ESSENTIALS'8

Benoît Saint Girons

Water quality : the joy of drinking!

Mistakes - Questions - Solutions

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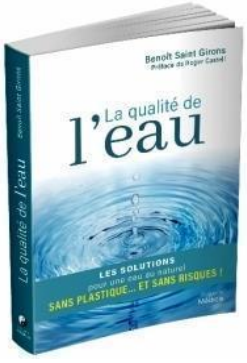

About the author. Benoît Saint Girons, who developed *the Essentials8* concept, is the author of a dozen books, including the practical reference *La qualité de l'eau* (Editions Médicis, 2020). An independent specialist in filtration and energization solutions, he has been offering free advice since 2002 and has already helped hundreds of thousands of people to "drink" better through his writings, websites, conferences, and videos. He lives in Switzerland.

This document summarizes more than 20 years of my expertise with water. It does not reveal the mysteries of water, but it answers the main practical questions and provides guidance on how to equip yourself without risk. The underlined text links to articles or websites where you can learn much more… provided you can read or translate French ;-)

Quick survey:

- Do you sometimes force yourself to drink (because you don't enjoy it)?
- Do you drink less than 1.5 liters of still, room-temperature water per day?
- Do you suffer from skin irritation after your toilet ?
- Do you drink mineralized water (more than 500 mg/L) and/or sparkling water?
- Do you have difficulty understanding labels or water utility reports?
- Is your tap water treated with chlorine and/or fluoride ?
- Do you think that public authorities or marketing campaigns tell the truth?
- Do you believe it is possible to significantly improve the quality of your water?

If you answered "yes" to at least two questions, we strongly recommend that you continue reading this document to learn how to once again enjoy drinking water and restore quality hydration.

INTRODUCTION

The goal is **to enjoy drinking water**.

Why do most people suffer from chronic dehydration? Why don't we drink enough? Is it ignorance, unwillingness, or simply because the quality of our water does not meet our body's needs?

Authorities and regulatory bodies may promote tap water as being *of* "*excellent* quality," and bottlers may spend millions on marketing, but **our bodies, which are mostly made up of water,** reject any water that is polluted, chlorinated, devitalized, or too heavily mineralized. The main symptoms of such are difficulty drinking enough and/or skin problems.

The challenge is, therefore, to switch from artificial "junk food" water to natural, "biocompatible" water.

We are in bad shape because we mistreat water. And when we mistreat water, we simply mistreat ourselves. Let's finally improve its quality and we will all be much better off. In the process, we will gain freedom and also make substantial savings.

I. The 8 mistakes to avoid

Following are the various misconceptions we need to overcome in order to avoid marketing traps and to appreciate and respect water for its true biological value.

Mistake #1: Thinking of water as *aqua simplex* H2O[1]

No one—not even a chemist, biologist, and quantum physicist—is capable of understanding water and its 75 anomalies.[2] Water's role as the body's factotum is well known, but its omnipresence is forgotten[3] and its quantum characteristics are obscured. Water accounts for 60-70% of the weight of the human body, but around 97% of its molecules. A single drop of water contains up to 1 trilliard water molecules, and these molecules interact with each other on a picosecond scale – 1,000 billion times per second – in every possible combination. The laws of classical physics and chemistry do not apply to water. However, anything that does not conform to theory is generally denied by the "scientist" community, with its rigid framework of thinking.[4]

➤ **Water is *aqua complex*. The physical and chemical measurements used to determine potability standards cannot account for its complexity and therefore its true quality.**

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[1] Lavoisier's H2O formula is overly simplistic. See the article Beyond H2O.

[2] For example, water reaches its maximum volume (+8%) when it solidifies, whereas other substances contract. Water in solid form is lighter than in liquid form, which is why ice cubes float. Its melting and boiling points are higher than those of other liquids. "*An honest scientist should admit that he does not know what water really is. It cannot be explained by the physical or chemical means available to modern science. Water is a scientific impossibility.*" (Wilfried Hacheney, German physicist and researcher).

[3] Ubiquitous, water is found not only in all living beings in large proportions, but also in the air and on all matter, via an ultra-thin layer of moisture. Water is thus the link and the binding agent between beings and the world.

[4] Don't confuse the scientific spirit of trial and error, doubt, and intellectual curiosity with the prevailing "scientism" of dogmatism, prejudice, and conflicts of interest: "I didn't learn it during my long studies (brainwashing), so it's not possible, it doesn't exist."

