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Water and prevention research

The current water study

Dr. Kirsten Deutschländer



Volkartstr. 6 • 80634 Munich
Tel.: ++49 89 / 14903431
wasserwissen@freenet.de



Dr. Kirsten Deutschländer

Investigation of the beneficial effects of different water qualities on the health of oncological patients and patients with psychosomatic complaints during a 3-week inpatient preventive measure. Specifically, the effects of a drinking cure with tap water from the Fürstzell water protection area in Bavaria versus Artesian spring water from Hallstatt/ Obertraun in the Dachstein region of Upper Austria were investigated.

Introduction

Through the results of modern water research, the realization is slowly developing that we in physiology and medicine have false hypotheses about how water works in our cells. Water in the body behaves completely different than water that can flow freely. Modern water research according to Pollack et al. describes our cellular water as the so-called "4th phase of water". All water that we drink or ingest through food is transformed into penta- and hexagonal ring structures in the body along the hydrophilic interfaces (cell membrane, mitochondria, connective tissue fibers, proteins, etc.). According to Pollack, the chemical formula is then no longer H_2O but H_3O_2 .¹ During the conversion, energy is released from the hydrogen bonds and by the release of free electrons. A charge separation occurs at the cell membrane. The water layer directly attached to the membrane is negatively charged (EZ – exclusion zone water), whereas the adjacent water towards the center of the cell is positively charged (bulk water). This creates an electrical voltage, an – albeit weak, – cell battery. In total, however, this effect is sufficient to supply the local metabolism with energy. This effect, we assume, is greater the better the quality of the water we drink.

It increases cell tension and thus builds up the membrane potential of healthy cells. The resulting highly ordered water, is no longer liquid water, but a gel that behaves like a liquid crystal. We know from liquid crystals that they can react to information in the form of different frequencies, store it and also release it again. EZ zoning improves nerve conduction and thus information transfer.

Thus, the 4th phase of water provides us with explanatory models for two mysteries of water that have long been disputed:

1. the information storage or the interface information as electromagnetic frequency and the physiological reaction in the body.
2. the energy supply and the associated invigorating effect.²

Accordingly, the healing effect of the water is due to the formation ability of the gel water on the one hand, and on the other hand it depends on the dissolved minerals. Minerals, we now know, have a direct effect in many metabolic processes and they

1 Pollack G., Water much more than H₂O; VAK Verlag 2nd edition 2015; p 78 ff

2 Hexagonal water, the key to health; Dr. Mu Shik Jhon, MJ Pangmann; Mobiwell Verlag; 5th edition 2020; p 28 ff

have the ability to influence the structure formation of water. Thus, ions in water can promote (sodium, calcium, zinc, iron, silver) or inhibit (magnesium, potassium, chloride, iodide, aluminum) structure formation.³

A third effect of minerals is the activation of certain metabolic steps through the action of their electromagnetic frequencies.

The 4th phase of water also provides many new hypotheses, for example, how diseases develop and explains physiological processes in the body. An example is the capillary circulation, which cannot be explained by the pumping action of the heart alone. Thus, the capillary effect can be explained as a suction effect in the capillaries by charge separation of exclusion zone water (EZ water) and residual water (bulk water) at the capillary membrane.⁴ The improved blood flow in turn leads to better oxygen and nutrient supply, improved detoxification performance and an anti-inflammatory effect. Overall, water is actively involved in all metabolic processes.

New hypothesis on the origin of diseases

According to Davidson and Seneff, diseases generally arise first as a so-called "water structure disorder," a disturbance in the structure formation of water in the body.⁵ If the water structure is impaired, there is a loss of cell tension and a reduced supply of oxygen and nutrients. In addition, toxins are eliminated more poorly, and the immune system is weakened. The causes of "wa-

3 Hexagonal water, the key to health; Dr. Mu Shik Jhon, MJ Pangmann; Mobiwell Verlag; 5th edition 2020; p 50-52

4 Pollack G., Cells, Gels and the engines of life; Ebner und Söhne Verlag 2. Auflage 2003

5 Davidson R.M., Seneff S.: „The Innital Common Pathway of Inflammation, Disease, and sudden Death“, Entropy 14, 2012, S 1399-1442

→ Dr. Kirsten Deutschländer

Specialist in general medicine, naturopathy, acupuncture, psychotherapy; 14 years in private practice. Since 15 years chief physician of a REHA- and Prevention-Clinik with focus on parents and children, psychosomatics and oncology; Expert in prevention and water research in medicine. Since 2014 intensive research activity and board member of the non-profit water research association Quellen des Lebens e.V. Head of the dept. for clinical studies in the association.



