

THE MODEL HEALTH SHOW

The Model Health Show with Shawn Stevenson Session #73

Show notes at: <http://www.shawnstevenson.com/73>

Announcer: This podcast of The Model Health Show is presented to you by Shawn Stevenson with Rare Gem Productions. For more information visit theshawnstevensonmodel.com.

Shawn Stevenson: Welcome to The Model Health Show, this is fitness and nutrition expert, Shawn Stevenson, here with my beautiful cohost and producer of The Model Health Show, Jade Harrell. What's up Jade?

Jade Harrell: What's up Shawn? I need a turntable.

Shawn: How are you doing today?

Jade: Aw man, I am spectacularious.

Shawn: Spectacularious?

Jade: Yes, I feel so spectacular it's hilarious.

Shawn: Oh my goodness. You silly Billy!

Jade: Oh my gee gee.

Shawn: That's crazy. I am glad to hear that.

Jade: Yes!

Shawn: I am glad that you are doing so well. You look well. You look amazing.

Jade: I feel fantastic.

Shawn: That's a good way to feel. Love it.

Jade: Thank you.

THE MODEL HEALTH SHOW

Shawn: And we want everyone else to feel fantastic as well. And that's why today is going to be an incredibly powerful episode. We're going to talk about something that affects every single human being on this planet.

Jade: And everything.

Shawn: One of the foundational components of health and longevity. Today's going to be a master class on water.

Jade: There we go.

Shawn: Ok, so many people everyday are asking me about, you know, so what kind of water should I drink? I know that it matters but I don't really know how to navigate this whole water terrain. So, today we're going to be talking about what water actually is. Alright. Which, the funny thing is, we don't really know. We're also going to talk about what critical roles water plays in your body. We're going to talk about how water impacts weight loss and weight gain.

Jade: There we go.

Shawn: We're going to talk about shocking substances that are being found in our drinking water today. And this is like, you'd better be sitting down for this.

Jade: Right.

Shawn: But if you're walking or exercising, that's okay. You don't actually have to sit down.

Jade: But take a look what's in your bottle just in case.

Shawn: Yeah. We're also going to talk about where to actually find the very best drinking water and we're going to wrap it up with five things you can do to really bring your water to life.

Jade: Perfect.

Shawn: But first I want to give a shout out to our show sponsor, onnit.com, onnit.com/model. Head over there and you get 10% off all of your amazing super human performance supplements. And, of course, we are loving the Hemp FORCE protein, the most bioavailable source for the human body is going to be coming from hemp. The edestin is the most usable protein structure for human beings and it is found inside of this Hemp FORCE protein. It's absolutely

THE MODEL HEALTH SHOW

amazing. And, on a surface kind of selfish level of deliciousness, it tastes incredible.

Jade: It is good.

Shawn: You know, and that's really the biggest selling point for a lot of people is like, does it taste good. And, it absolutely tastes amazing. This is coming from a guy who's had at least 100 different protein powders, at least, and saying that this is truly the best protein that I've ever tasted by far. And, that says a lot to be coming from hemp, which tastes like, it tastes like ancient artifacts. It tastes like dust. When you get the real hemp by itself, the hemp cake, extracted protein. So, what Onnit has done is really create an amazing formula using all natural organic ingredients so you've got some cacao in there. You've got some maca. There's a formula with vanilla, some mesquite, acai, all of this stuff coming together, and then, of course, organic stevia to make it taste really special.

Jade: It is so good.

Shawn: It's just so good. It's really good.

Jade: It's become a regular part of our smoothie and regimen.

Shawn: Um hm. It should be, it should be. It has earned its rightful place at the table. So definitely get yourself some Hemp FORCE protein. At least one time, give it a try but I'm telling you, you're not going to want to go back because it's really, really good and it feels good.

Jade: It feels wonderful. I'm a witness.

Shawn: So that's one of the things I'm loving with Onnit. Also, their Earth Grown Nutrients. Every human being today needs to be on a grain superfood blend. That is the real multivitamin. You know, you're going to be getting this stuff cold processed. This is actually coming, again, it's called Earth Grown Nutrients for a reason. This isn't something made in a laboratory and you are getting a synthetic pill. You know, so you're getting all the best nutrients. You've got an anti-oxidant blend with camu camu berry in there. They've got the green blend with wheat grass and oat grass and all of this other stuff that would taste nasty by itself and they put it together in a great formula and combination that tastes great as well, you know, so you can just throw a scoop into your water bottle once a day, knock that down, and be getting the real deal when it comes to fortifying your nutrition.

THE MODEL HEALTH SHOW

Jade: Absolutely.

Shawn: So, Earth Grown Nutrients and also the SHROOM Tech.

Jade: Now that's the deal!

Shawn: The SHROOM Tech, yes! Based on sound science, because the formula is based on cordyceps mushroom which has been clinically shown to increase your stamina, increase your libido.

Jade: Um hmm.

Shawn: You see, you've got to change your voice when you say libido. Libido. And, increase the oxygenase of your blood. So, and also, a little fun fact is that research is showing that it improves your insulin sensitivity so if somebody is dealing with insulin resistance they might want to look into taking cordyceps mushroom. Alright, and also that's the basis of the formula.

Then, they've added things like astragalus which is a powerful anti-aging herb with very storied and tradition and it's all done using proven formulas. You know, things that have been documented. Like, in Chinese medicine, cordyceps have been around for thousands of years. This wasn't invented by, you know, Larry last week, you know.

A shout out to anybody named Larry, no offense. I've got an uncle named Larry. I think everybody's got an Uncle Larry, you know.

Jade: You've got to know a Larry.

(laughter)

Jade: Larry's necessary.

Shawn: You've got that one uncle. You know, you know that guy. You know that guy.

Jade: I do know that guy and I love him the best.

Shawn: So, definitely check out the SHROOM Tech as well. It's my pre workout that I'm using all the time.

Jade: Pre life, dude.

THE MODEL HEALTH SHOW

Shawn: Pre life. Why's that?

Jade: I mean, whatever you're doing in the gym, let me tell you, it helps me get through this crazy, hectic day that I see you repeat often, it's good stuff.

Shawn: Yeah, it truly is.

Jade: I mean, yeah. I can certainly...And you said something earlier when we first started to try the product that you noticed an impact right away. Well, seriously, not only right away, but even more so now that I know that it's on purpose. It's really happening. I really feel fantastic.

Shawn: And it's none of that kind of weird spiked out, jittery coffee buzz. It's a very present calm energy and it's sustained and you don't get some kind of crash, you know. It's just, it's a really great product.

Jade: It's good. It's like a ski lift taking us up the mountain.

Shawn: Guiding us.

Jade: Guiding us.

Shawn: With love.

Jade: To the higher ground.

Shawn: So definitely head over there and check them out, onnit.com/model for 10% off your incredible supplements.

So now let's get into the topic of the day. Today we're going to be talking about all things water.

Jade: Okay.

