

Double
Helix
Water[®]

ESSENTIAL INFORMATION

Double Helix Water, Essential Information

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Do not stop any other treatment without consulting your healthcare practitioner.*

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WHAT IS DOUBLE HELIX WATER?

Double Helix Water is a relatively new discovery in the field of water and health. It is used by thousands of doctors, integrative practitioners, and individuals, to support better health and well-being. Its growth and popularity have come about largely by word of mouth.

To accurately define Double Helix Water, let's begin with what it's not. You may have heard of Kangen water, structured water, and ionized water. Double Helix Water is none of these.

Double Helix Water consists of crystalized microscopic particles of water. These crystal particles of water are called "stable water clusters." They do not depend on freezing temperatures to remain solid. In fact, they remain solid at temperatures beyond boiling water; hence they are called stable water clusters.

Stable water clusters floating in a liquid solution get attracted to one another. When thousands of stable water clusters come together in water, they combine into double helix structures, similar in shape to DNA. That's why we call this mixture of stable water clusters in ultra-pure water Double Helix Water.

Stable water clusters can be seen and photographed with the aid of an Atomic Force Microscope. Thousands of pictures have been taken of stable water clusters, in studying their nature.



Picture taken with Atomic Force microscope, showing the clear formation of a double helix structure. This double helix structure is formed by thousands of stable water clusters clinging together

Photo Credit D&Y Laboratories, Inc.

Research done at UCLA claims that the stable water clusters in Double Helix Water enable the expression of certain genes, thereby activating the immune system. They do so by increasing mRNA. (Messenger RNA, or "mRNA," is a subtype of RNA. An mRNA molecule carries a portion of the DNA code to other parts of the cell, essentially telling the cell what to do.)

Double Helix Water is likely the most natural product ever found. We all know that water is essential to life, and that no life can exist without it. We firmly believe that with the discovery of stable water clusters we are one step closer to understanding the working mechanisms of water in the human body, and in every other living organism, for that matter.

HEALTH BEGINS WITH THE CELL

To be healthy, we need not only to approach discomfort, illness, or disease from the outside, but also to peel back the layers and look deep inside the body to locate and address root causes. We need to understand the human body from the inside out.

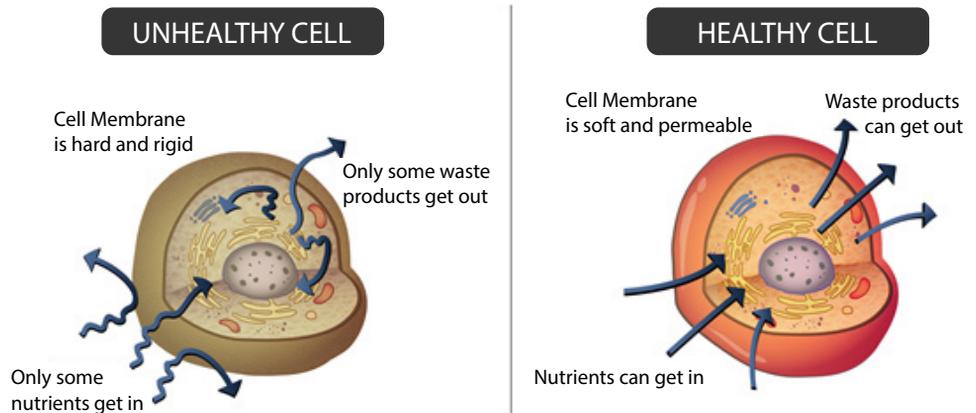
Illness is never simply one individual factor. It is a bundle; a patient's whole life, from genetics to diet and how these influences are layered, create the thing we call "disease."

Fortunately for us, the body knows how to fix itself — as long as we provide it with the proper nutrition it needs, remove any toxins or poisons that may have become lodged within the cells, and support it with substances that facilitate these functions.

Start at the Foundation The Cellular Level and Double Helix Water

When a cell is unhealthy, only limited nutrients are able to penetrate the cell and only partial waste (toxins) may exit, leaving the cell lacking necessary nutrients and holding excess toxins.

When a cell is healthy, all necessary nutrients penetrate the cell, and all waste (toxins) leave the cell efficiently. This keeps the cell healthy and functioning properly.

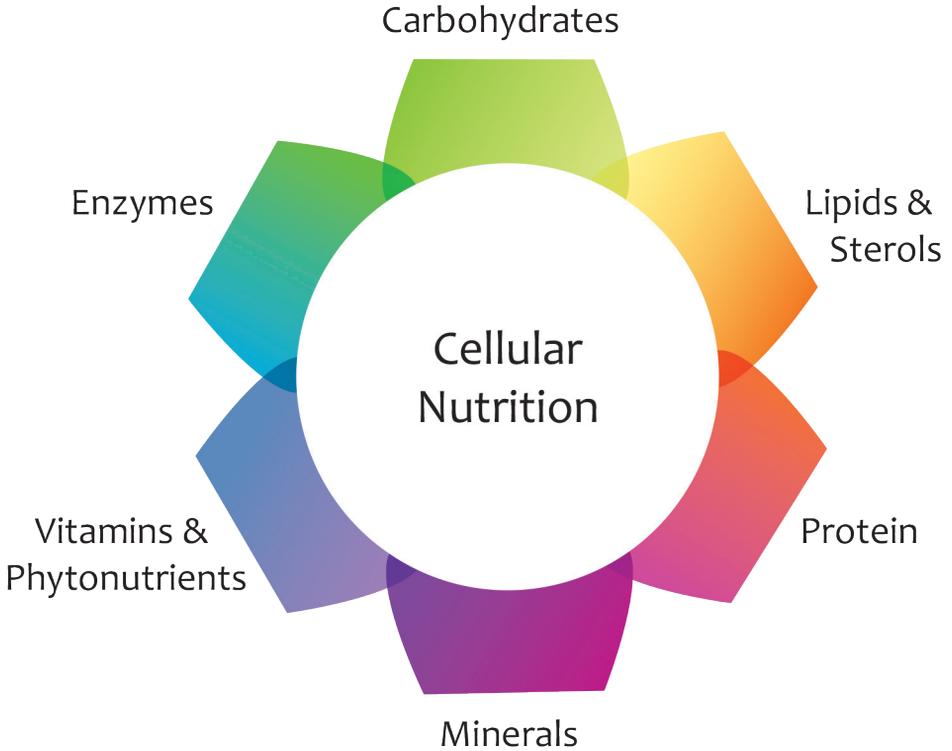


A cell membrane's job is to protect the cell from its surroundings. The cell membrane is selectively permeable and able to regulate what enters and exits the cell. Permeability depends mainly on the electrical charge and polarity of the membrane. This well-known mechanism is held in common by virtually every type of biological cell. If the cell membrane is not functioning optimally, the cell will not function correctly, resulting in insufficient nutrients entering through the cell walls and insufficient waste (toxins) properly exiting the cell. This leaves us with a toxic and unhealthy cell and can bring about the onset of disease or prevent the cell from effectively dealing with disease.

