The role of water in maintaining homeostasis. Definition of individual drinking regimen using ART and R. Voll methods

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The unusual properties of water are explained by the ability of its molecules to form intermolecular hydrogen bonds, both random - associates that do not have an ordered structure, and cluster bonds - with a specific structure. Between associates and clusters, as well as inside them, there can be cavities where individual water molecules that are not bound by hydrogen bonds "wander". This determines the structural and informational property of water. The structure of the clusters encodes information about interactions that have taken place or are taking place with a given water sample, and otherwise - the "memory" of water. As a result of studies of the structure of pure water, Ph.D. S.V. Zenin (Federal Scientific Clinical and Experimental Center TMDL of the Ministry of Health of Russia), superstable long-lived clusters were discovered
[one]. His calculations showed that water is a hierarchy of regular volumetric structures based on crystal-like “quanta of water”. But the properties of the clusters themselves depend on the ratio in which oxygen and hydrogen appear on the surface. S.V. Zenin in his works [2–5] proved that water molecules in such formations can interact with each other according to the principle of charge complementarity, known to the science of DNA research.

As a result of the interaction of water with information sources, there is a change in the structural and informational properties, characteristics intermolecular interactions, as well as spectral and physicochemical parameters.

One of the first to encounter this phenomenon was the founder of homeopathy, Hahnemann, who noted the effect of informational memory of water [6]. Currently, many technologies for obtaining structured water have appeared: magnetization, freezing followed by melting, the process of electrolytic separation of water into anolyte ("dead" water) and catholyte ("living" water), after which water is formed with new properties for it, which appear not due to chemical influences, but due to changes in wave characteristics.

Studies that have clearly demonstrated the differences in the molecular structure of water in its interaction with the environment are carried out by Dr. Masaru Emoto (Japan) [7], who proved that the crystal structure of water is heterogeneous and easily changes under the influence of all kinds of external influences.

Water from natural sources is rich in cluster structures and microelements, it has a great similarity to the human body. In a natural spring, the external circumstances for water are the most favorable.

Numerous experiments convincingly indicate that it is the physical properties of water that determine its healing principle. It has been experimentally proven: if you pass water through some minerals, then its structure improves. Likewise, the minerals found in the earth's interior lead to

activation of water, its refinement, thereby it acquires special qualities, having a beneficial effect on the body. Unfortunately, tap water loses these properties when subjected to harsh processing. Technogenic impact completely disfigures the structure of water. It is possible to obtain crystals from tap water only in very few cities in the world [7].

The body of an adult with a body weight of 65 kg contains an average of 40 liters of water; of these, 25 liters are inside cells, and 15 liters are in the composition of extracellular body fluids. Of 25 liters of intracellular water, about 95% is in a free state, and 5% is immobilized due to the connection with proteins and other biological molecules. Brain stem structures (center thermoregulation, thirst center, hunger center) regulate and maintain the body's water homeostasis. Water, being a universal solvent, participates in fat, carbohydrate, and protein metabolism of the body. Water is an excellent solvent for polar substances (salts, sugars, simple alcohols) when a substance passes into a solution, its molecules or ions are able to move more freely and, accordingly, its reactivity increases. Non-polar hydrophobic substances, for example, lipids, do not mix with water, and therefore can separate aqueous solutions into separate compartments. The biological significance of water is determined by the fact that it is one of the essential metabolites, i.e. able to participate in metabolic reactions. Water is used, for example, as a source of hydrogen and participates in hydrolysis reactions. Due to the minimal

temperature fluctuations of aqueous solutions biochemical processes occur in a smaller temperature range, with a more constant rate and the danger of disruption of these processes from temperature deviations threatens them not so seriously [9]. In addition, water enhances the elimination of water-soluble toxins. And, of course, it matters what kind of water a person uses, how much it corresponds to the state of the body at the moment. This is especially significant and becomes obvious with altered self-regulation processes, when the body cannot adapt to water that is inadequate to its homeostasis in terms of its structure or composition of salts and microelements. Approaches to assessing water quality only by chemical and bacteriological indicators are completely insufficient, since the passage of processes in the body is significantly influenced by the structure of water [8]. The influence of the optimal structure of water on metabolic processes makes them proceed somewhat differently. Adapted structured water is an adjuvant that leads to a reduction in energy costs during implementation
metabolic processes.

The ability to assess the water used, using the methods of R. Voll and the vegetative resonance test, makes it possible to trace which systems are affected by certain water, which organs under its influence bear a toxic load, or where the process of blocking the excretion systems takes place. Earlier, to study the effect of water on the body by the method of R. Voll, the results of measurements of the CTI of the meridians of allergy, the lymphatic system, and the small intestine were used as the main indicators. In the course of the research, we came to the conclusion that the measurement data of the CTI of the group of meridians (R, V, Gi, VB, F, RP, P, E, MC) are much more informative. This is due to the pronounced effect of water on the drainage functions of the body and its

value for the metabolism of the body as a whole. In the process of testing, we identified 3 groups: medicinal, basic and aggravating water. When evaluating the results, it is necessary to take into account the effect of water according to all the data obtained, since in some cases, water, having a positive effect on one system of the body, can burden or block another. The interpretation of the data obtained is carried out by comparing the measurement data of the primary and repeated testing (by the method of R. Voll). Water testing by the ART method has a number of features. The change in the BAP indicators when a water sample is introduced into the measuring circuit without the use of additional indicators only indicates that this water has some value for the body. For a correct understanding of the possible action of water, additional pointers must be used. These can be indicators of toxic load, indicators of mesenchymal blocks, lymphatic burden. Another possible option to assess the effect of water is testing through the markers of the meridian system, pathophysiological chains. Based on the results obtained, it is necessary to determine the patient's drinking regimen: calculate the daily amount of base (drinking) water, in accordance with the rules of prescribing balneology, recommend the intake of selected medicinal or medicinal drinking water. Healing water is prescribed for an average of 4-6 weeks. In cases of the appointment of medicinal drinking water, the terms are determined by further testing (no earlier than 2 months later). At the first stage of patient treatment, situations are often encountered when water, which is healing for some organs and systems, has an aggravating effect on others.

Example

The patient was under the supervision of a dietitian. The main complaints were a tendency towards constipation and difficulty in weight loss. I used Shishkin Les water recommended by a nutritionist. When carrying out measurements according to the Voll method on the CTI of the RP, Gi meridians, a moderate decrease in indicators was recorded. With the introduction of the received water into the sample circuit, a pronounced decrease in the measurement parameters with the effect of the “arrow falling” down to 15–20 units was recorded. When a sample of water "Staromytishchinskaya" was introduced into the measuring circuit, a positive dynamics of the indicators of measurements of the CTI of most of the meridians was noted, with a particularly pronounced effect on the CTI of the meridians RP, Gi. It was recommended to replace drinking water with Staromytishchinskaya. Within 2.5 months of drinking water (in this case, drinking water), selected individually, constipation disappeared,

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