Contact: wasserwissen@freenet.de
deutschlaender@klinik-inntaler-hof.de

Health-promoting effects of the 4th phase of water.

- ▶ Energizing effect (cell battery)
- ▶ Improved hydration/ deep hydration
- ▶ Improved cell tension
- ▶ Improved information flow
- ▶ Improved cell metabolism (vital substance supply / detoxification)
- ▶ Antioxidative effect
- ▶ Anti-inflammatory effect

Result: Strengthened immune system, nervous system and hormonal regulation

Tip: Good hydration and good water quality are the best and easiest prevention. They help prevent or improve chronic diseases.

ter structure disorder" can be located internally or externally. Internal causes include: depressive moods, anxiety, trauma, poor dietary habits, and lack of exercise. External causes include toxins from the living environment and electromagnetic radiation exposure (WiFi, 5G, etc.).

These new findings in water research have the potential to revolutionize the way we look at physiology and medicine. They explain the healing powers of water and reinforce the necessity of a good water supply for all metabolic processes.

Good water quality: natural spring waters

Good water quality, we suggest, is indicated by an anti-inflammatory effect in the blood by lowering free radicals, a reduction in oxidative stress by increasing antioxidant capacity, and a general improvement in health.

We classify as optimally healthy water natural spring waters that come from a deep source protected from contamination and are untreated, bottled on site. These should show a stronger positive influence on the selected health factors than treated drinking waters from the tap. In our study, an Artesian spring water from Hallstatt/ Obertraun in the Dachstein region (A) was compared with a tap water from the water protection area in Fürstenzell (Bavaria/D).

Modern water research: quantity and quality

The vast majority of medical studies deal with the aspect of quantity alone. A lack of water in the body can also be described as the number one disease of civilization. The WHO estimates that around 50-70% of all people worldwide show at least slight signs

of dehydration every day. In addition, every third person worldwide has no access to clean drinking water.⁶ Lack of water alone acts like wildfire in the body. Combined with poor quality drinking water, it acts like continuous stress on a physiological level. The common symptoms of water deficiency are well studied. Research on different water qualities will be presented below.

Method and subjects

The study with a total of 182 participants was conducted at the Inntaler-Hof Clinic, a rehabilitation and prevention clinic for parents and children, in Neuburg/ Inn. During their stay, 60 participants each received either Artesian spring water from Hallstatt/ Obertraun in the Dachstein region (A) or tap water from the Fürstenzell water protection area. The special feature of the Artesian spring water from Hallstatt/ Obertraun is that it is fed from the glacier region of the Dachstein Mountains. The water from the Fürstenzell water protection area is also originally spring water, but it is treated by the local waterworks and pumped through the water pipeline at high pressure. Another 62 participants served as a control group to elicit the non-specific, general effect of the 3-week preventive measure. They did not receive any drinking instructions, only the information that the study would examine the general effect of the preventive measures. The different groups had their inpatient stay consecutively, did not know to which group they belonged and could not exchange information among themselves. The water of the drinking groups was filled into a drinking bottle via a water dispenser, which was labeled with a clinic logo and did not reveal which water it was.

A total of 90 oncology patients (mostly diagnosed with Z.n. breast cancer) and 92 patients with psychosomatic complaints participated in the study and were divided into three groups. The control group had a total of 30 oncological and 32 psychosomatic participants. The drinking groups each had 30 patients with oncologic conditions and 30 patients with psychosomatic conditions. All patients participated in the home-based prevention program. This included: a wholesome diet, an exercise and sports program, relaxation procedures, massages, physical therapy, Kneipp treatments, psychological discussion groups and creative activities. Group I received the Artesian spring water and drinking instructions. Group II received tap water and drinking instructions. Group III did not receive drinking instructions and was not advised of the health effects of drinking water. All three groups were given an initial and a final questionnaire. Free radicals and antioxidant capacity in the blood were determined for all participants at the first and final examinations.