Experiments done by independent clinics have suggested that, in addition to increasing mRNA production and immune response, Double Helix Water also normalizes the cell

membrane. This, in turn, promotes proper cell function. Proper cell function helps unhealthy cells to become healthy again and to work at their optimal level.

HEALTHY CELLS AND PROPER NUTRITION



It is all about nutrition, when it comes to the body's approximately 73 trillion cells that require clean air, water, and essential nutrients. Diet is the body's only source of the raw materials it needs to perform its day-to-day functions. Each and every cell needs all basic nutritional components in order to function properly. Without this range of nutrients, our cells are prone to decay, can become brittle, can develop holes (become leaky), and can cease to function properly.

This is where Double Helix Water, combined with proper nutrition, becomes basic. Cells are the essential elements that make up every tissue and organ in our bodies. Healthy and functioning cells are the foundation of recovery for any disease or ailment.

HEAL FROM THE INSIDE OUT

Double Helix Water, in conjunction with proper nutrition, can help lay the groundwork for healthy cells. It can allow the body to fix itself naturally in order to maintain wellness and restore the vitality to your life — starting from the inside out, and addressing the root of the injury, ailment, or disease.

HOW DOUBLE HELIX WATER WORKS

In research conducted at UCLA by world-renowned Immunologist Benjamin Bonavida¹ (head of the Department of Immunology at UCLA), Double Helix Water's effect on the immune system was tested. The results were nothing short of spectacular. The immune response with Double Helix Water was so large that the information was at first rejected, since no one considered it possible for "water" to have such an effect upon the immune system. In a way, they were right. It's not water that is producing the effect, it's the "stable water clusters" that make the difference. Although, chemically, stable water clusters are nothing more than water, they are water in the form of nanocrystals: nanocrystals that make double helix structures.

Let's take a look at some examples of stable water clusters' effect on parts of the immune system during the UCLA study.

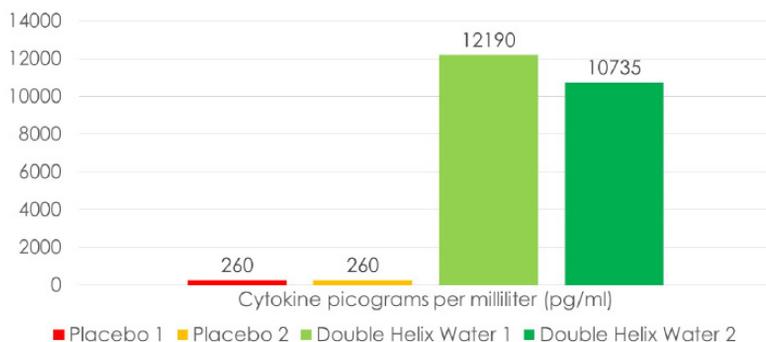
The chart below shows a response to TNF-Alpha (Tumor Necrosis factor Alpha), a vital subsection of the immune system that deals with cancerous growth in the body and regulates diseases such as these :

- Rheumatoid arthritis
- Inflammatory bowel disease
- Psoriasis

TNF-Alpha is a key component in inflammatory response. The below chart shows the TNF-Alpha response to stable water clusters in human blood in the UCLA study.

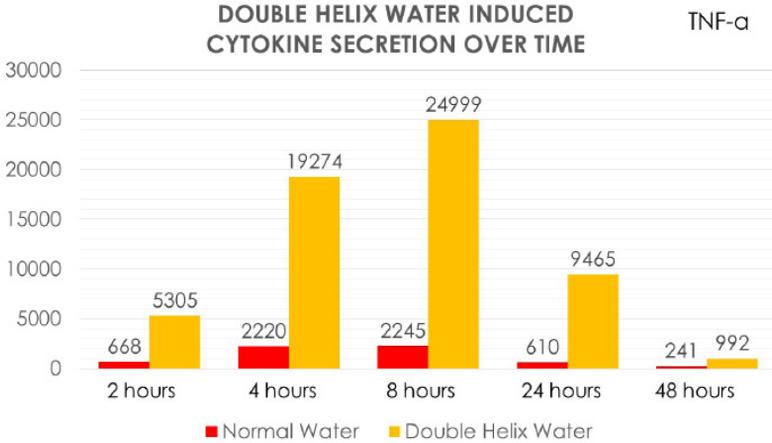
As is obvious, the immune response shown in the green bar is huge — almost fifty times greater than is seen with the two samples containing normal water.

**DOUBLE HELIX WATER INDUCED
CYTOKINE PRODUCTION BY WHOLE BLOOD,
TNF-A**



1. Stable Water Clusters-Mediated Molecular Alterations in Human Melanoma Cell Lines, B. Bonavida & Stavroula Baritaki.

Another experiment was done to establish how fast the immune system responds to Double Helix Water. Very significant immune response was measured within hours.

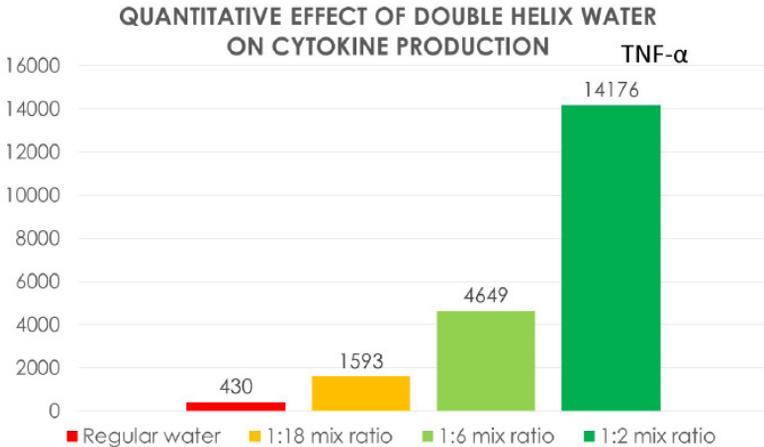


The below chart, taken directly from the study, shows immune response measured at different times during 48 hours.

Immune response is found in as little as two hours and peaks at the eight-hour mark.

An important note here – other testing, done later with the use of infrared thermography on thousands of individuals, revealed that immune response caused by stable water clusters could be shown in as little as 15 minutes. It is, however, known that immune response builds up over time, peaking at the eight-hour mark.

Another aspect of stable water clusters that was tested was dosage. It takes only 3 drops in a glass of water to produce a noticeable response in most individuals. However, there is a larger response with increased dosage.



The following graph shows immune response based on different quantities of Double Helix Water.

As can be clearly seen in this graph, the larger the dosage, the larger the immune response.

This is significant for several reasons. Most drugs become dangerous in higher dosages due to their side effects. If a disease does not respond to a drug, it is not always possible to increase the dosage to make it respond. A good example of this is chemo therapy. The dosage, in chemo therapy, needs to be expertly controlled, due to its toxicity. Too much of it would kill the patient.

Double Helix Water has no known side effects, so vastly higher dosages are possible and produce faster and larger response.

A follow up study¹ in 2013, also done at UCLA by Benjamin Bonavida, looked into the effect of stable water clusters on drug-resistant melanoma (skin cancer resistant to drug treatment). In this study, Double Helix Water was added to an experimental drug to see if the combination would make the drug capable of destroying melanoma cells. The results were positive.

