

IT'S ALL ABOUT WATER

The Fourth Phase of Water (EZ), Structured Water, and the Role of Energy in Healing

I. Introduction: Rethinking Water and Health

- Traditional science recognizes three phases of water: solid, liquid, and gas.
 - Emerging research introduces a **fourth phase of water** that exists within living systems.
 - Health is not only biochemical—it is also **electrical, energetic, and structural**.
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II. Who Is Gerald H. Pollack?

- Professor of Bioengineering at the University of Washington.
 - Over forty years of research on water, cells, and biological systems.
 - Author of *The Fourth Phase of Water & Charged*
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III. What Is the Fourth Phase of Water (EZ Water)?

- Has a highly structured, gel-like molecular arrangement.
 - Excludes solutes and particles—hence the term “exclusion zone.”
 - Carries a **negative electrical charge** & Acts as an **energy storage system**
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IV. EZ Water Inside the Human Body

- The human body is filled with hydrophilic (Water Loving) surfaces.
 - EZ water forms naturally inside and around cells.
 - Infrared energy from sunlight and warmth expands EZ water.
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V. EZ Water as the Cell's Battery

- EZ water creates charge separation:
 - Negatively charged EZ water
 - Positively charged bulk/chaotic water
 - This charge separation stores potential energy.
 - Pollack describes water as a **biological battery**.
 - This energy supports:
 - Cellular movement
 - Circulation
 - Nerve signaling
 - Tissue repair and regeneration
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VI. Structured Water vs. Ordinary Water

- Ordinary bulk water has no charge and has random molecules in it
 - Structured water is more ordered than ordinary bulk water
 - Influenced by minerals, movement, magnetic/electrical fields, or light
 - Often discussed in wellness, filtration, and hydration contexts
 - Influenced by minerals, movement, magnetic/electrical fields, or light
 - Many forms of “structured water” are **transient or loosely organized and easily convert back to ordinary bulk water**
 - **Structured water supports EZ formation inside cells.**
 - Factors that support water structure include:
 - Minerals
 - Natural light exposure
 - Movement and flow
 - Proximity to living systems
 - True hydration depends on **structure plus energy**, not just intake.
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VII. Structured Water vs. EZ (Exclusion Zone) Water

Although the terms are often used interchangeably in wellness conversations, they are **not the same thing** scientifically. **EZ water** is a **precisely defined, experimentally observed phase of water** described by Gerald H. Pollack.

Key characteristics of EZ water:

- Forms **only next to hydrophilic (water-loving) surfaces** (proteins, membranes, gels)
 - Has a **highly ordered, crystalline-like structure** (like honeycomb)
 - **Excludes solutes and particles** (hence “exclusion zone”)
 - Carries a **net negative electrical charge**
 - Creates **charge separation** (EZ = negative, bulk water = positive)
 - **Stores energy**, especially when exposed to infrared light
 - Functions like a **biological battery**
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VIII. Why This Distinction Matters?

- EZ water is directly tied to:
 - Cellular voltage
 - Energy storage
 - Electrical signaling
 - Tissue organization
- “Structured water” claims vary widely in quality and evidence
- Pollack’s research focuses on **EZ water specifically**, not generalized structuring methods

Structured water is a broad concept describing ordered water, while **EZ water** is a specific, energy-storing, electrically charged phase of water discovered and defined by Gerald Pollack.

IX. Hydrogenated (Hydrogen-Rich) Water and Structured Water

What Is Hydrogenated Water?

- Hydrogen-rich water contains dissolved molecular hydrogen (H₂).
- Molecular hydrogen easily diffuses into tissues and cells.
- Studied primarily for antioxidant and cellular signaling properties.

Key Differences

- **Structured (EZ) Water**
 - Organized water phase
 - Forms near hydrophilic surfaces
 - Stores energy via charge separation
 - **Hydrogenated Water**
 - Contains dissolved hydrogen gas
 - Acts primarily as a signaling and antioxidant agent
 - These approaches are **different but potentially complementary**.
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X. Red Light Therapy vs. Far Infrared (FIR) Therapy

Red Light Therapy

- Uses visible red and near-infrared wavelengths (600–900 nm).
- Absorbed by mitochondrial chromophores.
- Increases ATP production and cellular efficiency.
- Works primarily at the **biochemical and mitochondrial level**.

