

“Good Water Good Health” Improve Quality of Life.

Lecture transcription Research Project “Good water Good Health”

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First I respectfully inform Mr. Alan Huang Marketing Director of Japin (bangkok) Co.,Ltd., members of Japin and everyone in here today that it is my honor to be here and I feel very excited to have so many people interested in joining this meeting.

To avoid wasting time I will start out with a friendly atmosphere even though this is an academic lecture. If anyone doesn't understand, or if I speak too fast; you can raise your hand and our staff will bring you a microphone.

I'm going to start by discussing i-Water. The purpose behind this research comes from when I first came and joined Japin's activities and someone shared with me about how good i-Water is. I started to get interested in how good i-Water really is, and it will be very good if we could get better health only by drinking lots of i-water everyday. That's such an easy thing to do because we usually need to drink water everyday anyways. Also, if water is actually that good for health; then this research would be helpful to a lot of people. That is one of the reasons why I started to do this research.

The topic for today is about benefits and importance of water. How is water essential to our lives? Have you ever heard about water crystals? Usually we see clear water. But some people say that water has crystals. Is that true? What is small cluster water or what we call Magnetically Treated Water? So, the topic that I'm going to present today is all about these questions.

As we know water is a basic essential of life, it is true. I would like to share about the benefits of water

- To create chemical reactions in the body
- Lubricating various organs such as eyes, joints and pericardium.
- Water assists in the transporting of blood
- Water aids in the digestion and absorption of nutrients.

- Excretion of body wastes through urination, feces, breathing and sweat.
- Maintain body temperature
- Maintain equilibriums in the body
- Makes your skin healthy

The main component of our body is water. Each organ has different amounts of water. For example, the brain has 85%, the heart has 75%, the lung has 80%, the liver has 90%, muscles have 75% and blood has the most of all; 92%

To maintain control of the water in our body we need to understand how much water we lose daily and how much more we need to make up for it. Usually our body loses 2,500 cc. of water per day by

Urination: 1,500 cc. per day

Feces: 200 cc. per day

Sweat: 500 cc. per day

Breath: 300 cc. per day

Our body needs water, so losing water disrupts the balance in our bodies. We need to drink at least 1,500 cc. of water per day, not including other liquids. For example: milk, tea, coffee or juice from vegetables and fruits. Juice from vegetables or fruits is considered water in our diet. We need about 800 cc. daily. Water from chemical reactions in the body (metabolism) needs 200 cc. per day. Our body needs 2500 cc. of water per day in order to maintain the balance of water in our body and to keep our body healthy so we need to drink at least 2 liters of water daily, depending on weather conditions.

The above is an introduction. Next we're going to learn more from different books, such as: "Water for Life" By Prof. Dr. Somsak Vorakamin. The book is about water and small cluster water that we call Magnetically Treated Water .The other books are "Therapeutic Power of Water " By Dr. Fujimoto Noriyuki. "Water Knows the Answers : The Hidden Messages in Water Crystals" By Dr. Masaru Emoto. There are many things about water that we never knew. Today I'm going to share what I read from the books.

The book called "The messages from water 2001" by Dr. Masaru Emoto said water has crystals. Water from different places has different shapes of crystals. We can see water crystals by putting water in the freezer at -20 degree Celsius then changing the temperature to -5 degree Celsius. We can see water crystals under microscope. In the book it mentions that if we write the words Thank you in all different languages and put by the water, the crystals will come out beautiful. But if we write bad words like you fool, son of a bitch, or I will kill you and put it by the water, the crystals will be ugly.

The other example is about rice that mainly contains water. If we leave the rice out and don't take care of it, it will of course grow mold. If we are thankful for water and rice, it will not get bad easily. If we say negative things to rice like son of a bitch, or you fool, the rice will get bad easily. This indicates that the water in some way can communicate.

Water from different places has different crystals, for example: water crystals before and after liturgy, will be different. I'm not sure whether or not this can be associated with Thai Buddhism ceremonies that say: power of prayer and mental power can go in the water, by proving to be physical. It's common that elderly people still believe that if anyone in their family sick they can get better by holy water. So when I studied about this project I thought that this could possibly be true.