The melanoma study also reconfirmed that the mechanism behind Double Helix Water was at the gene level and that, in addition to increased gene activity, there was a significant reduction in gene mutation when Double Helix Water was present.

This opens a new line of questioning and research, as it suggests that Double Helix Water may be used as a preventative measure or supplement.

IMMUNE RELATED INFLAMMATORY DISEASES

Other parts of the immune system have also been tested for response to Double Helix Water, in particular the parts that activate inflammation response.

Inflammation is an important and growing area of biomedical research and health care because it is the primary driver of many medical disorders and autoimmune diseases, such as:

- Ankylosing spondylitis
- Psoriasis
- Psoriatic arthritis
- Behcet's disease
- Arthritis

1. Induction and Regulation of Human peripheral blood TH1-TH2 derived cytokines by IE water preparations and synergy with mitogens, B. Bonavida, X.H. GAN

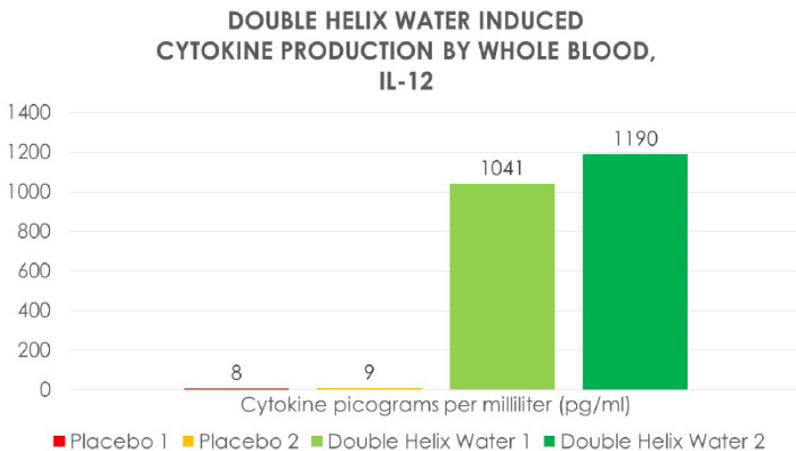
- Inflammatory bowel disease (IBD),
- Allergies

Many cardiovascular, neuromuscular, and infectious diseases also have their root causes in inflammation. Some current research even suggests that aging is a consequence, in part, of inflammatory processes.

One of the underlying problems of immune dysregulation is the inappropriate activation of inflammatory cytokines, such as IL-12, IL-6 or TNF alpha.

Because Double Helix Water works at the gene level, it can be classified as an immune modulator. This is different than being purely an immune booster. If one were to give an immune booster to a person afflicted with an autoimmune disease one would only increase the severity of the disease. Double Helix Water does not do this. Instead, it seems to function as an immune modulator. A modulator is capable of either boosting, or balancing. Modulation is a corrective function. Many of the practitioners who use Double Helix Water in their practices use it to support their treatments for autoimmune disorders.

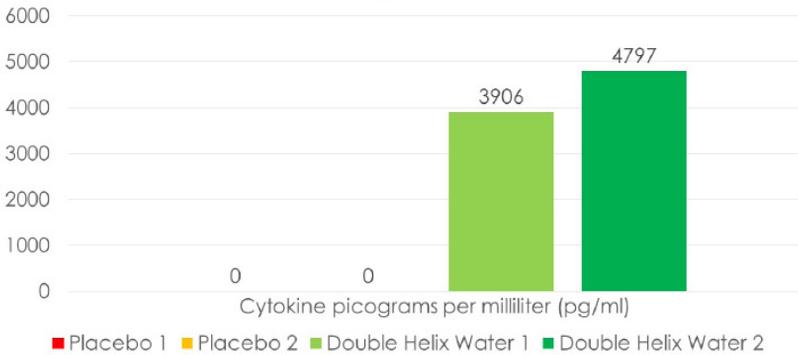
Specific parts of the immune system that are significant to autoimmune disorders are called IL-12 and IL-6. These two were heavily impacted by Double Helix Water in the UCLA studies as can be seen in the following charts.



Blood samples treated with Double Helix Water produced an excess of 100 times more immune response than with regular lab water or distilled water.

Per Benjamin Bonavida, the mechanism behind this result is mRNA, at the gene level. Combine this with the observation of reduced gene mutation in a later study, and one can theorize that Double Helix Water effects a restorative function at DNA levels, by restoring certain genes. As we have seen no side effects in autoimmune-related disease,

DOUBLE HELIX WATER INDUCED CYTOKINE PRODUCTION BY WHOLE BLOOD, IL-6



we can only assume that Double Helix Water is capable of restoring normal immune function in these cases.

The other chart of significance in autoimmune related disease is IL-6: IL-6 has several functions within the body, some related to inflammation, and others related to energy production and muscle contraction. Later in this booklet we discuss boosted athletic performance, so it is commented on here to draw the attention to the relationship.

As you can see in the above graph, there simply is no question that a significant response occurred in this test. Unfortunately, it is hard to relay the importance and all the ramifications without getting into an in-depth discussion of the immune system, most of which would bore the average reader to death. It is extremely exciting and controversial to professional immunologists and other medical researchers, as this is groundbreaking and forces us to rethink some of the currently held scientific “facts.” Not everyone is eager to do so.

HOLISTIC STUDIES OF DOUBLE HELIX WATER

Anecdotally, we have seen and have received many reports of recoveries (ranging from impressive improvement to a complete cessation of symptoms) from a diversity of health issues, including autism-related disorders and a variety of autoimmune conditions. Technically, this does not prove anything, according to the scientific community. But it does tell one there is something to look at and something to be discovered.

In truth, the holistic and integrative medical community is far more scientific, when one considers that science consists of the observation of facts. If someone recovers, that is a fact. It’s not something you can sweep under the carpet. That would be ignorance.

Based on the Bonavida study of 1998, and reported recoveries, Dr. Norman Shealy, PhD (a renowned neurosurgeon, medical researcher, and cofounder of the American Holistic

Medical Association) ran a small clinical trial. Ten healthy subjects had baseline blood drawn to measure immune system response in the UCLA laboratory (TNF-A, IL-12, IL-6, and IFN-Y, parts of the human immune system).

Each subject drank Double Helix Water four times a day for 45 days. Those who drank Double Helix Water showed significant increases in Interferon-Y at the end of 45 days. (Interferon-Y refers to proteins that trigger the protective defenses of the immune system.)