Shawn: And this is like I said, it's going to be a master class on water. And you today are going to know far more about water than 99.9% of the population, including your physician.

Jade: How about that. Really?

THE MODEL HEALTH SHOW

Shawn: Which, again, this information is not shared when you go to medical school. We're not talking about water, we're not talking about drinking the right kind of water, what the importance of water is. What it is. It's just like you should drink eight glasses of water a day, have a good day.

You know, it's a whole lot deeper than that because water is truly, as Leonardo da Vinci said, it's the driver of nature, okay. And, it's something that, whether we understand this or not, it's the thing that makes us up. It's the thing that makes up the most of being human. The majority of our body is made of water. You know, from 70 to 80%, give or take, depending on where you are in your life. It is that important. We get focused on nutrition today. You know, and putting the good food in our body.

Jade: That's right.

Shawn: But, my friend, [Daniel Vitalis](#) says, if you've got a fish tank, right, what's more important, the fish flakes you feed the fish or that water. Right? It's the water. Okay, because you can feed the fish like spaghetti-Os fish flakes, like crappy fish flakes. If their water is alright they're going to be alright. But, if that water gets nasty we've got a serious issue.

Jade: Yeah.

Shawn: You know, so, it's really important to pay attention to the quality of water. So that's what we're going to be talking about as well. So, just to kick things off I want to share a little bit of a statistic with you, a little fun fact. We're going to bring in more fun facts as we go along.

Jade: Okay.

Shawn: Just a 5% drop in our body's fluid levels can lead to a 25 to 35% drop in energy. Instantly.

Jade: Yeah, I can see that.

Shawn: In a flash. Okay? That water level is so very important and part of the reason is that when you get to a certain point of dehydration you actually start to damage your DNA.

Jade: Oh boy.

THE MODEL HEALTH SHOW

Shawn: So you're damaging the printouts of you. Okay, all of your cellular printouts. They're getting downgraded simply because you're dehydrated.

Jade: Not cute.

Shawn: That's not cute, That's not cute. So, what is water? So, in science class for example, you hear that water is H_2O , two hydrogens covalently bonded with and oxygen.

Jade: Oh boy. Covalently?

Shawn: It's a bond. Not Barry Bonds. This is a different kind of bond.

Jade: Not James either.

(laughter)

Shawn: James Bond. That was nice. That was nice, 007.

Okay, so water, what we were taught in school, is just H_2O and it's as simple as that. It's just kind of this inert substance.

Jade: Which means what to us?

Shawn: Right. But, the truth is, water is not just H_2O . H_2O by itself is a drug. It's a pharmacological product. You don't see H_2O by itself anywhere in nature. It's H_2O with other things dissolved into it. Okay? Water is known as a universal solvent for a reason. It's H_2O with other substances dissolved into it and this is what gives water its structure. It really gives water its life. Okay? Water by itself is just, it's a carrier. Okay? Again, it carries everything into our body, all of our nutrients, all of our hormones, neurotransmitter communications which we're going to talk about in a moment. But, water is a carrier of all of those things. So, water is not just this inert substance. It's H_2O without things dissolved into it and, to take it a step even further, water is actually a liquid crystal.

Jade: So cool.

Shawn: It's a liquid crystal. And, because it's a crystal and people have probably heard of like the LCD television, a liquid crystal. So those devices are able to transmit and store energy. Transmit and store information.

Jade: There you go.

THE MODEL HEALTH SHOW

Shawn: This is what water does. And again, it's just like, it can sound a little bit profound but the reality is that water has actually made the person who's listening to this right now. It's able to contain and store energy and transmit energy and information. It's so powerful.

Jade: It really is.

Shawn: It's kind of like, kind of important. It's the basis for us having life on this planet. You know, one of those foundational things. And, what makes it kind of unique as well is the fact that it has these different forms that it can be in.

Jade: Um hm. Isn't that awesome?

Shawn: So it can be a gas, it can be a liquid, and it can also be a solid and its ability to transform itself...

Jade: Yes, to transmit.

Shawn: You know, nothing else can do it like that. You know, to be in those different states, you know, three different states and you can do that just within seconds. You know, so powerful.

So, let's talk a little bit about what roles water plays in the body. And this is really important. This is where we get our science pants on. Everybody buckle up your...

Jade: Find them.

Shawn: Put your belt buckle on.

Jade: I want mine to have drawstrings, please.

Shawn: Pocket protector. No, you know how we do. We've got to make this cool and easy.

Jade: Make it comfortable, give me some drawstringles.

(laughter)

Shawn: Get back in your smart hammock.

THE MODEL HEALTH SHOW

Jade: There we go.

Shawn: Listen in. Alright, so here's the roles that water plays in your body. Number one, it's important for the maintenance of your DNA which we already talked about. Number two, it facilitates reactions in your mitochondria. Okay, so that's the energy power plants of your cells. That's where your ATP, your energy is produced. The experience that you have of having energy is due to the mitochondria. Water facilitates the reactions in the mitochondria. Okay? You're dehydrated, energy goes down, really simple as that.

Your blood. Blood is over 90% water.

Jade: Oh gee.

Shawn: And the blood system is used to transfer oxygen, nutrients, antibodies, and waste removal as well. And, speaking of waste removal, the lymph fluid. Okay, your lymphatic fluid is based on water. Again, this is your cellular waste management system. So, if your lymph fluid is too thin because you're dehydrated you're just going to become like a walking, talking cesspool basically. You're just going to start to build up all of these metabolic waste products, toxins. This stuff isn't going to be able to be channeled out of your body properly.

Also, another role that water plays is digestion and the digestive secretions. Okay? A lot of those are built on water being in your system. So, if you're not drinking enough high-quality water, a lot of people know this. Like, some people get chronically constipated simply because they're not hydrating properly. You know, and they're trying to...

Jade: We're talking about cement, I mean. Well aware.

(laughter)

Shawn: So instead of trying to poop out a brick, you know, a dusty brick, you know you can hydrate yourself, hydrate your internal organs, your digestive tract by consuming high-quality water. Also, it's responsible for regulating your body temperature which is kind of important. It's another thing that our body does automatically without us needing to ask. Okay? It's so powerful that your body has a built in cooling system and it can also warm you up if need to be to help you to survive. If you don't have water you can't really change the thermostat that well.

THE MODEL HEALTH SHOW

Also, your cerebral spinal fluid of your central nervous system. So, now we're talking about your brain working right. Okay? And your brain stem. And all the organs that come off your brain stem which is everything. Okay? So all that communication and all that stuff working properly.

The synovial fluid of your joints and disks. Okay? So, individuals dealing with arthritic conditions. Individuals like myself, historically, you know 15 years ago, dealing with degenerative disk disease. My spinal disks were radically dehydrated. I was drinking maybe like a glass of water a day.

Jade: Wow.