Far Infrared (FIR) Therapy

- Uses longer, invisible infrared wavelengths.
- Absorbed readily by water molecules.
- **Expands structured (EZ) water.**
- Supports circulation, relaxation, and charge separation.
- Works primarily at the **water, electrical, and energetic level**.

Relationship to Structured Water

- Red light supports the **engine** (mitochondria).
- FIR supports the **battery** (structured water).
- They are complementary, not competing.

XI. Why Structured (EZ) Water Supports Health

- Improves cellular hydration efficiency.
 - Enhances energy availability.
 - Supports detoxification and waste exclusion.
 - Improves circulation and tissue repair.
 - May support improvements in:
 - Energy levels
 - Inflammation response
 - Recovery and healing
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XII. Reframing Dehydration – What are you drinking????

- Dehydration is not only lack of water—it is lack of **structured water**.
 - One can drink sufficient water and still be poorly hydrated at the cellular level.
 - **True hydration requires: Water, Structure & Energy input**
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XIII. Supporting EZ Water in Daily Life

- Drink clean, mineral-rich water.
 - Spend time in natural sunlight.
 - Use warmth and infrared sources.
 - Reduce chronic stress.
 - Engage in regular movement to support flow and organization.
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XIV. What Disrupts or Reduces Structured Water

- Chronic stress and nervous system imbalance
 - Electromagnetic pollution (EMFs), wifi, cell phones, electricity, etc...
 - Poor-quality or demineralized water
 - Inflammation and environmental toxins
 - Lack of sunlight and infrared exposure
 - Processed diets and metabolic stress
 - Sedentary lifestyles and stagnation
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XV. Why This Matters for Health

- Reduced structured EZ water leads to:
 - Lower cellular energy
 - Impaired detoxification
 - Increased inflammation
 - Slower healing
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XVI. How Tesla Coil Work Supports Structured (EZ) Water

- 1. Electrical Stimulation & Charge Separation**
 - Tesla coils generate high-voltage, low-current electrical fields.
 - These fields support the electrical gradients needed for EZ formation.
 - 2. Energy Input Similar to FIR Effects**
 - Electrical stimulation promotes energy movement and warmth.
 - Infrared provides the fuel; Tesla coil stimulation acts as the ignition.
 - 3. Cellular Energy Storage**
 - Structured water functions as an internal energy reservoir.
 - 4. Post-Session Fatigue Explained**
 - Expansion of EZ water shifts the body into rest-and-repair mode.
 - Temporary fatigue reflects energy redistribution, not depletion.
 - 5. Hydration Beyond Drinking Water**
 - Tesla coil sessions support internal water organization.
 - Clients often report better sleep, reduced inflammation, and mental clarity.
 - 6. Left-Side Vagus Nerve Importance**
 - Supports parasympathetic activation.
 - Creates optimal conditions for structured water formation.
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XVII. EZ Water in a Technology-Heavy World

- Modern technology alters exposure to light, movement, and energy.
 - Imbalance—not technology itself—disrupts structured water.
 - Supportive practices include:
 - Screen breaks
 - Sunlight exposure
 - Infrared heat
 - Movement and grounding
 - Nervous system regulation – meditation / low stress / calm emotions
 - Tesla coil or Molecular Enhancer sessions
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XVIII. Simple Client Explanation

“Tesla coil sessions help your body reorganize its water.

When water becomes structured, it stores energy, supports healing, and allows your cells to work more efficiently.”

XX. Sum It All Up +/-

Health is not only about chemistry or hydration volume—it is about **structure, energy, and coherence**. By supporting structured water, we support the foundation of all cellular function and healing.