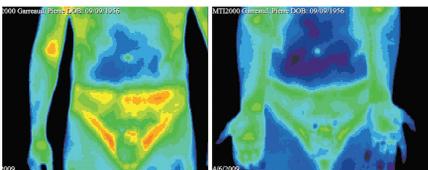
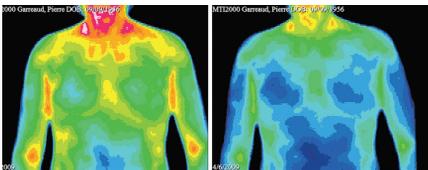
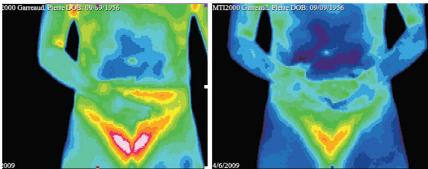
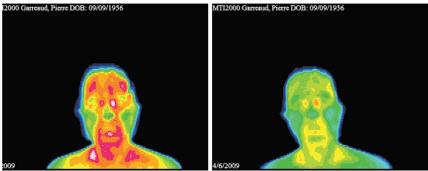
This was a small study, but in his summary of the results, Dr. Shealy stated:

“The water may produce a significant enhancement of immune function in human beings. Larger studies should be done with perhaps a broader overview of immune function. Dysfunctions of the immune system are major factors in allergies, autoimmune diseases, cancer and even atherosclerosis and diabetes. The implications for immune health are obvious.”

THERMAL IMAGING STUDY OF DOUBLE HELIX WATER

Another holistic study was done using thermography (the use of thermal imaging to detect temperature levels). Thermography measures body temperature in order to detect areas of inflammation, based on the theory that inflammation can be seen

through higher body temperatures. For example, arthritis is an inflammatory disease, and the inflammation of the joints can be detected, since the affected joints show up with higher temperatures in the thermal image.



Thermal imaging is useful in that it can show temperature changes over time, in seconds, minutes, or hours, or whatever duration you set the equipment for. A reduction of temperature is diagnosed as a reduction of inflammation, and an increase in temperature is seen as an increase of inflammation.

In 2009, a large study was conducted on the stable water cluster’s immediate effect on temperature changes in the human body.

Since laboratory studies showed immune system response and theoretically a decrease in inflammation, we wanted to see how quickly and pervasively this would show up within the human body.

The study group consisted of 78 volunteers over the age of 45. Infrared images were taken of each volunteer, after drinking plain distilled water, and after drinking Double Helix Water. The temperature changes detected by these infrared pictures were then compared.

Significant differences in the temperature were found in all 78 subjects only after Double Helix Water was consumed, no real changes were seen drinking just distilled water.

Significant differences in temperature were found in all 78 subjects – only after Double Helix Water was consumed. No real changes were seen after drinking just distilled water.

An example of the differences in surface temperatures observed before and after drinking Double Helix Water through thermal imaging can be seen in the image to the left.

Since this study, literally thousands of thermal images have been taken before and after drinking Double Helix Water, leaving little room for doubt in even the most skeptical person, providing one is willing to look at the information.

More research was released at the International Conference of Water and Health held at Cal-Tech in 2013, and was published in the *Forum on Immunopathological Diseases and Therapeutics*.

This conference consisted of notable scientists and research professors from universities and research centers around the world.¹

Some of the papers that were published include:

Stable Water Clusters-Mediated Molecular Alterations in Human Melanoma Cell Lines, B. Bonavida & S. Baritaki.

Oncological Hyperthermia as an Adjuvant Treatment in Advanced Stages of Lung Cancer R. Hilu, F. Martinez-Peñalver, & J. Martinez-Canca

Case Study of Autistic Subjects with Stable Water Clusters in 267 Panama R. Velasquez, H. Chu, & S.Y. Lo

In summary, our research (plus a large amount of anecdotal data) has shown that these stable water clusters demonstrate impressive biological effects in people taking them daily.

We recently combined stable water clusters and naturally occurring oils to formulate a topical agent. Our preliminary results are encouraging. On applying the topical agent after vigorous exercise, people have experienced some reduction in muscle soreness. For sunburn, applying the topical agent (or even the water itself) directly on the burn, or taking the water orally, has reportedly greatly reduced pain. It seems to have quite an anti-inflammatory effect.

Some very preliminary evidence indicates that these particles have a positive effect on aging and skin healing.

As seen by these examples, the variety of medical conditions improved by taking Double Helix Water would indicate a very fundamental effect on the immune system and healing process. While we do say that Double Helix Water itself does not cure anything, we believe that it assists cells to regain their original functions. “Cures” result from the body’s own properly functioning immune system. Give the body proper nutrition, remove harmful substances from within it, and it should get well.

¹ ***Forum on Immunopathological Diseases and Therapeutics Volume 3 / Issue 3-4 2012***

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Sports &
DOUBLE
HELIX
WATER



FIELD TESTING DOUBLE HELIX WATER FOR ATHLETIC PERFORMANCE

Another area of application for Double Helix Water is athletic performance. As mentioned briefly earlier, part of the immune system IL-6 has overlapping functions concerning muscle contraction and function. Thus, theoretically, if one boosted this, one should see an increase in muscle performance.

Competitive sports also put an extreme amount of strain on the body and immune system, as well as considerable demand on its healing system. This was put to the test in the toughest race in the world. Due to the extremity of some of these races, we used very high dosages of Double Helix Water, not your average day's consumption.

The feedback that has been received from athletes who have used high dosages of Double Helix Water to improve their performance, recovery and endurance is spectacular!

Reduction of inflammation is not the answer when talking about performance. To improve performance more energy needs to be available. Either the cells become more efficient at using available energy, or energy is more easily created.

While the full or exact mechanism at work producing these results are not fully understood yet, they are nonetheless impressive.

While the full or exact mechanisms at work producing these results are not fully understood yet, the results are nonetheless impressive.

Whatever the exact mechanism at work, what we can measure is race finishing times and recovery times after workouts.

This was recently tested in the ultimate sports endurance event, Race Across America.

For those of you unfamiliar with the Race Across America, it is undoubtedly the world's toughest endurance event; a bicycle race. Its total length: 3000 miles. It is one third longer than Europe's longest endurance event, Tour de France, and unlike the Tour de France, Race Across America is done in one stage, start to finish. Tour de France is done in 21 stages with rests in between. Tour de France is done over 3 weeks, while Race Across America is done in about 7 to 12 days depending on the rider or team. Only about half the people starting the Race Across America are able to complete the race.



A top-level fitness coach in the master's category (age 60 and up in this event) participated in this race while testing Double Helix Water as a performance enhancer. In his own words:

"Thank you for supporting me in my Race Across America Team Honor Warriors event! I also want to give you feedback on my experience during the race using the Double Helix Water.

On the first two and half days through the California, Arizona and Utah desert, temperatures ranged from 114-degree high's to 40 degree low's. The desert is always a major obstacle for many of the riders and is usually the place where most drop out due to the intense heat and terrain. Even while crossing Kansas, the temperatures were 108-110 degrees. Working on little to no sleep for the 3,000+ mile crossing also presents more stress for the body to deal with.

My protocol for using Double Helix Water was to take 4 bottles on the first two days then 3 bottles per day for the remaining 6 days. I am pleased to report that I never experienced sore muscles or cramps of any kind during the 8 plus days of effort!

I have used double helix water for many years to help with inflammation and speeding up the recovery process, always with exceptional results! I highly recommend Double Helix Water to my clients and will continue to use it for myself! Thanks again for your support and for following my team's progress as we crossed the U.S." – B. R.