Shawn: And then filled in the gaps with like Sunny D, Kool-Aid, all this other stuff and not really drinking a lot of high-quality water. And then, it's funny, nobody's telling me that I can get better because they don't know. Wait a minute, dude, maybe you might want to consume some more water so you can get some hydration. You've got to give your body the raw materials it needs or it can't do the job.

Jade: Exactly.

Shawn: Okay? And with the disks in your back it's important to understand that they are nonvascular. So that means the blood supply and kind of the water channel getting there is not direct. It's actually through a process of remote diffusion so the water...you have to be so dehydrated. You have to have so much water available in your system and it can kind of filter itself into your disks eventually. Alright. So, that's why I encourage people to get super hydrated which we can talk about a little bit.

Next up, and finally, because there are so many other functions that we can talk about, is that your body uses water as a pathway to transmit neurotransmitters throughout your entire body. So, we're talking about communication.

Jade: Through the whole body?

Shawn: Yes. And hormones as well. So, data getting from your brain to your toes, okay? And I know everybody's thinking about your toes right now. Your energy flows where attention goes. Attention went there. So, you're consuming water, or lack thereof, is going to determine all of these things and this is just a slice of the pie, okay. So very important. Can you see?

Jade: It's just a drop in the cup.

THE MODEL HEALTH SHOW

Shawn: It's just a drop in the bucket.

Jade: There we go.

Shawn: So, let's move on to talk a little bit about what controls the water balance in your body. This is actually controlled by what's considered the master gland, endocrine gland. It's a hormonal gland in your brain call the hypothalamus. And, this is what controls the water balance in your body and your entire endocrine system, period. So, your hypothalamus triggers your pituitary gland which used to be considered the master gland of the body.

Jade: Way to get demoted.

Shawn: Sort of. So, you know, you've just got to step down a little bit. But the pituitary gland is awesome. It secretes like growth hormone and all that good stuff but the hypothalamus is regulating the whole deal. So it triggers the pituitary to secrete something called ADH or antidiuretic hormone which that is based on the amount of dissolved substances in your body. Okay? So basically everything that's not water, okay? So it's based on that.

So this could be metabolic waste products, this could be the mineral content in your body. So many different things are going to be taken into account. It's all controlled by your brain of how it's going to get you to rehydrate yourself or, something that it does with this antidiuretic hormone is, it actually causes your kidneys to become permeable and allow fluid back into your body, okay? Weird stuff. It's kind of weird because, like, stuff that would be going out as pee is now getting recirculated because I'm so dehydrated.

Jade: All because I didn't have, because I wasn't supplying right.

Shawn: It's a backup system, you know. When it should kind of just be filtering out. Right, our body is amazing.

Jade: Amazing.

Shawn: Amazing. So, now let's talk about a couple more of these water fun facts. According to the research, okay, 75% of Americans are chronically dehydrated, okay? Chronically dehydrated. And this is, that's the majority of people, you know. It's asking the question, is it you? Are you one of those people? Or, are you somebody who's adamant about getting hydrated. And then we're also going to talk about how to get hydrated the right way, the best quality

THE MODEL HEALTH SHOW

of water to do that. But, are you drinking enough water right now. If you're not....

Jade: I'm probably somewhere in between.

Shawn: Yeah. If you're not then this is going to be a call to action to really get on your game about this because it's controlling everything.

Jade: Sure. Like a splash of cool water in my face.

Shawn: Another statistic is in 37% of Americans thirst is often mistaken for hunger because the thirst mechanism is so weak. Okay? So this is going on again in your hypothalamus and it's responsible for your thirst and hunger signals. And, often times, in our culture...

Jade: We think we're hungry.

Shawn: Right. We mistake that signal of being thirsty for being hungry and then we'll go and put more food in which is going to do what, pull away and draw more water that we need and, again, we continue to have a, just a vicious circle started, you know. Because, we're already dehydrated. We're eating more food. We're still thirsty and we're going to eat more food and this is one of the big contributing factors to gaining excess weight. It is not understanding like, I need to get myself hydrated first.

Jade: Sure. And our body's not hydrated enough to perform that digestion and processing of it very well.

Shawn: Exactly. Another fun fact. Mild dehydration slows the metabolism by as much as 3%.

Jade: Hm um. No.

Shawn: So, just a little bit of dehydration is going to slow down your ability to burn fat. Also, insufficient water is the number one trigger of daytime fatigue.

Jade: How about that?

Shawn: Okay, and also another one to slide in there is headaches. Okay.

Jade: Yes.

THE MODEL HEALTH SHOW

Shawn: One of the number one causes of headaches, migraines, is due to being chronically dehydrated.

Jade: I remember from our headache episode and how to manage headaches that one of the first things you'll do is give your client this big liter or so of water and tell them you'll be right back but drink this and by the time you come back...

Shawn: Right. There's like, you know, I'm feeling a lot better.

Jade: Right.

Shawn: It's magic. Was there some magic in this water? There's water in that water.

Jade: Is there magic in this water? (laughter)

Shawn: So another little fun fact is that, and this is actually based on a study, so one glass of water shut down hunger pangs for almost 100% of dieters and this was studied in a University of Washington experiment.

Jade: 100% of folks found hunger relief. Relief.

Shawn: Almost 100%.

Jade: Okay. But that's a lot of people who really, once you drink a glass of water it helped relieve that hunger pang.

Shawn: It's just something interesting to consider.

Jade: Uh, yeah.

Shawn: You know we start to pay attention to those signals in your body and really understanding, am I actually dehydrated? You know, is my body wanting water and to drink water first. And this is one of the strategies that's been out there for a long time of, you know, when you get hungry go ahead and drink, you know, 12 ounces of water first and see how you feel. Wait ten minutes kind of thing, you know. And it's just, again, it's just fulfilling that cry from your body to get hydrated again.

So, and I want to talk a little bit about weight loss and understanding what's going on there. So often times when somebody loses weight doing this in an ethical way, you know, really caring for their body, eating high-quality food, not

THE MODEL HEALTH SHOW

eating foods that are going to cause the body to retain a bunch of fluid, a big chunk of that weight loss is going to be through getting rid of the fluid that your body was retaining. Okay?

So, carbohydrates. Carbo-hydrate! This will trigger your body to store about four grams of water. For each gram of carbohydrates that you consume you will be storing about four grams of water, three to four grams of water. Okay? And it's kind of like it's just it is what it is, you know. So, if you're consuming a higher carbohydrate diet you're going to tend to retain a little bit more fluid. It's not that carbs are bad. It's not even about that. It's just individuals in our society have been taught to eat a lot of whole grains and things of that nature. They're going to find when they pull that stuff out they're going to instantly lose quite a few pounds because they're not retaining all that fluid. And this is a strategy that, you know, body builders use when they want to kind of get leaner and be able to see more of their vascularity. You know they cut out sodium so they're not retaining a little bit of water and they also lower their carbohydrate intake.

Jade: More like cargohydrate. Cargo hydrate.

Shawn: Cargohydrates. Stow aways!

Jade: They're going to stow all this stuff.

