburn
- Low urine output
- Weight gain

Factors that Influence Water Needs

You might need to modify your total fluid intake based on several factors:

- **Exercise.** If you do any activity that makes you sweat, you need to drink extra water to cover the fluid loss. It's important to drink water before, during, and after a workout.
- **Environment.** Hot or humid weather can make you sweat and requires additional fluid intake. Dehydration also can occur at high altitudes.
- **Overall health.** Your body loses fluids when you have a fever, vomiting, or diarrhea.
- **Pregnancy or breast-feeding.** Women who are pregnant or breast-feeding need additional fluids to stay hydrated. The Office on Women's Health recommends that pregnant women drink about 10 cups (2.4 liters) of fluids daily and women who breast-feed consume about 13 cups (3.1 liters) of fluids a day.