Bicycling 3000 miles in 8 days without sore muscles or cramps is unheard of And, quite frankly, should be impossible! I don't think there is any athlete in the world that doesn't agree with that statement.

Another athlete partaking in a grueling endurance event, upwards of 50 miles per day mountain biking, reported similar results as well as a 20 percent increase in performance. This was measured through power meters and heart rate while on the bike, and by moving up from “pack fodder” to race leader and podium placement during the six day event.

“In brief, during my first test with Double Helix Water in 2017 my zone 3 fifteen-minute power peaked in June at around 265-270 watts. During the race, when I began taking eight bottles a day, my power surged dramatically over the course of the week eventually hitting 335 watts at low zone 3/high zone 2. This year, like last year, my power once again peaked in June, but at 335 watts for a fifteen-minute zone 3 interval, but this happened while training with Double Helix Water. The race results speak for themselves.



“Last year I began the week as what we refer to as “pack fodder”, i.e., not competitive, near the back of the pack. By stage 5 I was able to finish 5th which was my highest individual placing. This year, I podiumed 5 out of 6 days with four 2nd place finishes and one 3rd. Stage 3 was my Achilles heel both years. Last year my cranks literally fell off my bike at the start costing me 90 minutes and this year I suffered multiple flats costing me 45 minutes. I would have easily finished 2nd this year in my category were it not for the stage 3 delays.” B.H.

More results have been obtained by other professional athletes, in their own words:

Three-time U.S.A. Olympian and national champion

“My body has always been sensitive to water quality. For instance, I have trouble absorbing enough water to stay hydrated when drinking carbonated water. With the Double Helix Water, I find I can maintain a high level of hydration even while training at Dry Climates (Mammoth Lakes, San Diego, Summer in Tuscany). Partway through the summer I began a new regimen with the Double Helix Water Drops, as well as using the Double Helix Cream. During a period of two and a half months I took 15-20 drops before and after training, as well as before bed (up to five times per day). During this time I noticed an immediate positive change in performance, as well as how my body felt during training. I believe my recovery was shorter and I kept a very good level of hydration despite the hot temperatures and heavy training load.” A. P.

Three-time U.S.A. Olympian.

“Taking the Double Helix water has been a part of my daily routine for the past six months. After recovering from an injury that forced me out of the 2012 US Olympic

Trails I'm back in top form. As I've worked back into shape over the past months I've been feeling great and recovering from hard training as quickly as I was 10 years ago.

"As a 38-year-old professional runner I'm routinely competing against athletes 10 to 15 years my junior so it feels great to feel youthful and competitive again." J. R.

From a professional trainer:

"I am a personal trainer that has 3.5 years of experience under my belt. When I was introduced to double helix water I had no idea what would happen, in fact I was skeptical that a form of water would even do anything. The first week I didn't see a change but as with most supplements it takes time to see results. After the second week I really didn't notice much either but the third week really changed my mind I have had pain in my elbow from a previous injury due to performing skull crushers (an exercise for triceps). I had to completely cut them out of my arm routine. I decided to put the theory of this Double Helix Water to the test and put it back in my routine. To my surprise there was almost no pain in my elbow. I am one to push myself to my absolute limits, and then some, so keeping the pain to a minimum is a must. Now instead of an excruciating pain, I can go through a whole workout no problem." D. O

Knee problems:

"True story!! I've had a bum left knee for quite some time now, and after 3 surgeries, I have no cartilage left and a partially torn ligament. Periodically, I get pains in my knee that may take anywhere from an hour to a day to a week before it feels better. A few days ago, out of nowhere, I felt a jolt in my knee as if someone kicked me. It was extraordinarily painful, and I could barely walk. Finally, after a few hours and 6 Advils and no relief, I remembered that Cathy from Double Helix recently gave me a jar of cream which is supposed to relieve joint and muscle pain naturally.

"I dabbed a small amount of the cream on my knee, rubbed it in vigorously, and went to sleep. In the morning, I woke up without an ounce of pain and absolutely no limp. I'm a believer!! Thank you." -G.R. Boston, MA

Chronic pain:

"I got my dad onto Double Helix Water – got a distiller, got him taking it 2 times per day per the protocols. Note, my dad is 80 years old. He has had 2 kidney transplants, is on dialysis and on painkillers for chronic pain. He has had prostate cancer and is very feeble, walks with a cane etc. He's also worn a knee brace since his 30s.

"Two weeks later, I call home and my mother tells me, "Your dad tells me the water is curing him. He threw away all his painkillers because he's no longer experiencing any pain and he's thrown away his knee brace as well.

So, with that, my mother starts taking Double Helix Water and also reports the same – pain free! She’s had multiple hip and knee joint replacements, surgery for tendons in her shoulder, hands etc. Basically both were physical wrecks. So, both my mother and father have eliminated the pains they had and are rave about DHW on less than a month on the product. Wow!”

AB, Detroit Michigan

To summarize, the most common feedback from athletes are:

- Increased energy levels
- Increased endurance
- Shorter recovery times after heavy workouts
- Reduced muscle pains after heavy workouts
- Able to train intensively more frequently
- Reduced recovery time after injuries or surgery

What the future may hold in terms of athletics and sports is unclear, but if the above results are an indication of what is possible with Double Helix Water, it is quite possible that new records will be set as athletes are able to push through to new levels of performance not possible without the aid of Double Helix Water. Peak performance can now be reached with an entirely natural product.

TESTIMONIALS



TESTIMONIALS

“I have been using Double Helix Water for six months now; I haven’t had this level of energy in many years; my aches and pains are gone and I feel healthier. This amazing product has increased my energy level and made me feel better and stronger overall.

“My husband had pain in his wrist from repeated use. He used the cream, and miraculously the pain is gone. As a family, we are excited to discover more uses for these amazing products.” HP

“I am a woman of 67 years, and about a year and a half ago I was in a terrible state of health. I had arthritis that kept me awake at night, as I couldn’t lay for long on one side and had to turn around every hour or less due to the pain! My hands were hurting and I had no strength in them.

“In addition, I had back problems, with three herniated disks resulting in pain and loss of strength in both my legs. I had trouble walking, sitting, and lying down. Any position was painful; in short, I was disabled.

“On top of this, I had COPD (chronic obstructive pulmonary disease; one of the most common lung diseases which makes it difficult to breathe) and had to use an inhaler to get ‘air.’ My adrenals were not functioning and I had serious problems with my esophagus, resulting in chronic stomach pains.

“I was losing my hair, and you could clearly see my scalp. Due to my condition, I was no longer able to follow my chosen career and had to retire. This was devastating to me.

“Then a friend of the family gave me Double Helix Water. And so, a year ago, I started to drink it.

“To my surprise, taking only the Double Helix Water, I noticed that my energy started to return. Next, my hair started to grow, my legs started to regain their strength, the pain in my back started to disappear, my stomach slowly got quiet. It is now a year since I started taking Double Helix Water daily. I haven’t had a major illness since. My stomach is fine, and I don’t take the medication anymore that I needed to take ‘for the rest of my life!’ I can walk again; my back feels ‘normal.’ (Naturally, I’m not as ‘wild’ as in my teenage years, but relative to my age, I am doing great.) I have energy to spare; my hair grew back thick and looks healthy.