The results of group III were defined as a general, water-nonspecific effect of the multimodal treatment concept of the preventive measure. This effect was compared with the result of group I and II to represent the effect of water drinking alone.

⁶ Progress on Drinking-Water and Sanitation UPDATE; ⁶United Nations Children's Fund (UNICEF) and World Health Organization, 2019

Profile association „sources of life“

News from the non-profit water research association
Sources of life e.V.

Quellen des Lebens e.V. - a short profile

In the service of holistic water research and medicine.

2015 Foundation of the non-profit water research association in Munich. Its motto: Together for healthy water – with a view on the whole. Commitment of an interdisciplinary and international team of scientists (including water researchers, physicians, alternative practitioners, therapists, preventologists, nutritionists, biologists, physicists, geologists, chemists, pedagogues, psychologists, political scientists, economists, journalists ... people interested in water). Joint work on innovative approaches for a living medicine, a holistic science and an open research.

You too can join the association. Our water needs our help!

Contact:

Sources of Life

Walter Ohler

Medical Journalist • Board of Directors

Volkartstr. 6 • 80634 Munich

Measurement methods

Free radicals/ Antioxidant capacity/ Oxidative stress

Free radicals are atoms or molecules that are physiologically produced during respiration and energy metabolism. They possess one or more unpaired (free) electrons and immediately seek an electron partner in their environment. Reactive oxygen species (ROS) are the primary species formed in the body. ROS kill invading microorganisms and support the immune system. When there is an excess of free radicals, they snatch electrons from the nearest molecule, altering the function of e.g. proteins, lipids, carbohydrates, etc. with the negative consequences of oxidation and tissue damage.

The formation of free radicals can be influenced by our lifestyle. Stress, environmental toxins, stimulants, surgical procedures, radiation therapy and drugs such as cytostatics, oral contraceptives, paracetamol, antibiotics, etc. increase free radicals in the body. We also often find increased free radicals in chronic diseases such as diabetes mellitus, hypercholesterolemia, in patients with anxiety and panic disorders or depression and oncological diseases.

Oxidative stress

If more reactive oxygen compounds are formed than can be intercepted by antioxidants, we speak of oxidative stress. This happens when the body's own buffer systems are overtaxed. Physiological cell functions are disturbed and an inflammatory milieu develops. Inflammatory and allergic reactions intensify. As a long-term consequence, chronic diseases develop on this

basis, such as arteriosclerosis, high blood pressure, a tendency to stroke and heart attack, circulatory disorders of the capillaries, or oxidative damage to the DNA, which promotes the development of cancer.

Conclusion related to the patient clientele:

Too much free radicals would have to occur in all patients suffering from a chronic disease (e.g., underlying oncological disease with surgery, radiotherapy, and chemotherapy), as well as anxiety and depression, or presenting one or more of the above risk factors.

The hypothesis to be tested is:

Artesian spring water is a natural energy supplier, has a high ability to support water structure formation in the body, and thus acts as a natural antioxidant. Free radicals should be able to be reduced and antioxidant capacity should increase. Tap water, according to the hypothesis, should not possess these qualities to the same extent.

Physical and mental complaints should improve more significantly with Artesian spring water than with tap water. All effects are statistically significant only if they show a significantly better effect than in the control group.

Technical measurement

FORM CR 3000:

Measurement of reactive oxygen species (free radicals, ROS) by FORT test and antioxidant capacity by FORD test.

Standard value FORT 200 – 310 U, standard value FORD 1,07-1,53 mmol/l Trolox

FORT and FORD test kits (of 30 measurements) from Incomat MicroMedical

(For detailed explanation of the analysis technique see www.micromedical.de)

Questionnaire analysis

The questionnaire was developed in such a way that it referred to the most frequent complaints related in the selected patient clientele. The areas examined were:

General well-being (WHO 5-score), headache and migraine, sleep disorders, circulatory problems and dizziness, ability to concentrate, heartburn, constipation tendency, rheumatic complaints, cervical spine/shoulder pain, back pain and intervertebral disc complaints, depressive mood, anxiety, ability to switch off, allergic symptoms, asthmatic complaints, physical performance and mental balance.

