

HOW DOES YOUR BODY HEAL ITSELF?

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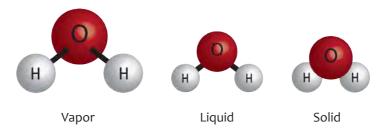
Guide to Using Double Helix Water®

## What is DOUBLE HELIX WATER<sup>®</sup>?

## WHAT IS DOUBLE HELIX WATER®?

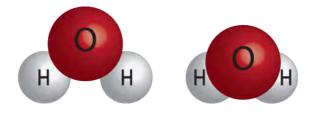
Double Helix Water<sup>®</sup> is 100% pure water containing large concentrations of stable water clusters. What do we mean by a stable water cluster? Let's take a look at commonly known states or "phases" of water.

Water is generally recognized to exist in three phases—gas, liquid, and solid. In its solid phase, we refer to it as ice; in its liquid phase, as water; and in its gaseous phase, as steam. In each of these phases, it is the exact same molecule, H<sub>2</sub>O. What is different is the *space* or *distance* between the components of the molecule (this is an oversimplification and not fully accurate but serves to illustrate the concept.)



Normally, the distance between the elements of a water molecule is affected by temperature. Thus, the lower the temperature, the closer are the constituents, until the freezing point, when water becomes solid and turns into ice. However, a fourth phase or state of water has been discovered, and it does not fit the above classifications. This is the stable water cluster.

When we speak about the stable water cluster, we are still referring to the exact same water molecule; but the distance between the molecules is even closer than any other known states of water. What's more, the distance was not created nor affected because of temperature. The stable water cluster stays solid at room temperature; in fact, it stays solid even at intensely high temperatures. So it can no longer be classified as ice.



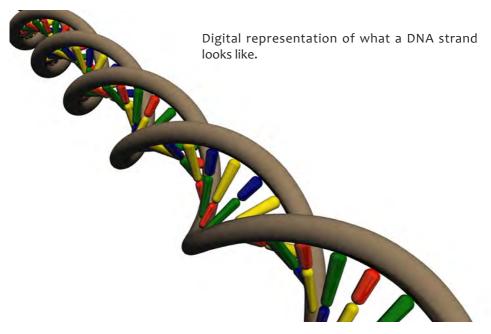
Solid

Stable Water Cluster

When many stable water clusters are present in water, an interesting phenomenon occurs. They combine into double-helix structures, similar in shape to DNA—hence the name "Double Helix Water"." We will discuss this in further detail later in this booklet.



Above you can see a Stable Water Cluster forming a double helix. This is an actual photo taken with an Atomic force microscope.



A complete description of the stable water cluster and the science behind it is available in the book *Double-Helix Water®: Has the 200-Year-Old Mystery of Homeopathy Been Solved?* This book contains the precise summation of our discovery of this new phase of water.

#### WHAT DOUBLE HELIX WATER® ISN'T

Before we go further into this discovery and what DHW could do for you, let's clear up some possible confusion—specifically, what Double Helix Water® is not.

There are many forms of water available on the market today, all more or less beneficial and with certain claims attached to them. You might, for instance, have heard of Kangen Water, "ionized water," "structured water," or any number of other mineral or treated waters.

Double Helix Water<sup>®</sup> (DHW) is none of these. When we use the term *Double Helix Water*<sup>®</sup>, we are referring to the presence of stable water clusters in ultrapure water ( $H_2O$ ). There are no drugs or additives of any kind; it is not "treated" in any way, and it retains the original molecular structure of pure  $H_2O$ . But, since the stable water cluster is more condensed on a molecular level, this fourth phase of water behaves entirely differently from ice, liquid water, or water vapor. And we believe that it is this exact difference that is responsible for the remarkable effects on the body when it is consumed by individuals (more on this later).