“The only thing I did was the DHW! No supplements anymore. Just trying to eat healthy food — not always succeeding. I still love cookies!” CV

“My mom is 67 years old, a widow, three children and eleven grandchildren. Her health over the last few years has steadily worsened. Asthma, increasing diabetes levels, high blood pressure and severe arthritis. Before I gave her Double Helix Water my Mom was prescribed a variety of medicines for her conditions but because of our lack of money,

we could not afford them. She was barely able to get out of bed and the family thought she would not survive to Christmas.

“After she began taking the water and within a week, her pain had lessened, she was walking and feeling better. She is now able to fully function, dance, walk distances and even swim with her grandchildren. She has come back to life from her deathbed. An absolute miracle. Thank you.” R.P.

“I feel more energized and less clumsy since I have been drinking the water. I attribute the times between treatments to the water. My quality of life is better than it has been in 8-9 years. Living with a chronic disease is something I never thought ‘I’ would have to do. However, I decided in the beginning of all of this that I needed to take control of my disease. I followed all the medical advice and still do. However adding the water to my healthy eating and lifestyle has made a huge difference in my quality of life. I am so thankful and feel blessed by this gift of water.” D’Ann

“Those who are drinking the Double Helix Water among my Laser patients are seeing that their healing time is accelerated!

“My autism children’s mothers are seeing the kind of subtle changes that I heard about from our last conference.” RM, MD, Orange, Virginia

“The main thing is that Double Helix Water helps the body heal faster. Double Helix Water will do things I cannot do, for headaches for example, I can do an adjustment which will help but Double Helix Water goes to work at the gene level and therefore complements what I’ve done.

“With an autistic child it helps accelerate the process of healing. Think of a wall, this water is like rebar which makes the wall stronger. It holds the adjustment and enhances everything I’m doing with a patient.

“You can’t go wrong with adding Double Helix Water to the treatment process. It assists in the global healing process.” – Dr. Bernardo Perez III D.C.

GUIDE TO USING DOUBLE HELIX WATER

Before giving you any further information, it is important to include the following statement for legal reasons. Even essential vitamins and nutrients are being regulated by our governments these days, and one can get into a lot of trouble by claiming, for instance, that Vitamin C will have a beneficial effect on illness. In Sweden, it has gone so far that it is now illegal to claim that any vitamin has a beneficial effect or can act as a curative agent for any disease, condition, or ailment. It is for this reason we make no such claims and assert the following:

Double Helix Water does not endorse claims or have scientific proof that stable water clusters are effective in the cure, mitigation, treatment or prevention of disease. Stable water clusters have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, treat, cure, or prevent any disease.

When starting to take Double Helix Water, we recommend you follow the instructions on the bottle. Drink three drops in 8 ounces of distilled or reverse-osmosis water, twice a day.

The stable water clusters seem to have a detoxing effect on the body, but detoxing too fast can be uncomfortable. Since a human body can't detox heavy metals very quickly, we must eliminate those before increasing the dose. Therefore, keep up this basic dose until all detox reactions from heavy metals are gone. (Consult your physician as needed.)

Since it is your body that heals itself, you'll find still better results after prolonged use.

Your body does not get sick overnight; it usually takes a while. Reversely, it also takes some time to heal itself.

More research needs to be done to determine more exact dosages. That said, we will include some information on what seems to have worked for others. This information is anecdotal in nature and does not serve to diagnose or treat any illness or disease.

INSTRUCTIONS

- Remove lid
- Place 3 drops into an 8 oz. glass
- Fill glass with 8 oz. of distilled or reverse-osmosis water
- Stir vigorously for 30 seconds

FOR LARGER QUANTITIES

- Alternatively, mix one bottle in a gallon of distilled or reverse-osmosis water
- Shake well for 2 minutes
- Store out of direct sunlight for daily use. Double Helix Water can be stored at room temperature or refrigerated, depending on your preference
- Drink a 2oz serving twice a day or as directed by your practitioner

IN CASES OF SEVERE ILLNESS

People reported marked improvement after adhering to the following procedure:

- Taking one bottle of DHW straight (not diluted with distilled water) once a day for two weeks
- Nebulize straight DHW 4 minutes, rest 2 minutes, then nebulize 4 minutes 1 time a day
- If nebulizing more than once a day, wait between 7 to 9 hours after first session
- Applying Double Helix Cream™ topically to any area of discomfort, twice a day

LONGTERM CHRONIC CONDITIONS

People with long-term chronic conditions have reported marked improvement after 30–60 days of the following:

- 15 drops of DHW in 8 oz of distilled water, twice a day
- Nebulizing with DHW straight, twice daily for 2 minutes

ATHLETES

Another subject of interest is athletes. Many athletes who are active in such sports as extreme mountain biking, mountain climbing, weightlifting, tennis, golf, or running have reported improved performance and reduced recovery times after intense workouts. They use Double Helix Water as follows:

- 15 drops of DHW in 2 oz of distilled water immediately before a workout
- 15 drops of DHW in 2 oz of distilled water right after a workout
- 15 drops of DHW in 2 oz of distilled water, later that same day

FOR PROFESSIONAL ATHLETES WHO WANT TO INCREASE PERFORMANCE

- Take 16 drops of DHW in 3 oz. of distilled water right before a workout
- Take 25 drops of DHW in 3 oz. of distilled water right after a workout
- Take 20 drops of DHW in 2 oz. of distilled water later that day
- Nebulize DHW straight, not diluted, for 26 drops of DHW for 4 minutes 1 time a day
- Apply Full Spectrum Skin Cream, unscented, to any areas of soreness or discomfort and thoroughly massage the cream into those areas

WHAT DO DOCTORS AND PRACTITIONERS SAY ABOUT DOUBLE HELIX WATER?

“Double Helix Water is a unique product that contains stable water clusters. Stable water clusters are very important factors in wellness and in the treatment of various disease states, for several reasons. The top two are:

1) Stable water clusters carry more oxygen, allowing for greater oxygen delivery to the cells – remember that hypoxic environments are associated with the inflammation that underlies virtually every chronic disease state.

2) Additional science behind stable water clusters demonstrates increased IgM levels, suggesting a boost in the immune system’s viability and, therefore, immunocompetence.”