In addition water from different places has different crystals, for example: in the tap water in Bangkok and Hiroshima the crystals are not beautiful, but tap water in Buenos Aires and New York has very beautiful crystals. This indicates different water quality.

In Japan studies have shown that if we take the water crystals that are not pretty and put them through the process of a water treatment system the crystals could become pretty. Therefore we can see that water can be changed. When looking at water with the naked eye there are only clean water that only things we can see, but when studying the physical properties of water; we will see the differences in water from each place. This is what makes Magnetically Treated Water possible.

What is Magnetically Treated Water? Magnetically Treated Water is water that is physically affected by magnetic field. The process of MTW restructures macro cluster water into micro cluster water. There are 6 molecules per cluster. For example: (picture no...) there is a magnetic bar in the middle of the device. Before entering, the water molecules are large and disorganized. There are around 10 – 20 molecules per cluster. After the water goes through the magnetic device the water molecules will become smaller, and will be arranged in groups consisting of 5-6 molecules each.

The cells in the human body each have enough space for water to pass through. Macro cluster water that have 10 – 20 molecules per cluster can't pass into cells. As a result waste in the body cannot be eliminated. But whenever clusters of water molecules are reduced into smaller clusters; water will permeate into the cells more easily and eliminate waste within cells. This is the difference between water that has large and smaller clusters water.

The benefits of Magnetically Treated Water or smaller clusters water:

- Prevention of heart disease
- Prevention of organ ischemia especially heart and brain.
- Prevention of gout and kidney stones.
- Prevention rheumatism.
- Prevention of cancer.
- Helps slowdown aging.
- Tastes better and reduces thirst more quickly.
- Helps you sleep well.

How can smaller clusters water do that? The book says that water agglomerates as a cluster so that smaller clusters water can easily pass through cells of the body. They can bring nutrients to cells and eliminate waste from cells.

It has a low surface tension, and makes a good solvent. Are there any members here who have children? When you use smaller clusters water in formula milk you can see that the milk melts better.

Smaller clusters water can also reduce viscosity in blood, help blood flow easier, prevent heart disease, and cerebral ischemia.

There are many good qualities of smaller clusters water. There is a large amount of dissolved oxygen in the smaller clusters water which equips cells with more energy. This can also reduce the chance of getting cancers and helps delay phases of diseases. One result of the research says that cancer cells are cells that lack oxygen. Cancer would have a hard time existing in a cell that contains high levels of oxygen.

The following qualification is as antioxidants to prevent many degenerative diseases such as diabetes, arthritis, etc.

Therefore the smaller cluster water is antioxidants. If you drink this kind of water enough, there is no need for food supplements. We will receive antioxidants just by drinking sufficiently enough water.

The next qualification of smaller cluster water is alkalinity. Alkalinity helps balance the body's pH levels. This can prevent osteoporosis, and tooth decay. There is also decrease chance to get gout or kidney stones.

Another quality with smaller cluster water is; it's ability to detoxify. It has been found that in Germany the DDT was banned for more than 20 years. Field samples from 20 years later have shown detections of DDT still in the body. This is because the samples had been exposed to DDT 20 years earlier. That means DDT can accumulate and stay present in the body for at least 20 years. That is why drinking smaller cluster water and, detoxifying your body is so important.

I do not want you to believe everything you heard from me and the others today just because we claim them to be true. Instead I want you to find reason to believe through your own experience, reference books, and textbooks. I myself did not believe everything. That's why I started the project; to prove whether or not it's true. I set up a question; "Is drinking smaller cluster water really better for your health?"

This project started by planning the experiment. I met Mr. Derek Thanapongphaisan Chairman of Japin (Bangkok) Co., Ltd. and discussed with him about how I wasn't all that skeptical about MTW. I just wanted to prove it to be true. I love to read and I have read many books about MTW (Magnetically Treated Water) that wasn't written by Japin. After I read the books I really wanted to know more about it; whether or not it's really that good. But I wanted to prove it by researching different properties of water. Then I explained the rules of the project to volunteers.

