



INTRODUCTION TO  
**WATER**

*“ Running water is more beneficial, as it is made finer and more healthy by the mere agitation of the current ”.*

PLINY 23 A.D.

**W**hy have I written over thirty five pages explaining the properties of water? What on earth, you might think, is there to write about? It was only by chance I came across the possibility water played a fundamental role in the way in which all living organisms interact. It took a great deal of work to come up with all of the material within this chapter, unearthing a lot of old books with hidden scientific facts, reading hundreds of articles and conducting lots of cross referencing from lengthy bibliographies. Only after all of that research work was accomplished did I realise that water was an incredibly significant player in biological processes.

I only started to think about water when I was researching the chapter on plants and I discovered that bio-dynamic farmers, whilst attempting to create excellent manure, did very strange things to water. I could not stop myself from wondering why it was considered necessary to stir water in a bucket so fast in one direction for thirty minutes and then in the other direction for another thirty minutes. How can stirring water clockwise and counter clockwise be of any use in farming? The practice of stirring made no sense to me whatsoever. So over the coming months any reference made to water in any of the books I read piqued my curiosity and by piecing smaller and smaller parts of the jigsaw together I finally managed to find the answers as to why stirring was so important. This was just the starting point, once I got my teeth into the subject there was no stopping me, I started to investigate everything I could find about water. This led me on a journey of discovery which has changed my attitude to science more than any other discovery I have made.

How would you feel if I were to tell you the moon can affect your lymphatic glands because of water, or the person next to you can affect your mood because the water in your body picks up their vibrational waves? How about this for an amazing idea, if you keep

any plants in your house they might be as emotionally attached to you as your pet dog, when you are upset your plant is too! I don't blame you if you think these ideas are complete nonsense, as I would expect that to be a normal reaction. These ideas are so far removed from the way we have all been educated it is easy to dismiss them as the rantings of an insane man.

What will surprise you, I hope, is that scientists have proved all of the above points to be true without necessarily being aware of it. Let me give you a perfect example of a scientific experiment which was performed in 2010 that looked into the properties of a popular sugar drink...