1. EZ Water Is the Target — Structured/Hydrogenated Water Is the Support

In Pollack’s research described in **The Fourth Phase of Water**, **EZ water** is the biologically active form of water that:

- Forms next to hydrophilic surfaces (cell membranes, proteins)
- Carries a **negative electrical charge**
- Stores energy through **charge separation**
- Powers cellular processes

2. Tesla & FIR Is the Best Way to EZ Water

Tesla coil and FIR therapies are not trying to create generic structured water — they are helping the body form and expand EZ water where it naturally belongs: inside and around cells.

Tesla coils generate **high-voltage, low-current electrical fields**. While they do not supply infrared light directly, they strongly influence the **electrical environment** in which EZ water forms.

Tesla coil work may support EZ water by:

- Reinforcing **electrical charge separation**, a requirement for EZ water
- Supporting membrane voltage and bioelectric signaling
- Encouraging coherence in water adjacent to hydrophilic surfaces

ADDITION:

Structured Water, EZ Water, Tesla Coils, and Far Infrared (FIR): How They Connect

1. EZ Water Is the Target — Structured Water Is the Support

In Pollack’s research described in **The Fourth Phase of Water**, **EZ water** is the biologically active form of water that:

- Forms next to hydrophilic surfaces (cell membranes, proteins)
- Carries a **negative electrical charge**
- Stores energy through **charge separation**
- Powers cellular processes

“Structured water,” as commonly discussed in wellness, refers to water that is **more ordered than random bulk water**, but it may or may not meet the strict criteria of EZ water.

👉 **Tesla coil and FIR therapies are not trying to create generic structured water — they are helping the body form and expand EZ water where it naturally belongs: inside and around cells.**

2. How Far Infrared (FIR) Directly Expands EZ Water

Pollack’s laboratory experiments consistently showed that:

- **Infrared energy is the strongest driver of EZ water expansion**
- Even small amounts of IR light cause EZ layers to grow dramatically
- EZ water acts like a **rechargeable battery**, and FIR is the primary “charging source”

Why FIR works so well:

- FIR is readily absorbed by **water molecules**
- It increases molecular motion in a way that encourages **ordered structure**
- FIR supports **charge separation**, not random heating

👉 FIR therapy directly feeds the EZ water system by **adding energy to water itself**, not just to cells.

3. How Tesla Coil Work Supports EZ Water Formation

Tesla coils generate **high-voltage, low-current electrical fields**. While they do not supply infrared light directly, they strongly influence the **electrical environment** in which EZ water forms.

Tesla coil work may support EZ water by:

- Reinforcing **electrical charge separation**, a requirement for EZ water
- Supporting membrane voltage and bioelectric signaling
- Encouraging coherence in water adjacent to hydrophilic surfaces

👉 If FIR “charges the battery,” **Tesla coil work helps restore the wiring** that allows that charge to be stored and used.

4. Where “Structured Water” Fits In

Practices that create “structured water” outside the body (movement, minerals, vortexing, etc.) may:

- Improve hydration quality
- Deliver minerals more efficiently
- Create conditions that **support EZ formation inside cells**

However:

- Drinking structured water **does not automatically create EZ water**
- EZ water must form **in contact with cellular surfaces**
- Energy input (IR, electrical stimulation, nervous system regulation) is required

👉 **Structured water supports the terrain; EZ water does the work.**

5. Tesla Coil + FIR = Complementary Inputs

When combined:

- **FIR provides energy** to expand EZ water
- **Tesla coil work supports electrical gradients** that stabilize EZ water
- Together, they may help:
 - Increase cellular voltage

- Improve hydration efficiency
- Support cellular repair and signaling
- Shift the nervous system into rest-and-repair

This pairing aligns directly with Pollack’s model of **water, energy, and charge separation** as the foundation of biological function.

6. Simple Client-Friendly Explanation

“Far infrared helps charge the body’s water.

Tesla coil work helps organize the electrical system that lets that charge be stored.

Together, they support how your cells use energy and repair themselves.”

Key Takeaway

- Supporting both energy input and electrical coherence creates the best conditions for healing