Our drinking water project is divided into 2 phases. The first phase is to drink regular water for 8 weeks (normal cluster water) to compare the health of our volunteers before participating. We

wanted to be able to recognize any health problems of our volunteers before participating, such as, insomnia and constipation, and how severe they were. We would provide volunteers with a self health rating scale every day. If there were no symptoms they would get a rate of 0, if there are little symptoms a rate of +1. If the symptoms really affected the daily lives of the volunteers; rate it +2, but if there are more symptoms that required medication, such as headache medicine, laxatives or sleeping pills, their rating would be +3.

Volunteers would perform self –ratings like this every day from the first day of drinking water. We believe that the first 8 weeks of drinking regular water would help control the amount of water needed before drinking smaller cluster water. The volunteers wanted to be healthy, so they tried to drink at least 1,000 – 2,000cc.of water per day. Some of the volunteer’s health began to improve just from drinking enough water. This group of volunteers will not be counted in the project because their health improved before drinking the smaller cluster water.

In the first phase, we distributed 3 gallons (15 liters) of water a week, for 8 weeks. After that volunteers started drinking smaller cluster water by i-Water with the water filter that we got from Japin.

The reason that we first gave out regular water is because we needed to see the health of the volunteers before and after they started to drink water. If their health got better in the first phase, we would conclude that the health of volunteers got better just from drinking a lot of water, but if their health got better in the second phase it was because of the smaller cluster water. Therefore, the research is divided into 2 phases.

In this project we first evaluated the effects on the health of our volunteers after participating in the project. I mentioned above that volunteers used a self health rating system every day. The second evaluation we made was questionnaire used to measure the quality of life from the World Health Organization. The Thai version of (WHOQOL-BREF-THAI) was selected.

We originally had 102 volunteers, but 2 of them felt that their health did not improve from drinking water, so they resigned. There were 100 volunteers that participated until the end of the project, including officials of the Rajanagarindra Institute of Child Development and their family members. The ages ranged from 4 – 60 years old.

Overview of the volunteers

Sex	Quantity
Female	69
Male	31
Total	100

Age range of volunteers

Age	Quantity
4 – 10	6
11 – 20	12
21 – 30	17
31 – 40	27
41 – 50	26
51 – 60	12
Total	100

We will discuss disorders and other minor health problems.

Abdominal pain in 18 cases

Period / symptoms	Symptoms stay the same	Symptoms improved	No symptoms (wore off)
8 weeks	15	3	0
(regular water)	83%	17%	
16 weeks	3	8	7
iWater	16%	84%	
24 weeks	3	3	12
iWater	16%	84%	

During the first 8 weeks of drinking regular water 83% of the 18 volunteer's symptoms stayed the same. Only 3 volunteers got better. The rest did not recover from abdominal pain. Improvements made during this phase of the project were seen from the self- rating score of volunteers. Symptoms were reduced from +3 to +2 or +1. We explained that this group improved just by drinking more water than usual.

In phase 2 from week 9 to 16; the stages of drinking smaller cluster water took the same amount of time as the first phase. During this phase there were only 3 volunteers (16%) that saw their symptoms stay the same. Another 84% saw improved symptoms. We can see that the health of even more of the volunteers improved in the same amount of time as phase 1. So by drinking more water there would be further improvement.

Dizziness 9 cases

Period / symptoms	Symptoms stay the same	Symptoms improved	No symptoms (wore off)
8 weeks	7	2	0
(regular water)	77%	23%	
16 weeks	2	3	4
iWater	23%	77%	
24 weeks	1	2	6
iWater	11%	89%	

Many people have to take medicine regularly for dizziness. But because many of the volunteers were nurses and medical personnel, they knew that the side effects of the medicine were not good for their health, so when they feel better they will stop taking it.