Mistake #2: Ignoring the energetic dimension of water

Everything in the universe is electromagnetic, i.e., interactions between electrically charged particles. Water is obviously no exception, but the concept of water energy is a real taboo although it can be measured using electrodes (proton and electron) and scientific tests (surface tension, biophoton emission, red cells mobility, etc.). A degustation test also immediately reveals the difference before and after energizing the water. Skeptics should dare to try it!

➤ **Water, which is inseparable from life, IS energy. Everything we put into our bodies should provide us with energy.**

Mistake #3: Fantasizing about purity

The purity of water has fueled human fantasies and religious rituals since the dawn of time. In practice, water is such a powerful solvent that it is never pure. Such water would also be problematic because, if it were too empty, it would not be able to "restructure" itself properly.[5] In its natural state, water always contains ions, and the more mineralized it is, the less pure it is. Whether inorganic minerals, plastic nanoparticles, or various chemical residues, no filter can remove 100% of pollutants, so some compromises must be made.

➤ **Be wary of any marketing claims about pure water or "perfect" water. To obtain "clean" water implies the use of a quality filter.**

Mistake #4: Looking for minerals

With all due respect to bottled water companies, we are "heterotrophic" and therefore unable to properly assimilate inorganic minerals from water. We don't lick rocks and must obtain our minerals from "autotrophic" plants. Only a small portion of inorganic minerals is properly absorbed[6] , with the rest being eliminated through feces or by the kidneys working overtime.[7]

➤ **Water is important for what it carries away, not for what it brings. With two exceptions: it should bring energy and drinking enjoyment!**

Mistake #5: Focusing on limescale or calcium deposits

This is undoubtedly the costliest mistake: wanting to remove all traces of limescale from your home. Anti-limescale "water treatment" is most often carried out using an ion exchange resin softener: calcium and magnesium (which form limescale at around 55°C) are replaced by sodium. The result? A soft water that is not recommended for consumption, probable microbial proliferation, a risk of corrosion thanks to overly acidic water due to incorrect softener settings, excessive water consumption, salt pollution, and the need to install a reverse osmosis system to restore acceptable water quality.

➤ **If your water hardness is greater than 320mg/L or 23°TH, opt for intelligent limescale management that transforms limescale into aragonite, which does not cause build up in the pipes.**

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[5] With water molecules arranged at a picosecond scale, water does not have its own fixed structure but rather a configuration (with minerals) and a more or less natural "coherence."

[6] Only 1% to 15% according to the authors of the water. According to Patrice Fardellone's 2015 meta-study funded by Nestlé, the rate of calcium crossing the intestinal barrier is on average 32,8%, much of which (known as passive absorption) must then be eliminated by the kidneys.

[7] "*Substances that are not active must be eliminated, otherwise they are a factor in disease*" (Rudolf Steiner, father of anthroposophy and biodynamics).

Mistake #6: Confusing bottled spring water with water at its source

At the source, water is charged with natural energy. Inorganic minerals are found in colloidal form, evenly distributed and more easily eliminated by the body. Such sources are the benchmark for quality.[8] After the violent processes of pumping, bottling, transport, and storage, the vast majority of bottled water oxidizes and becomes more alkaline. It has lost most of its vitality, like wild animals in a zoo.

➤ **The term "natural" is misleading. If you were put in a box or enclosed in plastic, how would you feel?**

Mistake #7: Losing your acid-alkaline balance

Are we in acidosis and should we drink alkaline water? If someone tells you "yes," find a different “expert”! It is important not to confuse alkaline with alkalizing or acid with acidifying. An alkalizing effect is obtained by drinking lemon juice, which is very acidic and therefore alkalizing, thanks to the body's "buffering effect." Alkaline (pH > 7) means less magnetic energy (H+ ions), as such how could it be beneficial? If alkalinity were good for health, we would know about it, since all tap water is alkaline in order to protect the pipes. According to Vincent's Bioelectronics (BEV), the energy science of water developed in France in the 50’s, if the water is alkaline and oxidative, such as tap water and most mineral water, it can promote virus and cancer. If is alkaline and antioxidant, such as “ionized” water, it can promote bacterial growth.

➤ **The best spring waters and natural foods (especially fresh fruits and vegetables)[9] are always slightly acidic (pH < 7) and antioxidant.**

Mistake #8: Blaming the wrong culprits

Fear is always a bad advisor. Not a month goes by without a water scandal revealing new chemical pollution: chlorothalonil, PFAS and TFA, plastic nanoparticles, etc. However, the main pollutant in water remains completely overlooked[10] : chlorine! This former combat gas with carcinogenic THM derivatives is, however, much more problematic. In the short term, chlorine oxidized water, causes skin problems and generates dehydration due to its unpleasant taste, smell, and texture of the water. In the long term it increases the risk of cancer in 10 to 30 years due to THM. The primary culprits responsible for poor water quality are therefore the public authorities. Not only have they allowed intensive agriculture to pollute the soil and groundwater, but they have also denatured the water through highly oxidizing treatments. A double whammy!