Shawn: So this is very important to understand that if somebody's concerned about getting excess weight off their frame they might want to shift their carbohydrate ratio in their diet. You know, possibly adding in some more healthy fats and protein and lowering the carbohydrates a little bit so that you're not retaining as much water.

And another thing that our body does that's really amazing is your body will retain more fluid in order to kind of buffer all the acidity, all the chemical reactions going on in your body if you're exposing yourself to a lot of toxic substances. You know, so if you're eating a lot of fake food, processed food, there's going to be a lot more acidic reactions going on in your system and your body is built to survive. You know, it really wants to survive first and foremost. So, it's going to retain more fluid to kind of buffer that acidic reaction.

Jade: Right, right. Thank you body.

Shawn: Let's get to that conversation about pH and that whole thing and we're going to talk about that more in depth in just a moment. So, one more thing that I want to share with everybody, because this is a master class, is about

THE MODEL HEALTH SHOW

something called aquaporins. Okay, it's called aquaporins. And these are protein channels in your cells that actually allow the water to enter your cells. So, it's just kind of like, okay, I drink this water, how does it get into my cells?

Jade: Aqua pour in.

Shawn: Yes, yes! It's through these aquaporins. Okay, you can think of these as channels that allow water to get from outside of your cells to inside of your cells. And, they have a certain size that only allows in the right size molecule, in particular water molecules. That's all they really recognize or let in. So this is why you need to be drinking the right kind of water. Not water that's got all this other stuff in it that might mess up the structure. Okay?

Jade: Because our cells wouldn't recognize that.

Shawn: For some people, they might have had the experience, I know I have, when I'm drinking a lot of certain kinds of water but I don't really feel like I'm getting hydrated. You know, and it's because of what's going on with the aquaporins. You're actually not getting hydrated.

Jade: Right, right. Rejecting it.

Shawn: So now that we've covered some of the fun facts, now that we've covered what water does in your body, why it's important, some of the components of weight loss and overall health, now let's talk about our water supply itself and transition our way into where do we find the highest quality water.

Jade: So that automatically makes me think that our water supply is not the best place to get water, Shawn.

Shawn: Well, hm. It's kind of like Bobby Boucher, right. You've seen Waterboy, right?

Jade: Yeah.

Shawn: Tally hoo hoo, shabba doo. You're just not drinking the right kind of water. You know. And they are like, Gatorade's better. "you're just not drinking the right kind of water." It's not that water's bad. It's just you're probably not drinking the right kind of water and here's why.

THE MODEL HEALTH SHOW

Okay, so our public water supply is incredible. It's incredible for what we have in comparison to like Third World countries and things of that nature but there's definitely some serious problems here because we have excellent systems in place to kill pathogens.

Jade: Here in the United States.

Shawn: Yes. To kill pathogens in the water so that you don't have any kind of random strains of something coming through and making you sick.

Jade: Okay.

Shawn: Okay, so primarily we're talking about chlorine as one of the big components there which we're going to come back to and talk about. But, there are no systems in place right now to eliminate some of the crazy stuff that's been put into our water supply over the last few decades that nowhere in human history have we seen before.

In 2008 Associated Press published their investigation and found that nearly 41,000,000 Americans were consuming water that had been tainted with pharmaceutical chemicals and these range from antidepressants to muscle relaxers that were coming through 41,000,000 American's faucets. Okay? And, there was actually 56 different pharmaceutical chemicals that were found in the water supply and this was stretching from Southern California to Northern New Jersey.

Jade: Stop.

Shawn: Okay. So, this might be like, what? Wait a moment.

Jade: What I'm hearing you say is that our water supply is tainted with pharmaceutical drugs?

Shawn: Yes.

Jade: Several kinds?

Shawn: Yes.

Jade: In our water?

Shawn: Yes. And the question is, how is it in our water supply now?

THE MODEL HEALTH SHOW

Jade: That's not a part of the treatment is it?

Shawn: No, this is a part of being on our planet which, our water is going to be coming from a water treatment facility, but where does that water come from? It's coming from a lot of different sources. It's going to be coming from, you know, some places are using aquifers and wells and things of that nature but some of places are going to be coming from rivers and different water bodies like that where there's going to be runoff, you know, from agricultural businesses, from pharmaceutical industries, from people's, you know, your public residences. You know, so what's going through people's faucets, what people are bathing in, what they're cooking in, retirement homes, hospitals, all of that, the water doesn't just disappear.

Jade: Well, we don't get new water. We don't get new water.

Shawn: We've got what we've got here.

Jade: Our water is in our natural water cycle but water doesn't go anywhere. We're not getting new water.

Shawn: No. The hydrological cycle actually takes time. You know, this takes quite a while for that water to...basically, the earth itself is like a giant water filter, okay. And for...

Jade: And we're counting on that to keep us.

Shawn: Well, not anymore. You know, humans are taking it into their own accord to speed the process up and this is why we're using these different filters and things of that nature. But, here's the thing, we've got a new thing to consider that we didn't before. You know, we're very good at getting rid of the pathogens in the water but not the pharmaceuticals. So let's take this a little bit further.

A comprehensive study of the drinking water of over 28,000,000 Americans detected a widespread level of pharmaceuticals and hormonal active chemicals in the water supply; 19 municipalities were monitored over the course of a year. So, let me share a little bit of the data with you. And, by the way, these were in low concentrations, okay.

Jade: Yeah, but we're drinking water all the time.

THE MODEL HEALTH SHOW

Shawn: It's safe, and they're low concentrations, but they're there nonetheless.

Jade: Yeah.

Shawn: So that's what to really understand. So, here's some of the chemicals that were found in American water supplies.

Antibiotics: Amoxicillin, penicillin, tetracycline.

Pain relievers like Tylenol, aspirin, ibuprofen, naproxen (which is used to treat pain associated with arthritis), and prednisone was found in the water supply.

Mental health prescriptions like valium and Prozac and then other things like caffeine, nicotine.

Pesticides like atrazine. One of the most widely used agricultural pesticides in the United States was found in people's municipal water supply. Lead, arsenic, hormone replacement medications like estrone. It's Bananas in Pajamas, right.

Jade: Good golly, grief.

Shawn: So again, I was saying, you might want to sit down for this.

Jade: Yeah.

Shawn: It's crazy. You know, I totally understand that this is, it's outrageous but I do not want to push the fear button. That's not what this is about. This is about becoming aware and making more intelligent decisions about the water we're consuming and just knowing that it is what it is. We can't run from this. We can do things to adjust ourselves. And that's what it's really about. About being empowered. Not being in fear, not buying into the media scares and all this stuff, but also not being ignorant to what's really going on.

Jade: That's right.

Shawn: Okay, so let's talk a little bit about what's used to treat our municipal water supply and the way that it is now outside of pharmaceuticals, because they're just there.

So the number one thing used to treat our municipal water system is chlorine. So, what is chlorine?

