

What is Structured Water?

Structured water (also known as charged water) is a term used to describe water that has been treated with a specific type of technology to create a more organized molecular structure. This process can be done through various methods, such as vortexing, electrolysis, magnetic fields and in this instance by applying terahertz frequency.

The iTeraCare TeraHerz device is a revolutionary new technology that uses terahertz radiation to break down water molecules into smaller, linear particles. This process, known as “linearization,” allows the water molecules to be absorbed directly into our body’s cells. This means that the water can be absorbed more quickly and efficiently than with traditional methods, providing us with better hydration and improved overall health.

Regular drinking of the Terahertz Structured Water is believed to have many health benefits, including improved hydration, increased energy levels, improved digestion and absorption of nutrients, better detoxification, and reduce blood viscosity. It is also thought to help reduce inflammation and improve overall health.

5 Characteristics of Structured Water

- 💧 Surface tension of structured water is higher, making it more cohesive, so it can act as a suspension medium and carry small particles in solution
- 💧 Lower viscosity makes it more fluid and easier to move through cell membranes
- 💧 Higher solubility allows it to absorb more minerals and other molecules
- 💧 Higher electrical conductivity helps support the movement of ions through cell membranes
- 💧 It also has a greater ability to bind minerals and other molecules, enabling it to transport nutrients into cells more easily.

How to Make Structured Water

Fill a glass, bottle or jug with filtered, spring or distilled water

Try to avoid using unfiltered tap water - you want clean water

Make sure its glass or ceramic, do not charge in steel or plastic

Add trace minerals or some good quality sea/lake/Himalayan salt (optional)

Use your device by blowing directly onto the water or through the glass

You can charge two or more bottles at one time by lining them up and blowing directly through the glass or from above providing the wind is blowing on both bottles

How long do you charge your drinking water for:

Glass - blow for about 30-45 secs

Jug of water - blow for about 1-2mins

Bigger bottles or jugs - blow for about 2-3mins

There are no real set rules on how long it takes, just don't go too little or too long. You can taste/feel the smoothness of the water once it is structured.

It also does not matter which setting you use - if it's through the glass use the highest setting but if you are blowing directly onto the water use the setting that causes the least splash for the type of container you are using.

How long does the water stay structured:

Good question. There is no exact answer to this as it depends on other factors, such as what other frequencies the water has been exposed to or how long the water has been stagnant etc... a good rule of thumb to go by is 24 hours.



Other things to do with Structured Water?

Make a spray mist to spray on your face and body or any kind of skin condition.

Spray your body with the structured water before blowing.

Soak a cloth or towel in charged water then put it over the face or body and blow through the towel pushing the water into the body and also protecting you from the heat if you are sensitive.

Water your plants with the charged water.

Charge the drinking water of your animals.

You can also charge your juice, tea, food etc... anything that is organic/natural.