➤ **Let's leave political impostures aside and take (*personal)* responsibility: all quality filters effectively remove chlorine (and most chemical residues).**

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[8] "*Perfection is like water*." (Lao Zi). Artesian spring water is rated 20/20 in the book. Conversely, water *softened by sodium softeners is the negative reference at -20/20. Tap water is rated -4/20, while filtered* and energized water is rated 6 to 18/20 depending on the power of the devices used.

[9] The BEV Bioelectronigram highlights the energy difference (protons + electrons) between organic food and food produced using intensive farming methods (loaded with pesticides). The same applies to fresh and canned foods, raw and cooked foods, and spring water and bottled water. Among the few alkaline "foods" are UHT pasteurized milk and refined white sugar.

[10] Chlorine being volatile, simply leaving the water to stand in a jug would allow the smell to disappear. The impact of chlorine on water quality or the fact that volatile chlorine triggers asthma attacks in young children (baths) and chronic bronchitis and even certain cancers in swimming instructors (swimming pools) is much less discussed.

II. Key questions

◊ "Junk food" Tap Water:

Why is it important to question the "drinkability" of tap water and be wary of official communications?

Is tap water safe and healthy?

Yes and no. On a global scale, we are obviously fortunate. We no longer risk contracting serious diseases (cholera, typhoid fever, diarrhea, etc.), as the first criterion for potability is the absence of pathogenic microbial germs. Pollutants are still present, but at levels considered acceptable for public health. In the long term, tap water is however not risk-free, due to the cocktail effect of pollutants, the oxidizing treatments (chlorine, ozone, UV, etc.) used to make water “drinkable”, the adding of fluoride in anglo-saxon countries and the unpleasant taste of polluted and oxidized water, which can insidiously lead to chronic dehydration.

What are the limitations of tap water standards?

Water intended for human consumption (WITH) must comply with, for example, 56 parameters in Europe (68 in Switzerland): microbiological, chemical, and non-compulsory indicators. These parameters are useful, but:

1) Standards are falling: water may well be "*the most closely monitored foodstuff*"[11], but pollution is out of control and standards are regularly being revised downwards. In Europe, the permitted level of pesticides has increased fivefold since 2011, and the nitrate level has increased twentyfold since 1920. The 2020 European directive also removed pesticide metabolites deemed irrelevant from the calculation, allowing more dangerous pesticides (total limit of 0.5 µg/L).

2) Some standards serve partisan economic interests: there has been no mineral content limits since 1961 (perhaps so as to not stigmatize mineral waters industry?), and a limit of 200 mg/l of sodium is allowed to permit the use of water softeners which are disastrous.

3) The standards are broadly quantitative, with physical and chemical analyses carried out and monitored by chemists. The few qualitative criteria (pH, color, odor, turbidity, etc.) are non-compulsory and sometimes so broad that they are meaningless.[12] The energy aspect is completely overlooked or ignored.

Ultimately, "*these standards [...] are inadequate, scientifically obsolete, and ineffective in assessing the quality of water for human consumption* ," as CriiEAU pointed out[13] .

Why aren't tap water standards being improved?

The simple answer is because it would cost too much! Ninety percent of water is used by agriculture and industry, economic sectors that pollute but are not necessarily held accountable. What is the point of having clean water if it is then going to be treated with chlorine or fluoride ? Moving away from those chemicals would be the best thing to do (following the example of the Nordic countries, Bavaria in Germany, and the city of Zurich in

[11] Water is not a food: it does not require digestion.

[12] The pH is therefore allowed to range from 6.5 to 9.5, the idea being to protect the pipes from acidic water, never mind human biology. However, the higher the pH of the water, the less effective chlorine is.

[13] *Independent Committee for Research and Information on Water* (CriiEAU), far removed from the conflicts of interest of the French *Water Information Center* (CiEAU), which is funded (in particular) by multinational water companies.

Switzerland), but that would require a little less fear and a little more thought.[14] As for moving from physical and chemical analysis to biological and energy testing, that would require a paradigm shift that is not likely to happen anytime soon. Most industries have no incentive for quality water (the cosmetics industry, bottlers, Big Pharma, etc.). If citizens' health was the system's priority, we would know about it! [15]

Is tap water environmentally friendly?

It all depends on how you define ecology. The "political" approach to ecology focuses on energy savings and thus promotes local tap water over bottled water. Etymologically, however, ecology - from *the Greek words oikos,* meaning "house" or "habitat," and *logos,* meaning "discourse" - is the answer to the following question: Does my immediate environment promote my health and vitality? From this point of view, polluted, chlorinated, alkaline, and oxidized tap water, which irritates the skin and mucous membranes and does not provide quality hydration, clearly cannot be described as ecological.

Is tap water preferable to bottled water?

Pollutants and chemical treatments on the one hand, inorganic minerals and plastic residues[16] on the other. In both cases, the water is generally alkaline and oxidized[17] , i.e., unsuitable for human biology. According to Vincent's Bioelectronics (BEV) analyses, such water is associated with cancer and viruses. The skin becomes irritated and drinking is no longer enjoyable. However, tap water has the advantage of being significantly less expensive, normally available everywhere and, above all, easy to filter and energize. Tap water can *ultimately* be improved at home and become environmentally friendly again!

◊ "Marketing" bottled water:

Why is it essential to be wary of advertising and minerals in water?

Why do we consume "plastic" water?

"Drinkable" certified water is available nearly everywhere in the West. So, why are we driving through traffic jams to buy 9 kg packs of plastic bottles in supermarkets ? Aware of the importance of water, we want the best for ourselves and our families and are willing to make financial sacrifices to achieve this.[18] We don't always trust tap water[19] because we don't like the taste, which is due to chlorine. We believe that plastic bottles offer the original purity of water, minerals that are beneficial to the body, and even the *fun* of sparkling water. Unfortunately, purity is illusory, the minerals in the water are difficult to absorb since we are

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[14] The dogmatic fear of bacteria is good for business but ridiculous, since we host some 38 trillion of them in our microbiota. "*The microbe is nothing, the terrain is everything*" (Antoine Béchamp). Pathogenic bacteria have already been eliminated upstream of the pipes by standard treatments (ozone and/or UV) and chlorine, which is particularly useful for containing (non-pathogenic) bacteria present in the pipes due to their resistance to chlorine!

[15] There is no conspiracy: there is simply an economic (and therefore *ultimately* political) interest in not improving water quality too much. Is this why doctors and nutritionists are not trained in this area?

[16] On average, 240,000 plastic fragments (90% of which are nanoparticles) can be detected per liter of bottled water.

[17] The water distributed in Geneva has long held the record for oxidation levels, with an rH2 or oxidation-reduction level calculated at 41.72 (out of a maximum of 42 on the Bioelectronigram). After refusing to answer my questions for a long time and playing on marketing misinformation, the Régie came to discuss the issue in February 2025 and provided me with new figures for an RH2 of "only" 32.79. The water remains oxidized but no longer causes the meter to go haywire.

[18] Bottled water costs 40 to 400 times more than tap water... and taxes on tap water are not decreasing.

[19] Of 24,700 monitoring stations in France, 28% recorded contaminants above the standards between 2016 and 2023. Pesticides were detected in 97% of stations, with 20% exceeding the standards.

heterotrophs, and CO2 bubbles are not recommended for regular consumption. Once again, marketing is pulling our legs!

What is the difference between spring water and mineral water?

In most of Europe, "spring water" is "*water of underground origin that is microbiologically safe and protected from pollution*." It differs from "mineral water" in that its mineral content is not necessarily stable and therefore cannot make health claims. These waters must be clean at their source and disinfection treatments are prohibited.[20] In the U.S. “mineral water” must contain at least 250 parts per million of total dissolved solids (TDS). These waters are therefore not “pure” as they contain inorganic minerals, often in proportions that are too high to be recommended for everyday consumption. In fact, the WHO classifies them as "drinks" and refers to "*uncertainties regarding mineral intake* ."[21]

Why does medicine value mineral water?

The virtues promoted were initially related to thermal waters, during a maximum 21-day spa treatment. This same water was then sold in Europe in pharmacies in glass bottles. The idea was to replicate the benefits of the spa treatment at home, but without the enchanting surroundings and pampering, the results were inevitably less convincing. From the 1960s onwards, things went downhill. Mineral waters leave pharmacies for supermarkets and glass bottles are replaced by plastic bottles, which are lighter and more practical but disastrous for the natural energy of the water. What is perplexing is that doctors often continue to give their blessing to waters that are far removed from the quality of the original water and their natural energy. Could this be corruption?[22] No, Doctors are just not trained in water quality, the first scandal from which all others stem. They however usually advise against waters containing more than 500 mg/L of minerals[23] , and, just to be on the safe side, encourage people to vary the brands they drink.