THE MODEL HEALTH SHOW

Jade: Chlorine is bleach.

Shawn: You just said it. It's just like, is it okay to drink bleach?

Jade: I don't think so.

Shawn: Yeah, I don't think so.

Jade: Yeah, it's great for socks.

Shawn: It's great for getting your whites whiter.

Jade: Yeah, it's great for socks.

Shawn: Let's get those tighty whities whiter. But, drinking it might be a little bit of a problem.

Jade: No thanks.

Shawn: And here's the thing...

Jade: But it's getting rid of the....

Shawn: The pathogens, which is great. But there are better practices. Definitely better practices.

Jade: So, instead of pathogens I get carcinogens.

Shawn: So here's what chlorine does. Chlorine is an antibiotic. Okay. It's an antibiotic. It kills everything. It doesn't care what jersey the bacteria is wearing. Is it the home team or is it the away team? It just kills everybody, you know, so that's going to basically over time destroy your gut bile. You know, you're going to destroy the environment in your gut which, again, in your gut this is where the vast majority of your immune system is located, your serotonin production. You know, so you're feeling good and all is right with the world. A lot of that is happening in your gut and a lot of us are consuming and then we're like, oh, I've got to drink a lot of water now.

Jade: Right.

Shawn: And were consuming this tap water and consuming a significant amount of chlorine. And it's definitely something to consider because, like I said,

THE MODEL HEALTH SHOW

this is an antibiotic and you wouldn't want to take an antibiotic for a long period of time.

Jade: No you wouldn't. Against life, that is.

Shawn: Yes. Anti means against. Biotic means life. Okay?

Jade: And water is supposed to supply life.

Shawn: It's supposed to be probiotic, for life, right. And the funny thing is there are water sources that have natural probiotics in them which we're going to get to in just a moment. Alright, so chlorine, the number one thing.

The second most prevalent chemical found in our municipal water is fluoride.

Jade: Right, oh great for the teeth.

Shawn: Now, according to the National Research Council, the NRC, fluoride can significantly damage the brain. Studies of EPA scientists have found dementia-like effects when exposed to fluoridated water. The NRC also notes significant risks to your thyroid, bones, and bone cancer with exposure to fluoride. I just kept digging around and this stuff is not hard to find. Harvard scientists found a direct correlation between fluoride and a dangerous form of bone cancer called osteosarcoma. Okay.

Jade: Oh my goodness.

Shawn: So, why is this being added to our water? It's not used to treat the water. It's not killing anything, you know, it's not there to kill a pathogen. It's not there to protect somebody so why is it being added to our water?

Jade: Yeah, why is it Shawn?

Shawn: Well, the very blunt reality is that it's a medication. Fluoride is a medication.

Jade: So we're purposely being served medication.

Shawn: It was put into our water supply supposedly to improve our bone health. Okay?

Jade: But you just said the studies show what it can do to damage our bone.

THE MODEL HEALTH SHOW

Shawn: I don't want to get into any conspiracy theories or anything like that but...

Jade: Just tell it like it is.

Shawn: Because it's a medication this is a direct violation of our right to informed consent. You know, a lot of people don't know they are consuming the medication everyday. And what this resource shows is that even when it comes to bones it actually makes your bones more brittle. Okay. Because it's similar to calcium but it's not calcium, alright. So this is another thing to consider about your municipal water and just saying, you know, is it okay that I'm just drinking this water straight? Alright, instead of doing some things to it to kind of take ourselves out of that equation. And again this really boils back to you being informed, you know, and you being aware of what's going on with what you're putting into your body and what you are exposed to and what you are exposing your family to.

That's what this is really about. So, most industrial...here's another little fun fact.

Jade: This is not so fun now.

Shawn: Most industrial...we're going to get to the fun stuff, I promise.

Jade: This is not so fun right now.

Shawn: But we've got to know about this stuff. So, most industrial countries have actually banned the use of fluoride, okay.

Jade: Except not here. Big Bad U.S.A.

Shawn: Not Captain America. There's so many amazing things about our country but this water thing, we've got to handle. We've got to make some changes to it for sure.

Now, to wrap that whole point up, Dr. Robert Carlton, former EPA scientist (Environmental Protection Agency), said that fluoridation is the greatest case of scientific fraud of the century.

Jade: That guy.

Shawn: Yeah, that guy.

THE MODEL HEALTH SHOW

Jade: Is he under close protective watch?

Shawn: Right, right. Now he's in the Witness Protection Program under an alias and he now works at a night club.

Jade: There we go.

(laughter)

Shawn: Under the stripper name Diamond, you know.

Jade: Liquid Crystal.

Shawn: Liquid Crystal (laughter). So, this water coming from our faucets, our municipal water supply, for millions of us, not for everybody. Some people's water is coming directly from well sources and things of that nature but they are all still going to be treated with some of this stuff, okay. But, we're going to be dealing with quite a bit of things. Obviously with trusting what's coming through our faucet.

So, what do we do about it? And that's what we're going to get into now. So what are some options for improving our water quality and our water supply? So, what a lot of people do is they turn to bottled water. Okay, it's one of the first things that I did when I thought I knew everything. You know, like I got my little fancy bottled water, I'm going to the soda machine buying a bottle of water. You know, making the better choice.

Funny thing is, the only requirement is that bottled water be as good as tap water. That's the only requirement by law. And often times that's really what it is, it's just tap water that's been run through a filter or maybe some kind of other treatment and then maybe adding some minerals to it or something like that. But, often times that's what it is. There's not a lot of regulation with bottled water. And the environmental working group did a test that found 38 contaminants in ten major bottled water brands including nitrates, arsenic, Tylenol, caffeine, and industrial chemicals.

Jade: Gee whiz.

Shawn: Okay. So, again, this is when you buy bottled water, understand this is probably just some of the same stuff. Now, what about the bottle itself, the plastics? Okay. We now know that we're dealing with something called

THE MODEL HEALTH SHOW

xenoestrogens. BPA is a xenoestrogen and water is known as a universal solvent. Again, so whatever water has come in contact with it becomes. It permeates. It becomes part of it. So, plastics don't biodegrade. They photodegrade. So, light breaks plastic down and you've got your bottled water sitting on that store shelf just breaking down and dispersing its contents into that water and becoming that water.

And, I don't know if anybody has had this experience where you might leave your bottle in the heat, maybe in the car or something and it tastes really funny.

Jade: Yes.

Shawn: You're drinking plastic tea.

Jade: Oh gosh.

Shawn: And it's not, it doesn't have to be heated to get that effect. You know, it's happening anyway. So when you see that bottled water on the store shelf. And, by the way, there are BPA-free plastic bottles which is much better. We're still not dealing with, it's still plastic, you know, there's probably going to be some other issues there that we don't know about. It's a fossil fuel, you know. But, BPA free is better. But, that's plastic tea. Or better yet, estrogen water. Look at it as estrogen water, alright.