From the table we can see that during the first 8 weeks only 23% improved. But after drinking smaller cluster water the number went up to 77% and after completing the project it increased to 89%. There were 6 out of 9 people that were completely cured, and had no need to take medicine. This is a very high percentage.

Joint pain, back pain 25 cases

Period / symptoms	Symptoms stay the same	Symptoms improved	No symptoms (wore off)
8 weeks	22	3	0
(regular water)	88%	12%	
16 weeks	6	15	4
iWater	24%	76%	
24 weeks	1	15	9
iWater	4%	86%	

Joint back pain is a symptom that is found very often. This occurs for several reasons such as being overweight, osteoarthritis, or aging. After drinking smaller cluster water symptoms of the volunteers improved. During the first phase symptoms only improved by 12%, but during the second phase symptoms improved to 76%. Four volunteers had no further symptoms and even

claimed to have forgotten that they had ever experienced the symptoms. After completing the 24 weeks 9 people were cured and there was no further need to take medication.

Abdominal distension, flatulence 11 cases

Period / symptoms	Symptoms stay the same	Symptoms improved	No symptoms (wore off)
8 weeks	6	5	0
(regular water)	54%	46%	
16 weeks	0	4	7
iWater	0%	100%	
24 weeks	0	4	7
iWater	0%	100%	

Abdominal distension symptoms initially improved 46%. However, after completing the project volunteers had improved to 100%

Insomnia 17 cases

Period / symptoms	Symptoms stay the same	Symptoms improve	No symptoms (wore off)
8 weeks	14	3	0
(regular water)	83%	17%	
16 weeks	3	9	5
iWater	17%	83%	
24 weeks	0	7	10
iWater	0%	100%	

Insomnia is a very common symptom that many people have. Volunteers saw their symptoms improve by 17%, but after drinking smaller cluster water they saw an 83% increase. After 24 weeks, the symptoms had improved by 100%.

Nasal allergy, asthma 17 cases

Period / symptoms	Symptoms stay the same	Symptoms improved	No symptoms (wore off)
8 weeks	16	1	0
(regular water)	95%	5%	
16 weeks	3	8	6
iWater	17%	83%	
24 weeks	2	6	9
iWater	11%	89%	

There were 17 cases of allergies and asthma. During the first phase only 5% improved. I spoke to Mr. Derek and Mr. Alan about how it was in winter time (We started the project during September 2010 – February 2011) and there was a lot of pollution in Chiang Mai, so there were many patients with increasing allergies. But Mr. Derek and Mr. Alan confirmed with me to do the project at this time to see the effects of the differences. At the end of this project volunteers had improved up to 89%. Volunteers said that usually in the winter time their allergies would get worse, and not get better like this.

Allergic rash in 7 cases

Period / symptoms	Symptoms stay the same	Symptoms improved	No symptoms (wore off)
8 weeks	7	0	0
(regular water)	100%	0%	
16 weeks	2	2	3
iWater	28%	72%	
24 weeks	2	1	4
iWater	28%	72%	

Allergic rashes are also pretty bad in the winter time. Dry air in the winter makes skin become itchy and it becomes more prone to allergic rash. You may need to use lotion to help nourish your skin. During the first phase of drinking regular water with normal cluster water no volunteer saw allergic rash improvements. After drinking smaller cluster water 72% of volunteers had improved.

Constipation 15 cases

Period / symptoms	Symptoms stay the same	Symptoms improved	No symptoms (wore off)
8 weeks	14	1	0
(regular water)	93%	7%	
16 weeks	2	9	4
iWater	13%	87%	
24 weeks	0	6	9
iWater	0%	100%	

Constipation is a major problem for elderly people. Initially this symptom only improved by 7%, but improved by 87% after drinking i-Water, and after completing the project it improved by 100%. All the volunteers were cured.

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Migraine headaches 15 cases

Period / symptoms	Symptoms stay the same	Symptoms improved	No symptoms (wore off)
8 weeks	14	1	0
(regular water)	94%	6%	
16 weeks	1	8	6
iWater	6%	94%	
24 weeks	0	5	10
iWater	0%	100%	

Headache and migraine is a symptom that affects our daily lives. During the first phase of drinking regular cluster water the symptoms only improved by 6%, but when volunteers started drinking i-Water the symptoms improved to 94%, and up to 100% after finishing the project.