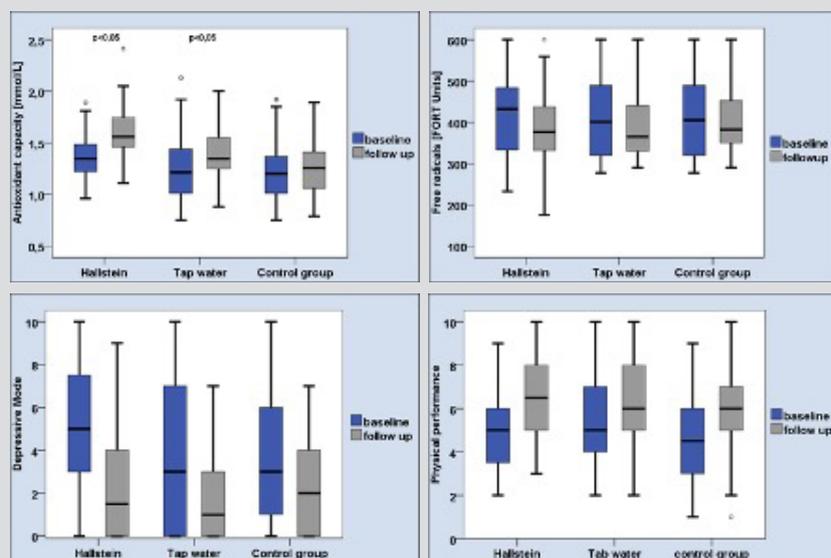
Statistical measurement methods

The statistical analysis was performed by Tanja Kottman, MD (www.statistik-in-der-medizin.de). The Kolmogorov-Smirnov test was used as a test for normal distribution. This was followed by analysis using the Wilcoxon test and the Mann-Whitney U test for 2-sided samples.

Results

The measurement results show, in addition to a very good general effectiveness of preventive measures, a predominantly significant to highly significant difference between the two test

Results (tables, examples)



superiority. A possible explanation could be the invigorating, energizing effect of AQ water, which seems to be more pronounced than with tap water. So it seems ideal to drink this water in the morning and during the day. Tension in the shoulder/neck area was improved by both waters, but here exercise and sport as well as physical and physiotherapeutic treatments within the three-week preventive measure are of greater effectiveness. We attribute the unproven superiority in asthmatic complaints to an insufficient number of diseased participants within the group (21 of 69).

Comparison of Artesian spring water with control group

There is a highly significant superiority of the AQ water in the areas:

Antioxidant capacity ($p = 0.001$), free radicals ($p = 0.001$), WHO 5 score ($p = 0.001$), circulation ($p = 0.005$), heartburn ($p = 0.001$), constipation ($p = 0.001$), rheumatic complaints ($p = 0.001$), depressive mood ($p = 0.001$), anxiolytic effect ($p = 0.001$).

The Artesian spring water performed significantly better in the areas:

Headache ($p = 0.01$), concentration ($p = 0.041$), allergy ($p = 0.046$) and physical performance.

Non-significant differences in efficacy between AQ Water and the control group were in the areas of:

Sleep ($p = 0.076$), cervical spine/shoulder ($p = 0.167$), ability to switch off ($p = 0.163$), and asthma ($p = 0.23$).

Interpretation

Overall, there is a very clear superiority of the Artesian Spring Water over the control group. Clearly it could be shown that good water quality of the AQ water strengthens health in almost all areas. For the non-significant differences, we suspect the same causes as described in the interpretation of the comparison of both waters.

Comparison of tap water with the control group:

Tap water shows significant improvements compared to the control group only in the areas of:

Antioxidant capacity ($p = 0.04$) and pain lumbar spine/disc ($p = 0.034$).

All other items were not significantly improved compared to the control group.

waters. The Artesian Spring Water (AQ) is clearly superior to the tap water (LW) in almost all areas. Artesian Spring Water is significantly more effective in most areas compared to the control group. Tap water shows significant improvement in only two areas compared to the control group.