#### THE DISCOVERY OF THE STABLE WATER CLUSTER

One might ask, "Why wasn't this phase of water discovered before?" The answer is very simple. Science lacked the advanced tools required for the discovery, specifically the atomic force microscope (AFM). This microscope (the AFM) only became available in the later part of the twentieth century, and without this extremely advanced ability to view the world of atoms, the stable water cluster was simply impossible to find.

To further complicate the matter, looking for a particular very small water molecule, surrounded by other water molecules that were in a constant state of motion, is comparable to trying to find one particular blade of straw in a haystack that has just

been picked up by a tornado! As you can see, it has been quite a challenge and it didn't happen overnight. It took us nearly fifteen years of study and research to make this discovery, during which time we isolated and photographed this particular particle of water hundreds of times.

Much information has been gathered since we first began in 1995, and as the data grew, our understanding followed. At the beginning of this search, we believed that we had discovered another form of ice; but now, after these many years, we know that the stable water cluster is a hitherto-undiscovered phase of water. It has been with us all along and is probably as old as our planet itself.

Knowing that it existed was the first step. The next step was determining its exact configurations and geometries; but even more important was figuring out how it functioned within our biological makeup. How did it fit into the human equation?

As we first began photographing the particle, we found (quite by accident) that one of the pictures contained a bacterium. To our surprise, the stable water clusters in the vicinity of the bug had attached themselves to it (we assumed because of their electrical charge) and this made it impossible for the bacterium to survive. Another clue presented itself when one of our batches of stable water clusters had been left in storage for a long period of time and yet showed no bacteria growth.



The large oblong mass is the body of the bacteria and the small point-like structures are the stable water clusters.

This puzzled us, since normally ultrapure water is an ideal growing place for bacteria. We definitely had found our first clues that there was a possible biological aspect to the stable water cluster.

While doing some of our research at UCLA, we were introduced to Professor Benjamin Bonavida, PhD, Department of Microbiology, Immunology, and Molecular Genetics. We showed him samples as well as the bacterium picture, which intrigued him greatly.

Dr. Bonavida decided to launch a series of doubleblind studies. A scientific paper containing the results of his fifty-seven experiments was published by the World Scientific Publishing Company in

1998. A full copy of this study and the research paper is available in the book Double-Helix Water®: Has the 200-Year-Old Mystery of Homeopathy Been Solved? (page 103).

The results showed a very positive effect on the immune system. It was at this point that we realized we had, quite by accident, stumbled on a significant breakthrough in

the field of health and potentially a new understanding of the workings of the immune system in the human body.

As we know, our bodies are largely made up of water, and the aforementioned study demonstrated that a solid particle of water was capable of triggering an immune response. As you can imagine, our interest increased greatly; but even though we had our first indication of the biological activity of the stable water cluster, it only led to more questions.

We manufactured hundreds more samples in the lab that were of stronger and stronger concentrations of stable water clusters. With Dr. Lo's original mathematical model as our guide, these samples unlocked more of this puzzle as we viewed each new series of atomic force microscope photographs. It was during the examination of an extremely strong solution that we realized Mother Nature was trying to tell us something.

In highly concentrated solutions, stable water clusters form a new structure, a double helix—yes, very similar to the shape of a DNA strand.

What did this mean? What was Mother Nature saying?



At that time, we felt it was rather bold to assume that this infinitesimally small particle of water was somehow part of the first moments of biological life here on Earth; but today, after nearly twenty years of research, I am afraid we see no such boldness. Solid agreement exists among scientists worldwide that life somehow sprang from the ancient oceans that covered our planet around 3.5 billion years ago. Is it so difficult to imagine that this fundamental little particle was in some way involved in those beginning stages?

Before we jump solidly into our study of the stable water cluster, let's explore a few very interesting observations that have come out of this research.

It became impossible not to correlate our findings with today's soaring negative health statistics. When one begins a study of the biological actions of this particular particle, and when one does so in an ultraclean environment, one begins to get a glimpse into the possible causes of our current sick society.

