

## **STRUCTURED WATER IS “THE WATER THAT’S FOUND IN NATURE.”**

Structured water,” water that hasn’t yet been filtrated, mechanically cleaned or “processed” in any way.

Supporters of structured water believe that it offers many health benefits, claiming that it:

- increases energy levels
- improves concentration and memory
- positive moods
- promotes weight loss and weight maintenance
- promotes better sleep
- supports a healthy immune system
- helps detoxify the body
- promotes good digestion and reduces constipation
- promotes longer life
- improves skin complexion and circulation
- helps stabilize blood sugar, blood pressure & cholesterol levels
- Joint health

According to the theory behind structured water, vortexing water charges it, allowing it to hold energy. This energy then may allegedly recharge the body and hydrate it more thoroughly than ordinary drinking water. The theory behind structured water suggests these qualities make it healthier than tap or filtered water. According to structured water proponents, this type of water exists naturally in mountain springs, glacier melt, and other untouched sources.

While research is still limited and inconclusive, structured water might have an optimal pH that is crucial to health and specific power source that helps us stay maximally hydrated. Because of the many roles that water, and hydration have in the body, structured water is said to have many health benefit: