



Sanus Per Aquam...for All Imagination is the Voice of the Daring

General Session: Presentation

Tuesday, June 5th 2012 2:30pm – 3:00pm

McNulty Gathering Room, Doerr-Hosier Center Building, The Aspen Institute

Speaker:

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Transcription:

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CHARLENE FLORIAN: I'm here because I want to talk about water. We all know how important water is: It sustains life, if we didn't have it, we wouldn't be here. It's very much a foundation of our organization. Water has been a passion of mine for a long time; I'm definitely a spring girl, I love hot springs and cold springs. It's really been the last couple of years that I have become more interested in digging into and focusing on what are the possibilities of water – are there different ways to look at water, and [are] there different ways to look at the research that is out there on water?

What I am doing today is sharing with you my curiosity and what I have found. I am not going to be presenting you with statistics, but really this is rather more a session of imagine and look at what people are doing out there in relation to water. The goal is to see if there is a possibility that we could create a new symbiotic relationship with water. I'll be so bold and say, "I don't think we really are doing it right." I don't think that we fully understand water, and we are not really understanding how we can use it in order to improve our health.

Water: We think we know it, but do we really? Let's look at some of the facts about water – and please take these facts a little bit loosely; there is a lot of different information out there. It is the most abundant resource, substance on Earth. It makes up more than 70 percent of our bodies, so we're mostly made up of water. Our brain is over 75 percent water; our blood is over 83 percent water. It covers over 70 percent of the Earth's surface, and of that about 1 percent or so, is pure water; the rest is salty water. Interestingly enough, we're also made out of salty water, and we know that from history in thalassotherapy that our own interstitial fluid is very similar to that of

sea water. So we're born from water, and water is really soft enough, gentle enough, to support the cellular osmosis process. It's very soft and gentle, and yet it can be super strong as well. We've seen what a flood can do, tidal waves, we've seen how it can carve out the most spectacular canyons.

Water defies all common laws. It doesn't fit into science that we know of at all. That is why it is so mysterious to us. It is the only substance on Earth that is found in three forms: in liquid, gas and as a solid. When it is frozen it expands, which is completely unique; other substances contract. It has a really high surface tension as well, so breaking the bonds that are found within the water molecule is very challenging.

We know that all water isn't equal. We look at H₂O, and we know that there is some water that supports life, other water doesn't support life, and yet chemically they are both H₂O. What is that makes water more supportive of life? There have been a lot of really interesting writers, scientist, doctors, who have naturalists that have looked at water, and they found that when water is at 4° C, it is at its densest form, and it actually is the most supportive of nature. In the forest, when you have cold water, it produces the greenery, the trees, and the trees, subsequently, when they grow, provide trees to shade the water. So there is this relationship going on in nature.

I propose: Are we ready to consider new reality about water? We have been living in a world with Newtonian physics, where everything that we know is very material, it's solid, the apple falls from the tree. But, really, we're using technology that is based on quantum physics, and we are moving into a world where quantum physics is overtaking Newtonian physics, where everything is based on vibration and frequency. I think that as time progresses, quantum physics will trickle down to mainstream society. We will all be forced to look at things in new ways and not necessarily see things from a material standpoint, but an energetic standpoint. This is the basis of our industry; we work with energy every day in the treatments. This is what the history is, and it's interesting how science and our therapies are coming together now. And that's what makes being in our profession so exciting. Water has been used in ancient cultures for thousands of years, bathing in hot springs has been really the beginning, and cultures have been using water to anoint for spiritual purposes for many thousands of years.

I'm going to talk a little bit about the chemistry of water only because there was an idea that was presented to me, it was very fascinating, and I think it's something that needs to be talked about. So we have two hydrogen atoms and one oxygen atom. We also know that the cells along their cellular membranes have aquaporins. Aquaporins are channels that allow the water molecules into the cell. Everything about our health depends upon how easily the water can get in and out of the cell. If the water can get

into the cell, then the waste products can get out of the cell, and then we have great circulation throughout the body.

The challenge is we don't get hydrated from most of the water that we drink; the water doesn't actually penetrate into most of the cells. It was proposed to me by a very interesting gentleman, who's been at MIT for 12 years and has a degree in applied mathematics, that the reason water won't actually get into the cell is because of the hydrogen bond. Basically, this is the bond between the two hydrogen atoms. Most tap water is about 101-104°. Ideal water within nature, pure water, is at 114° bond angle. This presents a really interesting idea: What if we were able to make a difference in changing the bond angle of water because, at 114° degrees, apparently water can get through the aquaporins and get into the cell. I don't know 100 percent if this is true – again this is all about presenting ideas so that we can think about new possibilities – but I think that it is a very interesting concept and a very interesting idea.

A 114° bond angle is also naturally found in vegetables and fruits. There is a gentleman in our profession, Dr. Murad, who came out with a book called *The Water Secret*, which was all about this idea of plants, vegetables and fruits being able to penetrate into our cells more efficiently.

Water, we know, is a liquid crystal, particularly when water is high in silica. There is some interesting research by Dr. Masaru Emoto – I'm sure many of you have heard of him; he's a Japanese researcher. I am not sure if his research has been substantiated, but he has found that water responds to emotion, to music. He has basically frozen water into these crystalline structures and found that positive emotions and positive, beautiful music has created these gorgeous crystalline structures, as well as negative emotion has created quite the opposite. I think this kind of goes into the idea of moving the world into quantum physics, water absorbing energy, responding to energy and consciousness.

I want to address that there are many different kinds of water out there. I think a lot of people are really confused on what kind of water to drink. We have reverse osmosis, filtered water, carbon filters, acid alkaline, spring water, distilled water. I'll just quickly say, I've done a lot of research and feel confident that the very best water we can put into our bodies is natural spring water. Of course, add a little bit of beautiful sea salt because we are sea water inside. I think there is a lot of confusion about alkaline waters, and our blood is 7.365 pH; natural spring water is about 7.4 pH. You can have short-term benefits from drinking high alkaline water, but it does throw the body's circadian rhythms off from the research I have done. There are a lot of

spas out there advertising alkaline water, and I'm not sure that's the right direction we want to go in.

So what does this all mean for us? I'm going to let you decide what this means, since we interact with water in pools, hydrotherapy, Vichy, and we're doing all kinds of treatments. We're coming out with amazing-looking equipment, it's beautiful, but are we really looking at the actual substance that is affecting the body? I just pose that question to everyone that maybe we can start to consider another approach.

Another thing I want to mention very quickly is the idea of free forms. There is some work that has been done out of New Zealand where they are actually taking water and using it with implosion devices, spiraling the water and activating the water in unique ways. They've done a lot of research; there are some companies out here that have utilized free forms. I'll just throw that out there – if you're interested, you can look at it online, but it's based on the work of Viktor Schauberger, an Austrian naturalist. It activates certain substances in the water, mainly hydrogen, and makes other substances passive; it makes the water more penetrable in the body, and better.

Just imagine the possibilities. The future is here. I won't talk about water conservation because I know that Sonu is going to talk about a lot of water pollution on the planet, and how we can make that a better situation. Thank you so much.