After listening to all this, do you think that it was a mere coincidence, or that all of our volunteers got healthier during this time because of exercise and taking better care of their health? Is it

possible that drinking water is not involved? It could be possible, so researchers have further questions. Even after seeing the results come out the way they did, we also provided tools to measure the quality of life provided by the World Health Organization (WHO) to us in another test. This test is recommended by WHO to measure the quality of life of a volunteer. We used statistical tools, because if we used other tools they may be viewed as abstract or intangible.

The statistics used in this study provided information that will be further analyzed by using descriptive statistics with frequency distribution and percentages of all queries of the representative samples, and by comparing the quality of life of the representative samples that responded by one-way analyses of variance and do Scheffe's test of the Bonferroni test. There were some limitations to this test when we tested the representative samples aged 15 to 60 years old. Volunteers needed to fill out the query by themselves. We excluded volunteer groups of children under 15 years old, also intellectual disable person was excluded as well. Another group that was excluded from the test was the illiterate group because they cannot fill in a query. There were 80 people in these groups that were included.

	Quantity	Percentage
Female	59	73.8
Male	21	26.2
Total	80	100

Age	Quantity	Percentage
15 – 20	5	6.2
21 – 30	14	17.5
31 – 40	25	31.2
41 – 50	24	30.0
51 – 60	12	15.0
Total	80	100

From the data summarized as the overall quality of life after the first 8 weeks of drinking regular water, there were some volunteers that saw improvements in their quality of life. After 8 weeks of drinking smaller groups of water molecules, the quality of life had improved even more than when drinking regular water molecules. We can see from P-Value whether or not improvements were made. Using general statistics we can see significant differences in results as there is only a 5% chance for coincidence. That means the P-Value would be 0.05. If results are lower than 0.05 it would indicate a significant difference, and prove it to not be a coincidence.

For example, in our experimental group the P-Value of the overall quality of life was 0.006, which is less than 0.05. It can be explained that the overall quality of life of the volunteers before the experiment, after drinking regular water molecules and after drinking smaller cluster water had improved significantly.

For the improved, you might suspect that because of more encouragement there would also be an improvement in the quality of life. From researching the quality of life we can see the physical subdivision. If the P-Value is less than 0.001, it is not a coincidence. This can explain the similarities and differences in results from before the experiment; after drinking regular water, and after drinking smaller cluster water. Is the psychological quality of life better when it is encouraged or because of drinking free water? Can it improve when we are more economically inclined? The results show that the P-Value was not different, which means our volunteers had a high accuracy rating. There were no improvements because of having more encouragement. Therefore the P-Value was the same before and after drinking water. There was no change in the psychological quality of life. In society it is believed that having money will make our lives better, but the P-Value results showed no difference at 0.118. That means the social quality of life had not significantly improved as well.

We divided the experiment into two phases without letting volunteers know that during the first phase they were drinking regular water, not smaller cluster water. Did the psychological aspect of the experiment cause physical improvements? The results show that this did not make a big effect on improvements. Most symptoms of the volunteers improved because of drinking smaller cluster water. Just receiving encouragement may not have actually caused any physical improvements. The book called *The Secret*, states that if we assume something is good then it will be good. In terms of health and quality of life it is not like that. We cannot just think that we need good health, and so we will have it. If we do not take care of our health we will not have good health. If we want to be healthy, we need to think in a positive way. We need to take better care of our health.

In the experimental group of 100 participants we didn't find any adverse effects from drinking smaller cluster water. There was not a lot of improvement in volunteers who did not drink water regularly.