Laboratory evaluation

Laboratory values show that antioxidant capacity increases by 14.5% ($p = 0.038$) with AQ water, and by 6.2% with tap water. Free radicals, which were increased on average in all groups at the beginning, decreased by 9.7% ($p = 0.018$) with AQ water and by 3.6% with tap water. Overall, it can be said that the AQ water from Hallstatt/ Obertraun can reduce oxidative stress more than twice as well as the tested tap water from the Fürstenzell water protection area.

Questionnaire evaluation

Comparison of Artesian spring water with tap water

Artesian spring water scored highly significantly better than tap water in the areas of:

Headache reduction, reduction of rheumatic complaints, reduction of depressive mood and anxiety-relieving effect. (p each = 0.001), improvement of constipation ($p = 0.002$),

reduction of heartburn ($p = 0.003$), stabilization of circulation ($p = 0.004$), improvement of physical performance ($p = 0.004$) and reduction of allergic symptoms.

Significantly better performance of AQ water compared to LW in the areas:

Improvement of the ability to concentrate ($p = 0.021$), improvement of mental balance ($p = 0.027$), general well-being ($p = 0.033$), reduction of back pain ($p = 0.033$).

Statistically non-significant differences are shown between the waters in the areas:

Ability to switch off ($p = 0.051$), sleep-promoting effect ($p = 0.057$), reduction of tension cervical/shoulder ($p = 0.095$) and reduction of asthmatic complaints ($p = 0.926$).

Interpretation

Overall, there is a very clear superiority of Artesian spring water over tap water in almost all areas, which supports our hypothesis that good water quality supports EZ formation in the body, with all its positive consequences: Improved metabolism, better nutrient and oxygen supply, better detoxification, better blood circulation, anti-inflammatory effect, etc. In the ability to switch off, to promote sleep, the Artesian Spring Water cannot show any

Interpretation

Overall, the tap water performed worse than the Artesian spring water in almost all areas. We explain the improvement in antioxidant capacity and pain reduction in back pain and disc pain, respectively, with a generally improved hydration in the drinking group compared to the control group.

Conclusion and discussion

To clarify the question of the influence of water quality on the health of oncological patients and patients with psychosomatic complaints during a three-week preventive measure, the study was able to show some surprising and clear results. Artesian spring water from Hallstatt/ Obertraun is highly significantly superior to tap water and the control group overall in many areas. The ability to reduce oxidative stress is more than twice as good in AQ water as in tap water. It is therefore recommended as a first-line agent, for prevention of chronic diseases and reduction of chronic inflammatory processes. Patients with oncological diseases and patients with psychosomatic complaints benefit equally from this effect. What is surprising is that this antioxidant effect with the AQ water from Hallstatt/ Obertraun is already apparent after 3 weeks. This appears to be exception-

ally good. We suspect that the effect of an increased ability to support EZ formation in the body is clearly evident – with all its positive consequences.

Good water quality seems to be comparable to the effectiveness of an adaptogen. Adaptogens are originally plant compounds that balance physiological responses. They increase our resilience to better cope with stress of all kinds. If laboratory values are below the norm, they are corrected upward and vice versa. In the case of free radicals, this can be clearly demonstrated: Good water quality lowers elevated values and raises values that are too low, even within the three-week study period. Most likely, many laboratory values can be positively influenced by good water quality, but there are hardly any further research results on this so far. We obtained evidence for this adaptogen hypothesis in the 2015 pilot study, in which a reduction in insulin dose, blood pressure, pain medication and improved wound healing could be observed.

Overall, the results of our studies underpin the importance of protecting the No. 1 foodstuff – water – from contamination by chemical and toxic loads of all kinds. After all, we can only stay healthy if we drink enough good water every day. ■

Interview with Kirsten Deutschländer, MD: From healthy water in medicine to healthy societies

Walter Ohler (WO): *Dr. Deutschländer, in your studies you have dealt with the topic of drinking cures with healthy water, which years ago was still recommended as a therapy by many of your colleagues*. In the meantime, drinking cures have become a marginal topic in medicine. What insights have you gained from your water studies?*

Dr. Kirsten Deutschländer (KD): Is it really the case that water treatments were seriously recommended? I can't remember ever being told by a colleague, or even in university during my training by a professor, that when treating patients I had to make sure that people not only drank enough, but also paid attention to good water quality. It seems to me rather that drinking cures with (spring) water were born out of necessity or discovered by chance, since no other means were available. As for example with the courageous Iranian physician Dr. med. Fereydoon Batmanghelidj, who treated prisoners with the most diverse ailments in a prison very successfully by drinking water alone. One of his books - "Water - the healthy solution" was translated into 6 languages and sold more than 250,000 copies in the German-speaking world.

