

The Body's Internal Water Environment
Beth-ellen Zang December 5, 2008 ©

Consider your body's water systems.

Cardiovascular...Blood, heart, arteries, veins.	90% water
Lymphatic...Lymph, collectors, ducts, nodes, B-cells, T-cells	96%water
Craniosacral... cerebrospinal fluid, brain and spinal cord	98%water

Interstitial Pool-extracellular water environment.

Cells floating, hydrating, nourishing & eliminating in the interstitial fluid

In a healthy body, there is always a small number of proteins, fats, bacteria, viruses, fungi, metabolic waste and environmental pollutions.

Cardiovascular

Your blood circulates from the heart through the arteries and veins back to the heart. The arterial side goes from large vessels to small creating a high pressure system. The venous side goes from small to large vessels creating a low pressure system moving back into the heart.

There are also blood capillaries that end and empty into the interstitial pool.

Red blood does not leave the cardiovascular system. It is nutrients, minerals and excess proteins, fats, bacteria, viruses, fungi, metabolic waste and environmental pollutions that leave the blood at this point.

Lymphatic

It is here that the lymphatic system joins the cardiovascular stream. Like veins, the lymph is a low pressure system with the flow starting with tiny lymph capillaries that ultimately become large ducts carrying lymph to the heart.

This is a one way system.

Through this lower pressure and body movement, interstitial fluid is drawn into the initial lymphatic pathways. Once interstitial fluid enters the lymphatic structures, it is considered lymph. The fluid joins with

Monocytes/macrophages and Lymphocytes/ B-cells and T-cells which kill, consume and digest unwanted debris. This now harmless substance is returned to the blood where it is filtered through the liver, spleen, kidneys and lungs to be eliminated.

Craniosacral

Craniosacral system is a semi closed hydraulic system consisting of the brain and spinal cord encapsulated by the Dura mater and dural tube with

cerebrospinal fluid as its liquid. Through the choroid plexus in the brain, cerebrospinal fluid is secreted in the cranial vault. Through the sagittal sinus along the midline of the head, the circulated cerebrospinal fluid is delivered into the bloodstream for elimination.

Imagine

All the blood, lymph, cerebrospinal fluid and interstitial fluid well hydrated, oxygenated, and free of excess. They would be flowing easily, doing their respective jobs easily and seamlessly, keeping your body nourished and clean, hydrated and oxygenated.

Well... in a perfect world.

We are constantly exposed to pollution, electromagnetic frequencies, personal and social stressors, injury, trauma, dietary injustices and metabolic waste.

Our planet, food, water and supplies are struggling desperately.

All of these different stressors (including all metabolic activity) create free radicals in the body. Free radicals are positively charged. They're hot, usually acidic and toxic to us.

Our bodies begin to dry up, get gummy and sludge ridden.

The blood gets sticky.

Blood cells mutate because of toxins, dehydration, lack of oxygen and lack of high quality nutrients, it slows down.

It has more debris to eliminate and so the interstitial pool becomes polluted.

The lymph must work harder to clean the system and gets overworked, cannot keep up, becomes gummy and hardened. It slows down.

If you cannot eliminate the garbage the blood keeps getting more polluted.

The brain must stay nourished, hydrated, oxygenated and clean for proper function.

Cerebrospinal fluid is the most pure of fluids in the body. It is the "blood" of the central nervous system delivering water, oxygen and nutrients and carrying away metabolic waste.

If the blood is thick, gummy and moving slowly, it will slow down emptying of cerebrospinal fluid from the central nervous system. This will signal the choroid plexus to deliver less new fluid into the system, contributing to all sorts of bodily function imbalance and dis-ease.

We need tools in our daily regimen to counter balance all of the insults our body faces moment to moment.

Quantum Age Water Stirwands™ are some of the most exciting tools that I have used in forty years of my natural health practice.

Right up there with healthy attitude, whole organic foods, clean water and air, Lymphatic Balancing, Craniosacral Therapy, Massage Cupping™ bodywork and love.

What I would like to share with you is my experience of how the addition of proper oxygenation, hydration and non-exaggerated pH and ORP affects these three water systems.

The water in our bodies is being devitalized and polluted every second with all of the stress that we are constantly exposing it to.

When we begin to consume water that has been revitalized and reorganized by the energy infused into it by the wands, the first thing that begins to occur is a more fluid cellular environment.

Hydrogen and magnesium are necessary for the blood to uptake oxygen. Hydrogen is freed up from the water molecule in stirred water so the blood can use it.

The increased oxygen wakes up the blood and enables it to utilize nutrients and carry away toxin and metabolic waste.

The vibration from the stirred water further assists to revitalize the water we already have in our body.

The blood begins to move more freely.

Interstitial fluid and lymph, being even more water laden than blood also respond to the increased availability of absorbable water. They begin to move more freely.

With this increased mobility of blood the cerebrospinal fluid can more fully exit the central nervous system allowing more room for the secretion of abundant fresh fluid into the cranial vault.

To simply state, this phenomena carries true throughout the body activating the waters in all of the organs so that they can begin to function properly thereby being able to eliminate and flush toxins from themselves and the circulatory system.

That is why pH levels change so dramatically drinking stirred water.

You can take this a step further. Put a wand anywhere on the body where there is pain, coldness, inflammation, heat, congestion, swelling, stiffness etc.

All of these incidents indicate some kind of disruption of the flow. When you put a wand on the area it will work similarly to putting it into water. The intensity, age and density of the restriction will dictate the length of time it will take for the vibration of the wand to relax the polarity bonds in the body's water and help relieve the issue.

So *stir away*, and begin to watch everything you are doing for yourself be enhanced because the Stirwands™ are helping your water to hydrate and oxygenate, balance pH and detoxify your body!