## THE DRAMATIC DOWNTREND OF OUR HEALTH STATISTICS

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Despite the advancements in medical technology and the widespread availability of medical "cures," we are seeing an overall increase in illness and facing constantly rising healthcare costs. Logically, this makes no sense.

In fact, the death rate from cancer has increased by 300 percent over the last hundred years.\* In other words, regardless of all the medical advances made, a larger percentage of our population is getting ill.

For instance, if one looks at cancer statistics in the United Kingdom over the past forty years, one will find that the rate of people getting cancer has increased by approximately 25 percent. Another example is autism. In the 1960s, one person in 10,000 was diagnosed with autism; today, the rate is one in 88. That means we have a one-hundred-times escalation in diagnosed autism over the past fifty years. While part of the rise can be attributed to better reporting and diagnosis, this cannot account for such an alarming increase.

We are also seeing a host of new illnesses these days, and while some illnesses and diseases have been stamped out, they have been replaced by many more new ones. Our point here is simply something does not make sense; something is wrong with this picture. An increased understanding in the field of medicine should have resulted in decreased illness. Yet this is not the case, despite billions being spent each year on medical research.

There must be some other factor at work because, frankly, our research scientists are not stupid people; on the contrary, they are some of our most highly trained professionals. So what has changed? What could possibly be affecting us to create such a prevalence of illness?

\*Source: 1900–1970, U.S. Public Health Service, Vital Statistics of the United States, annual, Vol. I and Vol. II; 1971–2001, U.S. National Center for Health Statistics, Vital Statistics of the United States, annual; National Vital Statistics Report (NVSR) (formerly Monthly Vital Statistics Report).

#### A POSSIBLE FACTOR

From a logical point of view, it's not that difficult to grasp. To understand a downtrending statistic, locate what has changed. To do that, let's go back and look at the major change that has affected our civilization in the last three or four generations. Tracking back into these generations, we find the beginning of the Industrial Revolution.



I believe we all agree that we have a more comfortable standard of living due to the Industrial Revolution; however, we have also seen the introduction into our environment of over one hundred thousand new manmade chemicals. One can see that many of these chemicals have been, and are, very useful in our lives; but unfortunately they are not natural to our bodies. Mother Nature did

not create them, and because of that fact, they can only act as toxins or foreign substances to us. Those new one hundred thousand chemicals are in our clothes, our food, the things we drink, the water we bathe in, and the air we breathe. We've all heard of some of them, like asbestos, Agent Orange, and DDT. These have appeared in international headlines, along with resulting court cases; but there are thousands of not-sowell-known man-made chemicals that surround each one of us every day.

It is these new man-made chemicals that our bodies *have never come in contact with* in roughly 3.5 billion years of evolution, from single cell to sentient being—man. Only within the last hundred years have we been constantly bombarded by substances that we have never before encountered along the evolutionary track of time and have *no* built-in processes to handle.



Simultaneously, if we look at the last three generations, we see illnesses skyrocketing through the roof (autism comes to mind), but why? And why are we seeing all these new incurable diseases—AIDs, HIV, and the full range of autoimmune disorders?

Before going into this any further, let's take a look at DNA and what it is supposed to do.

## WHAT DOES DNA HAVE TO DO WITH SELF-HEALING?

## WHAT DOES DNA HAVE TO DO WITH SELF-HEALING?

Now, I believe we can make an assumption here, and that is that even within the Western medical community, one would find complete agreement that **self-healing**, or **actual healing**, happens because of the information that is stored within our DNA. We heal, our bodies get well, because of instructions that are found within our DNA.



Let's take a closer look at this. To begin, what is the purpose of DNA? In other words, what has DNA been doing all this time since life began here on Earth? This may seem like a huge question . . . but it's not that difficult to answer.

From its inception, DNA has had one purpose, one intention, one directive, and that is "survive." It is only motivated by the continuance of life. Its only job or activity has been providing *survival* instructions for the body, for the organism, for the cell. It's done a good job, wouldn't you agree? I'm here; you're here; we are all here because it did what it was supposed to do.

The question would be, how has this remarkable natural mechanism, or device, or technology, or whatever we want it to call it (we are talking about DNA), kept this race of humans and all living creatures alive for these countless millennia?

The answer again is quite simple: it kept good notes. It kept a running record of all its successes—how it fixed and replicated itself.

For how long? Most scientists would agree that it's somewhere around 3.5 billion years. The DNA that's inside of you, the DNA that's inside of me, and the DNA that's inside every living creature on Earth has been around for three and a half billion years, and it's been learning that entire time. It has not been dead and then born and then dead and born again. No, it has been alive for all those endless years of the past.

Another thing is that DNA is always alive when it is passed down through the generations. You got your DNA from your parents (they were alive), and they got their DNA from *their* parents (again living), on and on and on, all the way back to the first

man or woman, animal, or single-cell organism. There has never been a total break in this chain of life. If there was a break in a particular evolutionary line, that organism ceased to exist; its species is extinct. Mother Nature does not tolerate failure.

### Information Stored in DNA

By now, having been alive since life began here on Earth, our DNA ought to be pretty smart! If we wanted to make an assessment of how much information is stored in just a single microscopic strand of DNA, what would be a good estimate? In computer terms, it would come to about 6 gigabits.

To give you a better comparison, if every single person on this planet represented one piece of information, the entire population of Earth would be stored in a single DNA strand.

How is this information stored? To oversimplify it, we could say that DNA has arranged itself into lines of "code" or instructions that are the blueprint of our bodies and their functions.

Now, what do we mean by that? The explanation from a medical text would be that DNA is made up of four different kinds of body chemistry, referred to as "bases," or "building blocks," of our DNA. How these are arranged or how they line up and fit together determines DNA code; these are what provide the instructions for our bodies to follow.

But if one looks below that understanding, we find an even smaller breakdown. An underlying code exists, because those bases or building blocks *are made of something*, basic elements, and those elements stick together because of a little charge—a push or a pull, a plus or a minus. It is this point where we step out of *biochemistry* and step into the field of **physics.** It is this crossover point from biochemistry to physics that will give us a new understanding of the functioning of the human body. We must step out

of the medical field and into the field of physics, as we need to view the structure and function of a human body at the atomic level.

It makes a major difference whether one views the human form from a chemical, biological, or physics point of view. Biological and chemical systems can seem rather complex, but looked at from a physics point of view, we see simply a long chain of places where something will either attach or not, stick or not stick—and that stick-or-not-stick becomes a simple binary code.

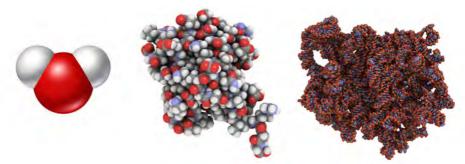


A binary code is the language (or "brain") found in your computer. The code is built on two values: a one or zero, an on or off, a plus or minus. Morse code, with its dots and dashes, is a binary code.

Therefore, beneath all the complexity of human biological systems, cluttered with "Latin" labels, lies a simple, simple, simple mechanism. It began with DNA back in a watery ocean: either something bonded or did not bond, stuck or did not stick.

It's a rather sad comment on our society that we strive to make these subjects so complex, because the truth is that you, me, all our families and friends, everyone on Earth, on a fundamental basis—all bodies—are made of little things that either want to push or pull, attract or repel, and that's it. No matter how many old professors speak Latin to us, nothing changes that.

On the most primary level, how your body operates is dead simple. Oh, it appears complex; don't get me wrong! Even if you strip away all the complicated Latin labels, it will still look very complex; but there is a simple answer to *why* it appears so.



There are billions, sometimes trillions, of processes happening at the same time. The basic functions at the smallest level are not complicated; it is just a plus or a minus, stick (bond) or no stick (no bond). It only looks complex because of the number of concurrent processes that are occurring.

