What research really says about "cell-available water."

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A recent study from Frontiers in Physiology (2023) titled "Interfacial Water and Its Role in Biological Energy Conversion" (Water at the interface and its role in biological energy conversion) confirms that cell water is significantly more structured than previously assumed. Water located directly at cell membranes forms an ordered, electrically active layer that is more viscous and thicker than ordinary water. This form is called interfacial or boundary layer water (EZ water).

This structured water plays a crucial role in our body: it can store energy and acts like a biological battery. Furthermore, it supports cell communication, detoxification, and intracellular energy transfer. Particularly interesting is that light - especially infrared radiation - increases the expansion of this zone. Sunlight can literally "charge" your cell water.

For you, this means: cell-available water is not an esoteric myth, but a biological reality. And you can influence it - through:

pure, structured water,

regular exercise,

Sunlight and

intelligent water filters like high-quality reverse osmosis systems.

The insight is clear: water is far more than just H_2O. It is the key to your biological energy.

Two important definitions

It's good.
to be truu.