The consequences of a lack of water (dehydration) and also of too much water (hyperhydration), which lead to electrolyte imbalances with life-threatening conditions, are scientifically well documented. How and by what means water develops its healing power on various ailments has hardly been researched yet. It seems to me that drinking cures have been completely forgotten nowadays, certainly because there is a lack of knowledge about the importance of water quality.

With my pilot study and all subsequent studies I wanted to check whether good water quality can be measured at all on the basis of physiological reactions in the human body. I succeeded in doing so. It has been shown that good water quality significantly increases the antioxidant capacity in the blood. If the free radicals in the blood are elevated, they decrease towards the normal value; if they are initially too low, they increase due to good water. This means that water has a stabilizing effect on the immune system in the sense of an adaptogen. People who drink good water are therefore better able to cope with oxidative stress and their everyday burdens. This in turn is an advantage for every metabolic process and thus also for every disease. Every metabolic process takes place in a watery environment. The better the quality of the water a person drinks, the healthier the overall organism. I was surprised by the clear effect of the tested artesian spring waters on the mental and emotional condition of the test persons. They were able to relax better, were more relaxed, in a more positive mood, and less anxious. Also very exciting: many saw their life path, their conflicts and their future more clearly, they automatically changed unhealthy behaviors and had more appetite for fresh foods such as fruit, salad and vegetables.

WO: *How good does our water have to be in order to maintain our health and also be effective against diseases?*

KD: In my opinion, the healthiest water is pure spring water. If it rises by its own power and emerges from the earth, then it is a so-called artesian spring water. This water is rich in energy, contains many elec-

trons, which on the one hand can buffer free radicals in the body and on the other hand have a stabilizing effect on the cell membranes. The cell tension increases, the cell communication is improved. Cell respiration and the immune system are also positively influenced. In the meantime, there is a quantum-physical explanation model for this. It says that water molecules of a good water behave coherently. They form liquid-crystalline structures that can emit many electrons. I see this model confirmed by my studies. Tap water, on the other hand, is altered by chemical additives and the high pressure during transport in such a way that it can no longer meet these quality requirements.

Low-mineralized water probably discharges toxins better than high-mineralized water. Highly mineralized waters act mainly through the vibrational frequencies of the minerals that are transported in them. The minerals that the organism needs are mainly obtained from food. In this respect, we are not dependent on highly mineralized mineral water. However, scientific evidence or studies on this are still lacking.

WO: *Do you think that drinking cures - also at home - can be anchored more strongly in the awareness of patients again in the future? Also among your colleagues?*

KD: We live in a time when diseases of civilization are on the rise. Chronic diseases such as cardiovascular diseases, cancer, diabetes mellitus, dementia, allergies, autoimmune diseases and obesity, to name just a few, are on the rise. On the one hand, this is explained by the fact that our life expectancy is also constantly increasing and, on the other hand, we are living increasingly unhealthy lives. The WHO knows the risk factors (malnutrition, lack of exercise, alcohol, nicotine, toxins, stress, dehydration and bad drinking habits such as soft drinks). On average, up to 70% (or even more) of all lifestyle diseases could be prevented by lifestyle changes.

Much more should be invested in prevention. The population is provided far too little with the information that is really beneficial to health. Thus, many patients feel disappointed and left alone by conventional medicine. These patients are looking for suitable aids, which they can also use on their own. Drinking cures are ideal for this purpose! They have no side effects and are affordable or who can go directly to the source, even free.

Illness is also a business. The sale of drugs against cancer increased from 2003 to 2012 by 300% to 60 billion \$ worldwide. And the trend is still rising.

WO: *Will you continue your work with the topic of water? Could there be a follow-up study and what would it look like?*

KD: The follow-up study I am most interested in is a comparative study with different waters (low-mineralized, high-mineralized, swirled water, heated water, tap water with defined composition). I would like to test the ability of different waters to eliminate toxins. I would like to check if it is really true that low-mineralized water is better at expelling.