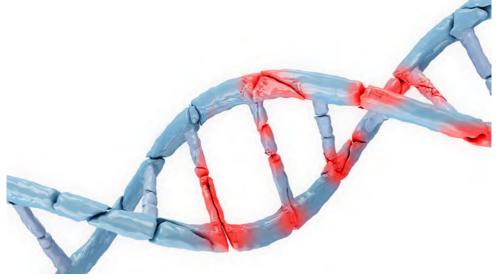
Once you understand that principle, it is time to take a look at the functioning of a body from a brand-new perspective.

In physics, we know that the smallest elements bond or don't bond. That is the simplicity of life's actions also. Remember, you, I, and all life began in a simple fashion in that watery ocean eons ago. Each step of our evolution was one of replication. Same as today; because when you get sick and your DNA fixes you, it does so by replicating the successful actions of the past. It replicates a pattern or a code present in the soup of the cell, and it picks up those things that are in the cell and, in that sense, it builds or reproduces a new piece of body chemistry—such as a particular protein.

It is a straightforward replication process. This is the code we have been talking about! The body reproduces itself because of places to stick, or bond. It is the simple replication of what is there, what worked in the past; and here is where we start getting very sensible answers to the prior questions in this booklet.

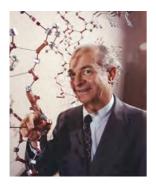
If one looks at this subject of health in the above light, with a possible new understanding, one can only come to this conclusion:

What goes into the body could very well end up sticking to that new replication: the new piece of body chemistry that is supposed to go forward in time might be grossly wrong. Bad replication means you could actually be affecting your genetic code.



More about this later ...

### LINUS PAULING



The only person in history ever to be awarded two unshared Nobel Prizes was Linus Pauling. He was probably either the most influential chemist that ever lived, or one of them.

Pauling was rather direct about his viewpoint on what should be added to the body, as described here in this famous quote:

"Everything in the treatment and prevention of chronic diseases which is not orthomolecular [natural to the human body] will fail."

He went on to say that, no matter how many marketing dollars you threw at unnatural substances in an attempt to make them into workable solutions, it was useless, because in the end, you are a totally natural three-billion-year-old organism, made by Mother Nature.

The man-made chemicals that have shown up in the last hundred years won't fit into her master plan. You were not created or evolved with these chemicals, and there is no information in the entire record of your DNA on how to deal with them; yet these new chemicals and toxins are finding their way into your body. Decide for yourself whether this is a good thing or a bad thing.

#### HOW DOES THIS AFFECT YOUR DNA?

Let's take up another concept: gene expression. What is "gene expression"?

#### GENES

Every creature alive has genes, and these determine what kind of life form something will become. Genes are tiny strings of chemicals that act as instruction manuals for each life form. They are the basic building blocks of life.

Genes hold in their structure a sort of code that determines what plant or animal this particular life form will be. The code determines every part and function of a living organism: color, skin, fur or feathers, and whether tall or short, thick or thin, and so forth. Genes dictate a living thing's individual, unique characteristics, as well as all the internal workings that determine its health.



"Gene expression" refers to how your genetic code shows up in your body. For example, if you have green eyes, this is the gene expression of the specific genetic code for that eye color. If a particular gene fails to express or has been altered so it does not express correctly, this could result in an unhealthy medical condition. From this, you could draw the conclusion that at the root of very many medical conditions or illnesses, something has gone wrong with the expression of a gene. The DNA no longer provides the needed information to produce a healthy body.

This might sound like an oversimplification, but it really isn't. The reason you get sick when you eat something that is toxic to your body is because you are adding particles that prevent a cell from perfectly replicating. Components other than natural building blocks are being introduced, causing the genes to build a cell that can no longer fight off illness or has lost some other function.