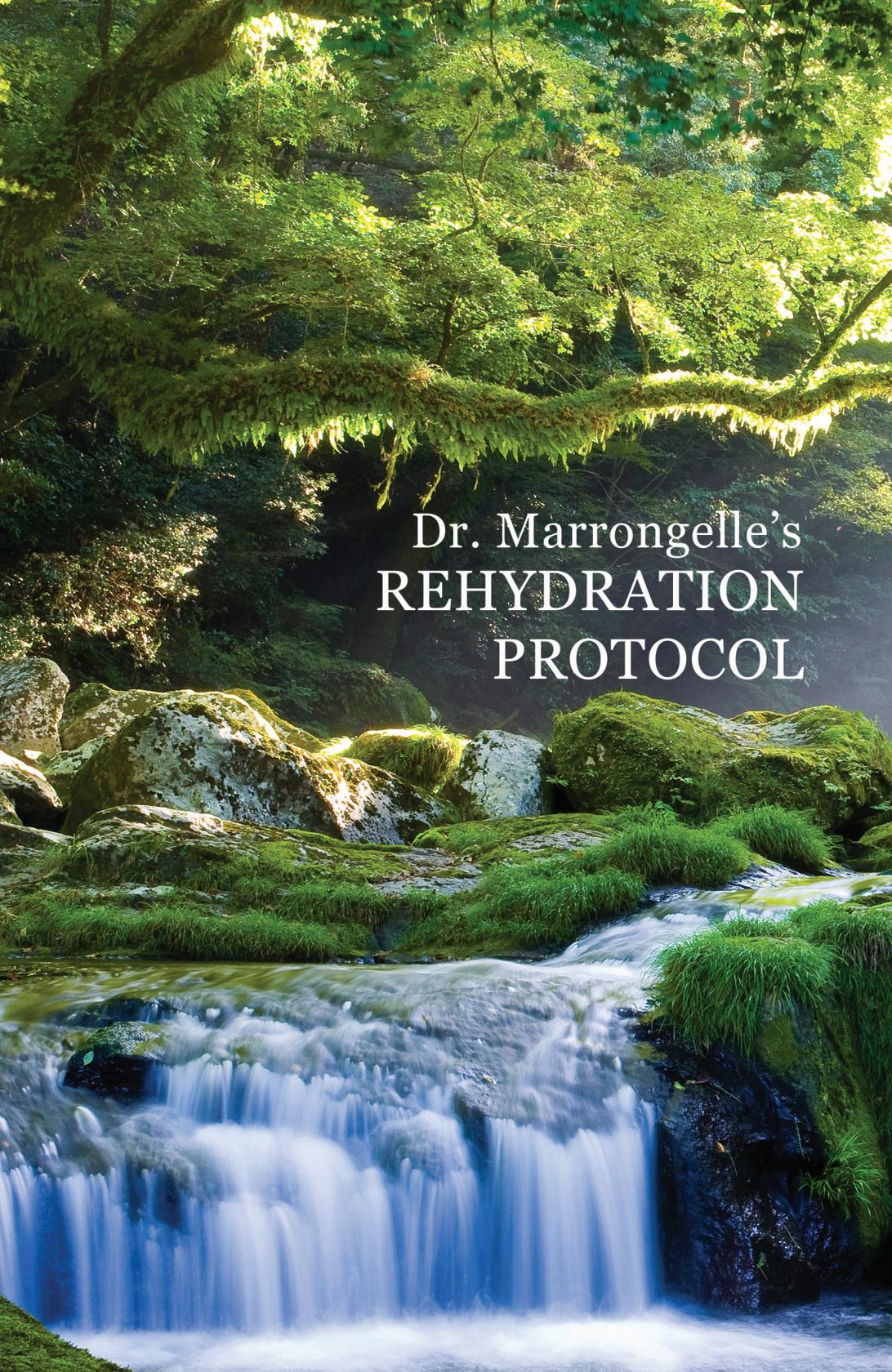
*G.A.R.M. (Global Alliance for
Regenerative Medicine)*

“Double Helix Water is able to regulate most of the processes in the cell membrane; since using it we understand that oxygen is getting through better, the [cell] cleansing process is more appropriate. The electrical potential [of the cell] is balanced all the time. This is helping us get about 30 percent better results when treating our patients.”

Dr. Raymund Hilu M.D.

“I have patients that come in, in respiratory distress. We nebulize with Double Helix Water; within 15 to 20 minutes they are dramatically better.”

Dr. Erin Leigh Connealy M.D.

A lush, green forest scene featuring a waterfall cascading over mossy rocks. The water is blurred, creating a sense of motion. The surrounding vegetation is dense and vibrant, with sunlight filtering through the trees, creating a dappled light effect. The overall atmosphere is serene and natural.

Dr. Marrongelle's
REHYDRATION
PROTOCOL

REHYDRATION PROTOCOL

Dr. Marrongelle has put a protocol together which has gotten very good results for most. It is included here as information.

Dr. Marrongelle's Rehydration Protocol

INTRODUCTION:

Chronic dehydration is a far greater cause of health problems in society than is commonly recognized. In fact, many symptoms of clinical dehydration are treated as diseases in themselves; while the dehydration aspect is not recognized or addressed.

The average adult loses about ten glasses of water per day through the body's waste management systems: urination, bowel movements, perspiration, and so on. All of this water needs to be replaced in order for the human body to function properly. Failure to supply this water results in a "conservation reaction" in the body.

What do we mean by this?

In order to remain in good health, the body requires a daily intake of fluids and nutrition. When these are lacking, the body starts to "prioritize" the delivery of nutrients or fluids to its most essential systems, beginning with the most important. It slows or halts the excretion systems of the body, and attempts to "recycle" the fluids it has. The result is a slow buildup of metabolic waste (excretions by cells which act as toxins) within the body, caused by an absence of appropriate "waste management" – which is entirely fluid-driven and dependent on the constant replenishment of clean water into the body.

As an example, here are a few of the many common signs caused by dehydration, which are often not treated as dehydration:

- Fatigue
- Constipation
- High blood pressure
- High cholesterol
- Acid-alkaline imbalance
- Digestive disorders
- Asthma and allergies
- Weight gain
- Skin disorders
- Joint pain or stiffness
- Bladder or kidney problems
- Premature aging

While any one of these symptoms could certainly have other causes, we would be prudent to first rule out one of the most obvious probable causes. This may be accomplished through the rehydration protocol.

It is startling to see how many symptoms will alleviate, or even entirely disappear, within just a few days of following the rehydration protocol. Even if they do not significantly alleviate, there are of course many other options. The simple fact remains that you will certainly be much better hydrated and in an improved metabolic state.

There is nothing stopping you from taking other nutritional steps during the protocol. But with this protocol, one has, at the very least, repaired the primary delivery mechanism of the body: fluids, upon which all other nutrition rests.

A study published by Oxford Academic Nutrition Reviews, entitled Water, Hydration and Health, established that physical and mental performance begin to degenerate at only a two-percent hydration loss. As a good comparison, to illustrate the significance of this, an athlete will lose between six and ten-percent hydration during athletic performance. This is far above the two-percent threshold that begins to produce degeneration of mental and physical function – hence the focus on fluid intake during exercise.

A large portion of the population suffers from chronic low-level dehydration. Thus the first requirement is a pre-nutrition step: getting the person back to optimum hydration so that later nutritional fixes and therapy will take effect.

One of the primary problems with dehydration is one's habit patterns and the fact that a dehydrated individual no longer recognizes that he is thirsty. One has to retrain the body to ask for water instead of snacks. This is done by drinking frequent small amounts of water, on the hour, every hour. Within three to five days, it will entirely change the way you feel. It will also retrain the body to recognize when it is thirsty, and will set the foundation for recovery of just about any condition.

It cannot be stressed enough that rehydration is accomplished with small frequent doses.