So, these are the plastic bottled waters. Now, at this point I know a lot of people are going to be like, "Shawn, you are rocking my world man, you're rocking my world."

Again, this is just about being informed. It's not about being in fear. And, if you do happen to have some bottled water or whatever, it's okay. It's just, how can we find the optimal choice. You know, how can we find the best choice possible. So, that's...option number one is bottled water that a lot of people turn to. And we're going to talk about a better option for bottled water in just a moment.

So, here's another thing that people do and, by the way, so the municipal water, the water coming through our faucets in our homes...I often tell people, if you don't have a filter you become the filter.

Jade: You are the filter. Oh dear.

Shawn: Okay. So having a filter is great. Brita. We start there at the low end of the totem pole or whatever it's called, alright. Brita. It will tell you right there on

THE MODEL HEALTH SHOW

the case when you get the Brita, it removes the taste and smell of chlorine but it doesn't remove chlorine. And you know who Brita is made by, right?

Jade: Who?

Shawn: Clorox.

Jade: Shut up!

Shawn: No I won't.

Jade: You've got to get out of here.

Shawn: Crazy, right.

Jade: Get out!

Shawn: Full circle. Full circle abusing you. But anyway.

Jade: What a dupe.

Shawn: Alright, let's reel it back in. So those Brita filters, they are doing something. You know, they're using like a charcoal filter or something like that.

Jade: Putting something else in it.

Shawn: Trying to simulate...who knows....trying to simulate the earth's natural process, you know the different sedimentary layers and whatever, that the water goes through, the hydrological cycle. So, those little simple filters can do something to remove impurities in the water, true.

Now, another thing is distillation. So some people purchase distilled water or they get a system where they can distill the water themselves. The funny thing about this is that the distillation process can create water that's now H₂O, okay. And we talked about in the very beginning, that's not what we want. Alright, so this is blank water. Okay, so it's kind of like it can erase the memory of that water and all of the stuff it's been through, it's recorded, being in you know 10,000,000 people's body and being in the sewer system or wherever the case may be for this water.

This water molecule that's making its way to you. Yeah, so it's a blank slate. But now this is something that I like to call hungry water, okay. Because it doesn't

THE MODEL HEALTH SHOW

have the dissolved solids in it that make it more structured. It's likely going to attach itself and bind to things in your body, okay. Because it's hungry water. It's looking to, because it's a solvent it's looking to bind with things instead of give you something, okay.

But some people swear by distilled water and that is all good. If it works for you so be it. Okay, I'm just giving you my perspective.

Jade: So I've seen the drinking water on the shelf and then but what about purified even? Purified water.

Shawn: So, what does that mean? It just means that it has been run through a filter of some sort. That's all that is. That's all that is.

Jade: But because we heard pure.

Shawn: Right. It's got us, it's got hooks in us. Alright. Now, let's talk about alkalizing. Okay, the alkaline water systems. Listen in. This one is really important. So, ionizing or alkalizing the water is intended to give the water an alkaline pH, okay. And we've heard that's all, that's super important.

Jade: We're so acidic.

Shawn: We want to get alkaline, right.

Jade: We want to create a better balance.

Shawn: Now, when we talk about acids and alkaline in nature we're talking about the mineral content of that water, okay. When we talk about acids and alkaline in anything, in water, in food, in a person, we're talking about the mineral content. In nature that's what it's about, it's about the mineral content.

When it comes to these ionizing machines, these alkalizing water machines, this means the pH is altered by man, okay. It's charging it with electricity and this electrolysis process creates something called a disassociation of water, okay. Which is basically the splitting up of the ionic compounds in the water. Now, I'm not trying to be disassociated with water, you know.

Jade: No, not at all.

Shawn: It just sounds bad.

THE MODEL HEALTH SHOW

Jade: And I don't want the water to be disassociated with itself.

Shawn: The marketing is so profound with these systems, you know, that we should be drinking this kind of water, but the truth is, again, we're exposing the water to electricity and this is not natural by any means. And this is going back to like better living through chemistry, or physics, instead of nature.

Jade: So, supposed lightning struck a pond of water.

(laughter)

Shawn: Then you get ninja turtles or battle toads.

Jade: Battle toads.

Shawn: Then you get a mutant reaction.

Jade: But then, again, that's a natural.

Shawn: That's a whole different ballgame, you know. So, what's happening is when you're using the machines you're getting two different channels of water resulting, one acid channel, one alkaline. The water molecules are actually split open with electricity and artificially creating alkaline water. And again, this doesn't happen in nature because that's due to the mineral content shift, okay, not the splitting open of the water molecule.

Jade: By electricity. Yeah.

Shawn: Right.

Jade: I'd be with nothing but toads at this point.

Shawn: This is not a complete matrix of natural structured water. Now here's what the science looks like. Clinical studies have revealed injury to cardiac tissue due to drinking ionized water for long periods. Now this is because you're creating an alkali. Guess what alkalis are? Drugs are alkalis. Medications. Those are alkalis. So you're creating a drug. You're creating a supplement with your water. And that's not all bad because that can be helpful in small instances, in short-term instances, to maybe change the pH of your blood, for example.

Jade: But not...

THE MODEL HEALTH SHOW

Shawn: But not a long-term contribution. Drinking a gallon of a supplement, that would be not so good. That would not be good, you know. So, again, it's being aware of the marketing and looking at just, take a step back. Even if you're a firm believer in alkali water machines, just take a step back and say, is this natural, is this what nature would do with this water. You know, and just be honest about it.

Now, let's move on. The last one, R.O. systems. Reverse osmosis systems.

Jade: There we go.

Shawn: This pushes water through a very tight membrane and it's actually 0.0001 microns compared to, for example, bacteria which is 0.4 microns. So, it gets rid of a lot of this stuff, pharmaceutical medications, a lot of that stuff pretty much you're going to get blank water again. You're going to filter out a lot of that stuff without destroying so much the structure of the water through the distillation process. Okay, so some of the structure is still going to be there.

Jade: But it will be naked.

Shawn: Yeah, it's still going to be pretty baron, alright. So this gets rid of, again, a lot of pathogens, chemicals, and drugs. But I firmly believe that too much of this water pressure that it goes through makes it not friendly with your aquaporins which we talked about the channels that get that water into your cells.

Jade: Because they wouldn't recognize it.

Shawn: So you're left with a safer, cleaner water on one idea, one premise, but you might be lacking in what you're really looking for in the water in the first place. But, I still, I'm a fan of R.O. systems and I'm going to tell you why in just a moment.

I just wanted to talk a little bit about the R.O. and what it does. Okay, so, what we're trying to do here with these different things is we're trying to replicate what the earth naturally does because, again, the earth is itself a giant water filter.

Let's go to more of the real, like, close to nature, you can actually see that this is a normal thing for the human body and where we're getting our water source.

THE MODEL HEALTH SHOW

The next step from R.O. would be well water, okay. I live in the city call Florissant, the City of Flowers, alright, so back in the day I guess there were a bunch of flower everywhere, I don't know.