This principle has been known for thousands of years. People might not have known the exact mechanism, but they did know that in order to produce strong, healthy offspring, it was necessary to consume healthy animals or plants—healthy food.

Current research indicates that the stable water cluster somehow helps the expression of certain genes. This allows the body or cell to use the information that has accumulated for millions of years, enabling it to deal with illnesses and heal itself. It is not the stable water cluster that heals you; it is your DNA, performing its functions as originally intended.

Double Helix Water<sup>®</sup> has to be one of the most natural products in existence (or possibly *the* most natural). We believe we have uncovered another phase of water—one that we are convinced has been around since DNA began. We have spent years learning how to concentrate it. With what we now know, we are possibly looking at a minuscule

particle so basic to living organisms that it might be the underlying building block to life itself.

It is a little water molecule that your body is totally able to work with, and simply because it has a bigger push or bigger pull (from a physics point of view it has a larger charge), it has the ability to do more work.

Life has been going strong for billions of years—working, working, working—a constantly operating water machine; it knows exactly what to do. The thing to do is enhance it, not poison it!

Double Helix Water<sup>®</sup> is a helpful, natural solution for life.

## Research



### RESEARCH

Now that you know a little more about the stable water cluster and what it does, let's take a look at some of the research that has been done so far. While research is far from complete, we feel you have the right to know what has been observed so far. We are presenting the information below simply as our opinion on what has been observed.

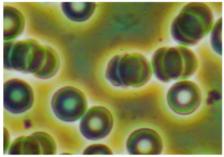
After we made our initial discoveries about stable water clusters, the subject sat on a shelf for a while. Nothing more was done for several years on this investigation of stable water clusters and how they relate to human immunology. Then, in 2006, a request came in from a family member of a business associate, who was familiar with one of the prior studies.

This family member had pancreatic cancer, had not responded to conventional chemoand radiation therapies, was in hospice, and was given only a few months to live. She began drinking a solution of the water and went into remission within four months.

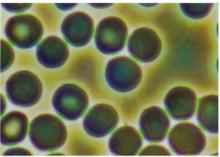
Today she is considered cancer-free. She was the first of what are now numerous people taking the water who have gone into cancer remission after drinking it on a regular basis. We have also seen recoveries—ranging from impressive improvement to a complete cessation of symptoms—from a diversity of other health issues, including autism-related disorders and a variety of autoimmune conditions.

Following the Bonavida study of 2007, Gann and Lo (together with Dr. Norman Shealy, a neurosurgeon and medical researcher) ran a small clinical trial. Ten healthy subjects had baseline blood drawn to measure TNF-A, IL-1B, IL-6, and IFN-Y (these designations are biological chemicals that affect parts of the human immune system). Each subject was then asked to drink water that contained stable water clusters, four times a day for 45 days. The results were impressive; the subjects who drank the water showed significant increases in Interferon-Y (interferons are proteins that trigger the protective deffenses of the immune system) at the end of 45 days. The study remained unpublished because of the small numbers, 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."

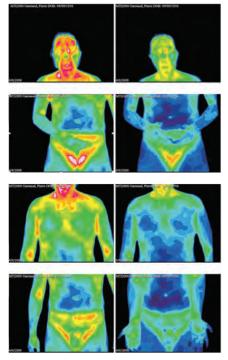






20 minutes later

In 2009, a large study was conducted on the stable water cluster's immediate effect on the human body, using infrared imagery to demonstrate. The study group consisted of 78 volunteers over the age of 45 and free of acute disease. An infrared image was taken of each volunteer, who then drank plain distilled water. Ten minutes later, another infrared image was taken. The same volunteers then drank water containing stabilized water clusters. Twenty minutes later, a third infrared image was taken. The temperature changes detected by these infrared pictures were then calculated. Statistically significant differences in the temperature responses were found in all 78 subjects.



The body surface temperature differences observed before and after drinking the stabilized-water-cluster solution indicate that these molecules induce a rapid physiological response in a human body. The infrared pattern is entirely different from that produced by ordinary water molecules. We believe this observation indicates that stabilized water clusters have an important role in cell-to-cell communication.