Drinking large quantities of water all at once will not rehydrate your system. It will simply flush the water through the body. The remedy of long-term chronic dehydration is achieved through small frequent doses over a period of several days. This is what gets your internal systems going again.

It is this pre-nutrition phase that is missing from most diets.

This is how you get your body functioning well, using nutrition, clearing waste, and producing energy – with the added bonus of increased mental alertness and clearer thinking.

THE EXACT PROTOCOL IS AS FOLLOWS:

1. Mix one full bottle of Double Helix Water into a gallon of distilled, purified, or reverse-osmosis water.
2. Drink a four-ounce glass of this water every hour, during waking hours. The key here is that small quantities are spaced apart evenly.
3. Continue this until the first gallon is used up.
4. Mix the second bottle of Double Helix Water into a gallon of distilled, purified, or reverse-osmosis water and continue drinking a four-ounce glass every hour. Continue this until the second gallon is used up.
5. Once the above steps are complete, you are ready to move on to a maintenance dose: three to five drops of Double Helix Water in a glass of water, twice a day.

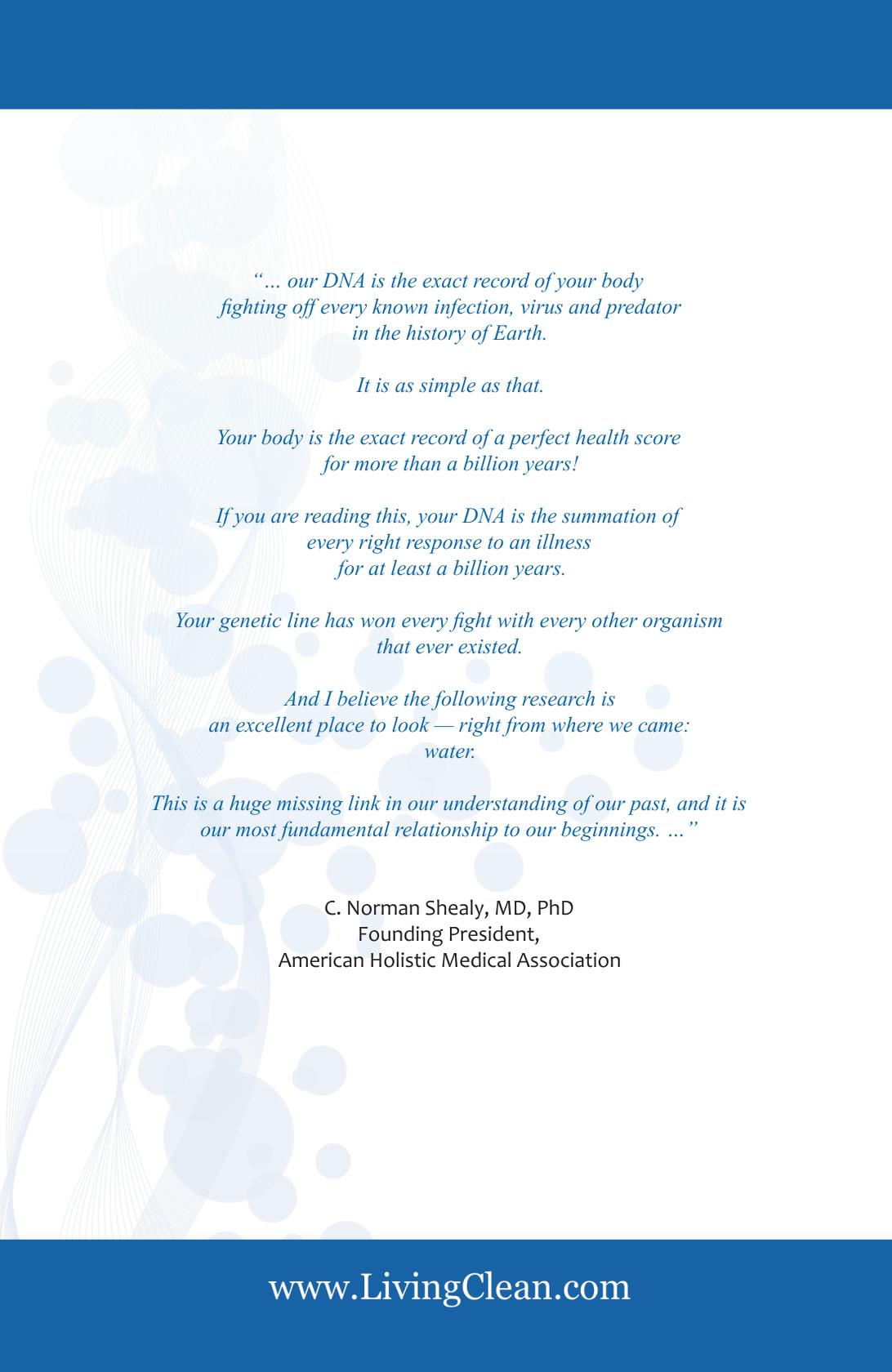
The importance of the regular intake of small quantities cannot be stressed enough. This needs to be done over the period of a few days, to retrain your body to ask for water and to tell you that you are thirsty. Set a timer to go off once an hour if needed. Usually, the easiest way to do this is to set a timer or use a cell phone that gives reminders. After this initial step is done, you will find yourself automatically wanting water when you are thirsty and will no longer need to do it by the clock.

Once the pre-nutrition phase of treatment has been completed, your internal systems will now be set up to deal with any other nutritional regimen or protocol required for any given condition.

Vitamins, minerals, proteins, and other herbal or homeopathic remedies can now be rapidly distributed throughout your internal systems and can get where they need to go. Toxin build-up and waste matter within your body will be efficiently excreted. You will have overcome the first major barrier toward good health.

Jeffrey L. Marrongelle is a Doctor of Chiropractic, and a Certified Clinical Nutritionist. He has been practicing Homotoxicology and nutrition in connection with his practice for 30 years. Dr. Marrongelle has successfully integrated the latest technologies, with nutrition, herbal drainage remedies, and complex homeopathy with structural modalities to assist his patients with a wide-range of conditions.

Dr. Marrongelle is a graduate and was a member of the Board of Trustees for Capital University of Integrative Medicine (CUIM) in Washington, D.C. He has completed a Doctorate of Integrative Medicine Degree. He is a primary researcher in the effects of Electromagnetic Fields with the Human Physiology. He is frequently sought after as a Consultant, Lecturer, and Speaker, on nutrition, integrative medicine and the future of self care.



*“... our DNA is the exact record of your body
fighting off every known infection, virus and predator
in the history of Earth.*

It is as simple as that.

*Your body is the exact record of a perfect health score
for more than a billion years!*

*If you are reading this, your DNA is the summation of
every right response to an illness
for at least a billion years.*

*Your genetic line has won every fight with every other organism
that ever existed.*

*And I believe the following research is
an excellent place to look — right from where we came:
water.*

*This is a huge missing link in our understanding of our past, and it is
our most fundamental relationship to our beginnings. ...”*

C. Norman Shealy, MD, PhD
Founding President,
American Holistic Medical Association