But, when I drive through my neighborhood I can see there is a bunch of old wells on people's properties and some people have turned them like to a flower pot or something or some, you know, a little thing the kids can play on. But many of the houses there, they have wells right there on the property. And this was something that historically a lot of people would do. You know, they'd just tap a well. And that's just basically drilling down into an aquifer and getting that water from the source. The cleanest, purest stuff on the planet.

Now, the thing about it that's really interesting is that when you tap a well, when you dig down into the aquifer. By the way, so aquifer's are like underground lakes that hundreds, if not thousands and thousands, of years water has gone through the hydrological cycle to fill up those aquifers, okay. So that water is the cleanest, purest thing you will ever come in contact with on this planet, okay. It's not even comparable to any of the water that you'll see out here.

So, we drill down in there and get the water but the water isn't ripe yet. Because, what water would do from those aquifers is it will come out in a spring source some kind of a way. They will come on in a spring and that's when nature's kind of presenting it to you, like, "here you go. It's all..."

Jade: Here, it's ready.

Shawn: Yeah, it's ready. Bing! It's good to go. But when we drill down there, so the water is a little bit immature.

Jade: Premature.

Shawn: And since it hasn't had that ability to kind of travel outward to you some of it, it's probably going to be a higher TDS which is total dissolved solid, so it's probably going to be a higher mineral content. So, mineral waters are well waters, okay, tend to be.

Jade: I've got you. I've got you.

Shawn: And those are still, they're going to be all good for most people, most constitutions. But, for some people it could be a little bit too much. Okay, we can kind of get a lot of this kind of sediment in your body by having too many minerals in your water.

THE MODEL HEALTH SHOW

Jade: Right.

Shawn: Okay. So, well waters. Or, if you're buying bottled water that says artesian water, that's well water with a fancy name. Okay, spring water. This is the choice, this is the ultimate choice here. This is when your water, what makes up your blood, what makes you, has gone through nature's amazing cycle that we cannot replicate as humans and it presents itself to you and you go and get that water. It is, again, the cleanest, purest thing that you'll ever come in contact with and a lot of people hearing that are like, "well, where do I get spring water, from the store?"

Jade: On the shelves?

Shawn: Well, you actually, yeah...However,

Jade: It's in plastic bottles.

Shawn: Yeah. We're going to talk about how to optimize that store-bought spring water in just a moment. But, a really healing and life-giving experience is going and getting your own water. Go and harvest your own blood because it's going to make you up, go and get it. You shouldn't be buying your water. You know, buying your blood, you know, all the time. And getting, even just one time, going and getting maybe a five-gallon jug and just switching out. It's like an oil change.

Jade: Yeah.

Shawn: You know, putting the cleanest, purest thing on the planet through your system just even one time could be incredibly transforming. So, we might think that we're not capable or near a spring.

Jade: Right.

Shawn: I've got news for you, baby. You probably are. And, because I had that same feeling, you know. And, first of all, you can check out, Daniel Vitalis helped to create this amazing website called findaspring.com. Altogether, findaspring.com and you can see the database. I remember when he first launched it there was like ten springs there or like 20. Now there's hundreds, I think there's hundreds there now, of people just posting up the different springs they've gone to across the world. Not just the United States.

THE MODEL HEALTH SHOW

So, for me, we've got some posted up there in Missouri and it was just a matter of when I really got exposed to this information I was actually somewhere at a class of some sort with my wife and I was just talking about the spring water stuff I was learning and somebody walked over to me and was like, "yeah, we just went to a spring yesterday."

And then, I'm like, what?

Jade: It's that close? Right.

Shawn: She brought me some of that water the next day. A few days later we were at the spring, Lithium Spring, in Missouri. It's like this little gazebo over it. People used to travel from all over the world to come to this spring and now it's just like this old artifact that nobody even knows. Like, nobody in Lithium, Missouri, even pays attention to. Kids just walk by with their little water bucket and play in it, you know. And it's because it actually has, it was called Lithium Springs because it has lithium which is one of the compounds that are in antidepressant medications, okay. Very powerful stuff, you know. So that was a really interesting experience. It's just asking the question, setting your attention and you'll start to find resources show up for you.

Jade: Okay.

Shawn: Okay, or of course, you can go to findaspring.com which is awesome. Now, not everybody's going to do that. Not everybody's going to put on their superhero utility belt and like, "honey, we're going to go harvest some water. We're going to get our own spring water."

So, let me share with you guys the top four sources for the best water possible, okay. The top four sources. So, number one, Captain Obvious, gathering the water yourself, findaspring.com. Number two is well water. If you've got access to a well, well, (laughter) that would be just fine. Number three, spring or well water bottled in glass.

Okay, so where would you find that? I'm going to give you three sources: Number one, [Mountain Valley Spring Water](#). This is my favorite. I've been using them for many years and this is a great option to finding your own spring. It's low in total dissolved solids so it's a pretty good everyday drinking water. Mountain Valley actually uses a process called ozonation, or ozone to treat the water to insure that there is no biological contamination. That's a much better treatment than chlorine.

THE MODEL HEALTH SHOW

Okay, that's another thing that we can be using for our municipal water supply. And what it does basically deactivates the ability for any bacteria or viruses or whatever might be in the water to replicate itself. Because spring water is going to have probiotics, for life. It's going to have organisms in it. It's not like you're going to see this stuff. But, if you get yourself a five-gallon jug and just leave it out sitting in the sun for two months.

Jade: It will be green.

Shawn: You're probably going to see some, you're going to grow your own blue-green algae and spirulina. You know, because that water's alive. And so a lot of people are understanding the power of eating raw foods. But we're drinking cooked, processed water. So we've got to get back to consuming more living, raw water as well. You know, it goes back to...

Jade: Now so could we eat the algae that grows on the water?

Shawn: Don't ask me. I'm hands off on that one. So, that's number one. Mountain Valley Spring Water. They deliver many places across the United States. They can deliver to your house. You can get a little water dispenser thing at your house. That's choice number one.

Number two, [Acqua Panna](#). That's another bottled and glassed spring water and it's located at this mystical place 900 mile above sea level on the slopes of the Mt. Gazzaro in Tuscany, Italy, so it's got this like whole, beautiful pristine place that it's coming from. Acqua Panna. That's another source.

And, choice number three, which a lot of people see, so I'm just giving things that are readily available in the stores. So, Mountain Valley, Acqua Panna, and [Voss](#) is another one. You might see Voss in the clubs in those sexy bottles. Low TDS. It's artesian water so it's a well water. And, again, its just a fancy name and it's supposed to be from a pristine place in Norway. Again, I'm saying it's supposed to be because we don't really know.

Unless you harvest the water yourself, there's going to be some interference there from the gathering to the end product itself so we're putting a lot of trust into these companies and from my estimation these companies are doing it better than a lot of other ones.