It would also be easy to do a study with gout patients or rheumatism patients, with elevated inflammation levels in the blood. I would expect decreasing uric acid levels and decreasing inflammatory mediators.

WO: *International interdisciplinary water research is experiencing an enormous upswing worldwide at the moment. Prof. Pollack from the USA is only one example. In this country, too, there are a number of researchers working on the subject of water. Will the new findings also be important in your discipline?*

KD: Yes, definitely. Prof. Pollack, for example, is researching the so-called 4th phase of water. This probably corresponds to the quantum physical model mentioned above. A water that has the ability to develop crystalline properties to form so-called coherent regions. It is precisely this quality of water, I suspect, that has a healing effect on many metabolic processes. Research must also deal more and more with the consequences of environmental pollution. Purification processes must be developed that regenerate our resource water. Here I am counting on research being done for the highest good of all. I believe that our environmental sins are also reflected in the increase of civilization diseases. UNEP - the United Nations Environment Programme - has calculated that half of all hospital beds worldwide are occupied by diseases caused by contaminated water. And every minute, three children die worldwide from drinking water contaminated with bacteria! That's over 4000 children every day!

WO: *Water and health should be of interest to everyone. But society is rather careless about this topic. Is that the case?*

KD: Yes, unfortunately the knowledge about the importance of water quality for our health is hardly known. That's why it is very important to me to contribute to addressing this lack of awareness. That's why we need more water research in medicine. The problem is that research is expensive, and universities have been virtually uninterested in water research up to now. After all, no medicine can be developed and sold as a result.

WO: *Doesn't our society need fundamental reforms that generally integrate the topic of health conceptually into important areas such as education and upbringing?*

KD: Yes, exactly - my speech! I've been campaigning for health as a subject in schools for a long time. There are so many really important things that people need to learn in order to stay healthy that you could make school material out of it for years. Mental health included. Education is immensely important, health conscious living from a young age. Education about drinking healthy water, healthy nutrition, healthy food production, exercise, relaxation and much more. The only arguments against this are those of the lobby. Food and pharmaceutical industries would suffer greatly. Illness is just a business.

WO: *What could a healthy society look like? Healthy schools, healthy communities, healthy companies...how could these be designed?*

KD: There are so-called "multimodal treatment concepts for chronic diseases" in biological medicine and modern lifestyle medicine, which include all levels of the recovery process. These include: Identifying and detoxifying toxin loads, strengthening the immune system, strengthening affected organs, building up the intestinal flora, eliminating interference fields, deacidifying, identifying and avoiding stressful foods, switching to vegetarian, vegan and organic diets, additionally strengthening exercise, relaxation and mental resources, psychotherapeutic measures. Such holistic concepts must be adapted individually, since no two people are alike. These concepts could be used for severely ill patients in a clinic and then continue to care for the patients on an outpatient basis. Such concepts could also be implemented on an outpatient basis with many networked therapists. My idea would be to introduce an additional title of preventive medicine for physicians. These physicians, trained in this way, would manage the holistic-biological clinic and, in addition to the general practitioners and specialists, would be coordinators of the health measures for a community. They give lectures, give seminars, train teachers, advise businesses and train other health and lifestyle advisors who work in the community. In this way, new impulses could be integrated in all important areas of life, such as kindergartens, schools,

businesses, clubs, charitable associations, senior citizens' residences, and so on. In this way, healthy networks could be created that would allow an entire society to become healthier.

WO: *Dr. Deuschländer, in 2015 you founded a non-profit, holistically oriented and interdisciplinary water research association together with scientists and researchers: Quellen des Lebens e.V. and you also serve on the board there. What are the goals of this association?*

KD: We are an association that has set itself the goal of promoting water knowledge and raising awareness. Knowledge about the sources

of life e.g. about good food, good water, good ways to stay healthy, all topics of integrative medicine. We want to promote independent and also unconventional research that serves both the health of the population and the environment. Our motto is "Together for healthy water - together for a healthy world." This is what we are committed to.

WO: *Dr. Deuschländer, thank you for the stimulating interview.*



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