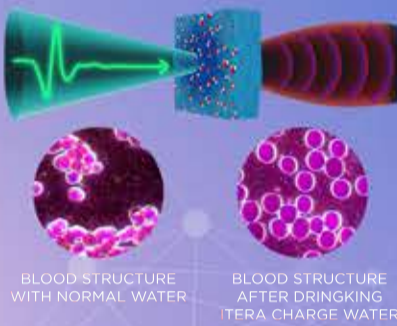


# What is Structured Water?

Structured water, often referred to as charged water, undergoes a specialized treatment process that imparts a more ordered molecular arrangement. This enhancement can be achieved through various techniques such as vortexing, electrolysis, exposure to magnetic fields, and notably, utilizing terahertz gap frequency, as demonstrated by the iTeraCare TeraHerz device. Additionally, nature itself plays a role in the formation of structured water.







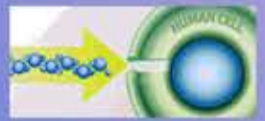
The iTeraCare TeraHerz device represents a groundbreaking technology that harnesses terahertz gap radiation to energize water molecules and disintegrate clusters, allowing the water's molecules to align in an organized structure. This unique structural alignment facilitates direct absorption into our body's cells, resulting in swifter and more efficient hydration compared to traditional methods. This, in turn, translates to improved overall health.

Regular consumption of Terahertz Gap Structured Water is associated with a range of health benefits, including enhanced hydration, elevated energy levels, improved digestion and nutrient absorption, enhanced detoxification, and reduced blood viscosity. Furthermore, it is believed to mitigate inflammation and contribute to overall health improvement.








# Characteristics of Structured Water

-  **Elevated Surface Tension:** Structured water exhibits a heightened surface tension, promoting cohesion that enables it to serve as a suspension medium, capable of carrying minute particles in a solution.
-  **Reduced Viscosity:** Its lower viscosity imparts greater fluidity, facilitating easier passage through cell membranes.
-  **Enhanced Solubility:** Structured water boasts increased solubility, allowing it to efficiently absorb a broader range of minerals and molecules.
-  **Heightened Electrical Conductivity:** The water's elevated electrical conductivity supports the movement of ions through cell membranes.



# How to Make Structured Water

-  Fill a glass, bottle, or jug with filtered or spring water. Cold water is preferable as it holds more structure and energy than warmer water. It is essential to use clean water, so avoid unfiltered tap water.
-  Utilize glass or ceramic containers for charging; steer clear of steel or plastic materials.
-  Optionally, enhance the water with trace minerals or high-quality sea, lake, or Himalayan salt.
-  Employ your device by either blowing directly onto the water or through the glass.
-  You can charge multiple bottles simultaneously by aligning them and blowing directly through the glass or from above, ensuring that the wind affects both bottles.

## How long do you charge your drinking water for:

For a glass, blow for approximately 30-45 seconds. When charging a 1-2 liter jug, blow for about 1-2 minutes.

For larger bottles or jugs, extend the time to approximately 2-3 minutes, especially if the capacity is up to about 5 liters.

Please note that these timings are not exact, as there is no definitive answer in this regard. Various sources offer differing information on the optimal charging time. It is essential to avoid both undercharging and overcharging. You may discern the water's smoothness based on your own senses and awareness.

Also, the setting you choose depends on the container type: use the highest setting when blowing through the glass, and select a setting that minimizes splashing when blowing directly onto the water.



## How long does the water stay structured

Determining precisely how long structured water remains in its enhanced state is challenging, as it depends on factors like exposure to other frequencies or the water's period of stagnation. As a general guideline, consider the water to remain structured for approximately 24 hours.



## Other things to do with Structured Water

- Create a spray mist for your face, body, or skin conditions.
- Spray your body with structured water before blowing.
- Soak a cloth or towel in charged water and place it on your face or body while blowing through the towel, ensuring the water is pushed into your body and protecting from heat, if needed.



Use structured water to nourish your plants.



Charge the drinking water for your pets.



You can also apply this water-charging method to juice, tea, food, or any organic and natural substances.

## DISCLAIMER

The information provided here serves educational purposes and should not be used as a substitute for professional medical advice. If you require medical advice, diagnosis, or treatment, it is imperative to consult with a medical professional or healthcare provider.