So that was choice number three. Spring or well water, bottled in glass, and option number four is R.O. water. So, reverse osmosis water. Restructured, that's the little caveat. And that's what we're going to talk about next and to wrap this

THE MODEL HEALTH SHOW

whole thing up and I'm going to give you five ways to liven up your agua right now.

Jade: There we go. Kick it up a notch.

Shawn: So, when we put our water through a treatment like the R.O. system or distillation, mainly I'm focused on the R.O. system because I like that a lot more. We want to give the water some structure. Because, again, water carries and transmits information.

Jade: Yes.

Shawn: Okay. And if anybody's interested in like, a more metaphysical understanding of that stuff, definitely check out Dr. Masaru Emoto's work, the [Hidden Messages of Water](#), very fascinating stuff. I've looked at multiple ends of the studies that he performed and, whether or not they're 100% accurate, it's still really fascinating stuff to look into, that water can actually carry information that you give it. Okay, that you can encode that water with certain information. It's really fascinating.

Jade: It was.

Shawn: But more on kind of a tangible level, it's like water has the intelligence to become you and to do all of these processes in our body. It's not that far off that we can affect the body around us.

Jade: That's powerful.

Shawn: Okay. So, here are the five ways to liven up your agua. Number one, once you've got that, and you can do this even with the Mountain Valley Water, whatever water you've got, you can give it a little bit more of a charge or structure by adding number one, some sea salt, or Himalayan salt, or some kind of high-quality rock salt. You know, like I get salt from Utah sometimes. Using a high-quality salt. I'm not talking about the umbrella girl with the dog. I'm not talking about that. I'm talking about something that has some efficacy to it, you know, and salt actually has over 60 different minerals and trace minerals, you know. So, it's actually, again, giving that water some structure and changing the pH of the water naturally.

Jade: There we go.

Shawn: Okay, so that's number one. Number two, lemon. Lemon!

THE MODEL HEALTH SHOW

Jade: Lemon water.

Shawn: Lemon has a natural affinity with water. Lemon has what's known as an anionic orbit. Okay, an anionic orbit. So, basically atoms are spinning in the reverse way that all other foods do. It's spinning in a way that your parts of your digestive tract do, the cells there, or that your saliva spins. It's very good at cleaning, very good at cleaning house. And, it also is providing some ions that are going to charge up that water. Okay. And, some people notice that putting some lemon in their water is more hydrating. Okay. So that's number two.

Number three is a product called [Crystal Energy](#). Crystal Energy.

Jade: Not Crystal Light.

Shawn: This is Patrick Flanagan's product. No (laughter) not Crystal Light, no.

Jade: You know, you just tear of the little top and sprinkle it in there.

Shawn: I used to get that out of the little dispensers at my old job back in the day, Crystal Light.

Jade: You had a job!

Shawn: Daily. Right! A Job and college.

Jade: You held down a job.

Shawn: I'll have to tell a story about that job one day. Crazy, crazy pants.

So, Crystal Energy, Patrick Flanagan's product, and what it is, it's silica. And this is a mineral known to positively affect the zeta potential, something called the zeta potential of your blood cells. Now, zeta potential is the electrical potential or charge that exists in a hydrated particle and the surrounding solution. Okay, so it gives your water a nice healthy charge.

So, we could talk a lot about that kind of stuff but just check it out, [Crystal Energy](#), if you're interested in that.

Number four is MSM.

Jade: Love it.

THE MODEL HEALTH SHOW

Shawn: Methylsulfonylmethane. Sulfur compound. It's an organic sulfur compound. So, again, we're talking about adding a mineral compound to your water to give it a little bit of structure. And I really actually enjoy adding MSM to the water. I'm not saying it tastes delicious.

Jade: No, it doesn't really, not at all, but it's...

Shawn: I think it tastes, you know if you get the formula right, get the right combination of vitamin C, like lemon, sulfur, a little bit of salt, and you know, if people want to take it up a notch they can add some stevia to it, maybe a little camu camu berry. You can do some fancy things with the water. But I really enjoy putting MSM in there.

Jade: With spirulina it's not too bad with spirulina.

Shawn: That's a powerful combination right there.

Jade: Oh yeah? I did something?

Shawn: Yeah, you did something.

Jade: Ha ha, Ka ching!

Shawn: Because spirulina actually has sulfur compounds in it so it's like a natural resonance. You know that spirulina is just like super powerful. For some people it's like it just does it for them.

Jade: It is.

Shawn: Okay, so MSM is another thing that you can add to your water to liven up your agua.

Number five, you can add some fresh fruits and/or veggies to your water.

Jade: And/or veggies?

Shawn: Yeah. So, you could slice up maybe some cucumber slices.

Jade: Oh I've seen that.

Shawn: Right.

THE MODEL HEALTH SHOW

Jade: Yeah, yeah, yeah some basil even.

Shawn: Right, or maybe some. Right, put that in your water. Put a nice sexy bottle you could see through, put a lid on it. Chill it. It can be really, really fantastic.

Jade: Why's it got to be a sexy bottle? That's funny (laughter).

Shawn: Hey, hey.

Jade: If you're going to do it...

Shawn: It's part of the process.

Jade: Do it sexy.

Shawn: A lot of people, they've got a thing about drinking water. You know, it's just not attractive. They're not motivated to do it. Well, these kind of strategies will be great for people like that. You know, slicing up some berries and putting it in there.

But, what we're doing there and why it actually works is you're adding electrons. Because those foods are very enzymatically active, full of antioxidants, which are you know, basically you've got this electrical potential, right, and that's going to add some life back to your agua.

Jade: Well, we should put some more attention in that direction anyway so.

Shawn: Yeah.

Jade: I like that.

Shawn: Absolutely. So, everybody.

Jade: Sexy water.

Shawn: This has been a master class on understanding water. We went through so much and I really do hope that this information stays with you for many, many years to come and that you got a lot of value out of this.

Jade: Oh I did.

THE MODEL HEALTH SHOW

Shawn: Alright, everybody, thank you so much for tuning in to this episode. It's been a master class on water and really understanding the value, the utility value of water and how to upgrade your water source and I really do hope that this is information that you find extremely valuable and that's going to stay with you for many years to come.

Jade: It is, it is.

Shawn: So, please make sure that you share this show with everybody who knows, is concerned, or even not concerned about being the healthiest, happiest version of themselves because it is important. It's so important to be informed about information like this and, again, it's really about you being a leader and you stepping up and you applying the information first.

So, thank you so much for tuning in to The Model Health Show.

Jade: Thank you. Drink up!

Shawn: Drink up! Cheers! Talk with you soon. And, make sure for more after the show you head over to theshawnstevensonmodel.com. That's where you can find the show notes and if you've got any questions or comments make sure to let me know. And, please head over to iTunes and give us a five-star rating and let everybody know that our show is awesome and you're loving it. And I read all the comments so please leave me a comment there and take care everybody. I promise to keep giving more powerful, empowering, great content to help transform your life. Thanks for tuning in.