Our research (plus a large amount of anecdotal data) has shown that these stable water clusters, with their strong electric polar fields, demonstrate impressive biological effects in people taking them daily. Two examples are accelerated fracture healing and a reduction in cancerous tumor size.

Substantial improvements have been obtained for individual patients with autoimmune disorders (several with lupus and multiple sclerosis, and one with myasthenia gravis, an auto immune disease affecting the muscles and casuses fatigue). Some eventually became symptom-free without any treatment or medication.

We have seen cancer patients tolerate chemotherapy and radiation therapy with minimal discomfort, minimal constitutional side effects, and no appetite or weight loss.

A number of children with autism-related disorders have shown substantial improvement on a regular regimen of this water along with their other treatment programs.

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 greatly reduced pain. Topical application is also showing early benefit for arthritis pain, when rubbed into the affected joint. It seems to quiet the 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 ingestion of these stable water clusters would indicate a very fundamental effect on the immune system and healing process. While we do say that Double Helix Water<sup>®</sup> itself does not cure anything, we know 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 your body should get well.

# TESTIMONIALS

### **TESTIMONIALS**

I have been using Double Helix Water<sup>®</sup> 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.

Originally I purchased Double Helix Water<sup>®</sup> and Double Helix Cream<sup>™</sup> for a questionable area I developed on my leg, like a skin cancer; it took only one month of use with both the water and the Double Helix Cream<sup>™</sup>, and the spot was completely gone.

I have found more uses for the cream since. I stand by it for use as a beauty cream for anti-aging; it works beautifully for dry skin and as a makeup base. My daughter has always had issues with cold sores; she used the Double Helix Cream<sup>™</sup> and the next morning the cold sore was nearly gone.

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. I endorse and promote this product line to everyone I see, to share the news of these miraculous products, so others may be healed.

Be well,

ΗP

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.

I met a fantastic chiropractor who is also a homeopath and using natural products. (I don't believe in medicine and if I have taken five painkillers in the last 27 years, I probably "over-calculated.")

He helped me with supplements and adjustments plus a three-week treatment to stretch the back.

I could be on my feet again, but it was not optimum at all. The COPD was still there and so were the esophagus problems.

Then a friend of the family gave me Double Helix Water<sup>®</sup>. I thought, «Well, ok, I will do it, because the help offered was with very good intentions.» And so, a year ago, I started to drink this DHW.

As I was unable to function, I couldn't work, so I was unable to continue the regimen of supplements that were recommended; so after a few weeks I was left with "just" the Double Helix Water® my friend had given me.

To my surprise, taking only the Double Helix Water<sup>®</sup>, 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. I still kept the inhaler in the cupboard beside my bed, but I no longer used it. One day, I saw a video of someone telling about her arthritis that disappeared after taking Double Helix Water<sup>®</sup> for a while; I looked down at my hands and realized that my arthritis was also gone!!!

It is now a year since I started taking Double Helix Water<sup>®</sup> 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!

I personally can recommend Double Helix Water<sup>®</sup>, and I advise anyone to read about it until you understand what it is and what it is doing! It's so logical and natural that it speaks for itself. If you need to "renew," then the DHW will do the job for you!

### 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<sup>®</sup> 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<sup>®</sup>, 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, I 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.

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

- Nebulizing with DHW straight, twice daily for 2 minutes (nebulizing is done with a nebulizer, a medical device that turns a liquid medication into a fine mist, alowing one to inhale and deliver a medication directly to the blood stream through the lungs)
- Applying Double Helix Cream<sup>™</sup> topically to any area of discomfort, twice a day

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

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<sup>®</sup> 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

#### DOUBLE HELIX WATER

Your 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

D&Y Laboratories 816-732-4240

#### HOW DOES YOUR BODY HEAL ITSELF?