Now, most of the time in our daily lives, we drink water from outside more than at home. If we drink regular water more often than smaller cluster water then we will not be able to get healthy. When we first started the project volunteers were hardly drinking any water. We recommended that everyone try to carry a water bottle with them everywhere they go so that they will be able to drink smaller cluster water all the time. We will not feel any better from drinking water if the amount of regular water outweighs the smaller cluster water. I often hear a lot of people say that it does not work, or they just thought that it sounded good to try. But if we drink smaller cluster water seriously and drink enough for our physical requirements, then our cells will be clean and our health will be better.

We have no indicators in our statistics that show improvements in volunteer's skin. But if measured by the feelings of the volunteers participating we would conclude that the health of skin had improved. Concerning infectious diseases; I am myself observed that if we could

eliminate foreign matter or waste it would improve the oxygen in the cells. Less waste would mean a better immune system and stronger cells. Therefore most infections are caused by the weak cells in our body that cannot fight disease. So after drinking smaller cluster water the symptoms of infections will be reduced.

I would like to cite another example about a volunteer in this project, but today she is busy, and cannot be here to share her experience with everyone. This volunteer had a hemiplegic from a car accident. This patient could not control her urinary system. She would often get urinary tract infections. After participating in this project the volunteer had said that the last time she took medicine was in November. We started the project in September. It was in November that we started giving out smaller cluster water to the volunteers. After December-January this volunteer informed us that she did not need to take antibiotics anymore. She would usually need to take antibiotics for one week straight every three weeks, but after participating in our project she did not have to take medicine anymore.

Out of the group of children that joined the project, it was found that there was a reduced amount with the cold. The parents assumed that it was because of the children growing up. From this, we tried to temporarily stop the children from drinking smaller cluster water. Only after a short amount of time we saw the children begin to get the cold and have fevers. We can say that if children drink sufficient quantities of smaller cluster water they will rarely have flu symptoms, and when they do they will not have a high fever. This does not mean that the children will never get a cold. When the body is weak and infected with the flu, they might catch a cold. However, symptoms will be few.

To the questions concerning the effects of bad environment on crystallization and whether or not the i-Water system can change the properties from negative to positive: as I mentioned above, the water crystals from different places have different crystals. So when the water goes through the i-Water system, it makes the water crystals structure, and the physical properties of the water change. Therefore, we will look at the stability of the water after coming out from the tap.

The water that has gone through the i-WATER system within the last 2 hours is complete with high levels of anti-oxidants. After 48 hours the water will have high levels of alkalinity and the pH value will be much more negative. After a month or more, the smaller cluster water will be reduced. The stability of the water depends on how long ago the water went through the i-Water system. Therefore, it's better to drink water from the i-Water system sooner than later. We should not keep the water for a very long time. After 1-2 days the water will still have good properties. If the water is left for a long time or is placed in a bad environment, it will return to its original state because the stability of the water cannot stay the same forever. Some people asked me whether or not we can put it in the fridge. The answer is, you can, but the water should be drunk during the time that I mentioned above. If left out too long, even if the water is in the fridge, the pH value may become more negative. The water will also have higher alkalinity values.

Some of you may ask, if this information is true; then why not share the information with the Ministry of Health and have it published. Restoring good quality of life for people in our society is something that I have talked about wanting to Mr. Derek and Mr. Alan about.

If we were to make the benefits of i-Water known to the public, including many people with clinical diseases; we would need to do so in a very creative way. This would allow more people in society to become healthy. But I'm afraid that some people may misunderstand i-Water, and think that drinking smaller cluster water is a treatment of disease. This is not true. The management of Japin (Bangkok) Co., Ltd, and I would like to confirm that water is not medicine. Water cannot cure disease, but water will help improve our health. It will help us improve the quality of life. If you have a disease you will still need to take medicine, but if drinking water while taking medicine, your health will improve and it will reduce the amount of medicine you need to take. For this reason, we did research on a group of normal volunteers to show the fact that they did not have side effects. In the future we are planning to do research in patients with more diseases, but at present, we finished the first stage of the experiment with normal volunteers, and saw their health improve.

Finally, I would like to thank Japin Bangkok) Co., Ltd., and all of the volunteers for their cooperation, and thank you to all of you for your interest in the project "Good water, Good health".