Why do nutritionists recommend mineral water?

Nutritionists are no better trained than doctors and are in the habit of quantifying everything. If the Recommended Dietary Allowance (RDA) for calcium for an adult is, for example, 900 mg/L, and a water such as Contrex contains 480 mg/L, then we would have 53% of our requirements covered. However, this type of calculation is ridiculous: calcium absorption is never 100% but on average, as we saw, at 32.8%. At this level, only 157.4 mg/L would pass through the intestinal wall, or just 17.4% of the RDA, much of which would also be eliminated by the kidneys. This could eventually lead to more work for doctors in the form of kidney stones.

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[20] Hence the Nestlé scandal in early 2024 when we learned that the multinational was disinfecting its sources with UV light... due to contamination with fecal matter!

[21] WHO Guidelines for Drinking Water Quality, 2017, p. 111. In 2000, a WHO text was even clearer: "*To the knowledge of the WHO, the beneficial effects of consuming these mineral waters have never been seriously proven.*"

[22] In 2006, the French Academy of Medecine reiterated that "*several mineral waters have a composition such that they should not be offered as a beverage for regular consumption*," but such a message is very timid in the face of the mineral water the health scam.

[23] Naturopaths - who are normally a little better trained - advise against drinking more than 200 mg/L. Followers of Vincent's bioelectronics (and sellers of osmosis devices) advise against drinking more than 50 mg/L. However, it all depends on the configuration of these minerals: they are much more easily eliminated in colloidal form, as is the case with spring water (at the spring) or after powerful water energization like in the case of the Biodynamizer treatment.

What are the best waters on the market?
The best brands are real “natural water” (not “distilled water”) which are naturally slightly acid (pH < 7) and have very low mineral content (< 50 mg/L). There is some energy degradation compared to the water source, but the energy degradation is less than what happens with mineral-rich waters.[24] With a little luck, you will find high-quality local spring water on the shelves, with much less marketing and therefore less expensive than the big brands. See the PDF document of the best waters and the worst. But why look elsewhere and pay much more for something you could produce at home from tap water?

◊ Water quality in practice:

How to evaluate different types of water and discover the real quality criteria.

How can you find your way through all the different types of water and conflicting opinions?

Confusion reigns and water scams are numerous. Overcoming misinformation, marketing, and prejudice requires a little courage and energy. Common sense must prevail, and common sense favors natural water that is clean and "alive," as unpolluted and uncontaminated as possible, water that the body craves. If you have ever tasted mountain spring water, you have experienced true "biocompatible" water: one glass immediately makes you want another. This little experiment is worth more than all the clever theories. I can have access to theoretically "perfect" water and not enjoy drinking it at all! A subtle energy, linked in particular to the arrangement of water molecules and minerals, distinguishes natural water from artificial water. Animals are not mistaken. Experiments with different bowls of water, dogs and cats always go for the energized water. During tests carried out in our store, *Essentials 8* in Geneva, Switzerland, 9 out of 10 people noticed a clear difference. Any skin problems after washing or difficulty drinking enough, should also be cause for concern. If water does not hydrate your skin or quelch your thirst, there is definitely a problem.

What are the quality criteria for water?

According to public authorities, water is of good quality when it is free of microbiological germs and complies with current drinking water standards. According to bottlers and many doctors, good-quality water is rich in minerals. According to political environmentalists, good-quality water emits little CO2 and is free of plastic. According to followers of Vincent's Bioelectronics (BEV), "biocompatible" water is low in minerals (less than 120 mg/L), slightly acidic (pH<7) and antioxidant (rH2<28) [25] , i.e. typically water obtained by reverse osmosis.

In our opinion, the enjoyment of drinking water is more important than any theory or dogma. A high-quality filtration and energizing solution should be used to obtain the following from "drinkable" tap water[26] :

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[24] Low-mineralized water is not very conductive (high resistivity) and is therefore more resistant to omnipresent electromagnetic pollution.

[25] According to Belgium Professor Joseph Országh, the rH2 oxidation-reduction rate is calculated for water at 25°C using the formula rH2 = (33.8 x E) + 2pH, where E is the redox potential. This essential concept, which is independent of pH effects, is rejected by the "scientist" community. However, "*There is no true science except in the measurable.*" (Galileo)

[26] Rainwater or well water can be used, but it requires more attention in terms of storage, pH, and possible microbiological contamination (disinfection via UV).

- Clean water, i.e., water that has been stripped of most of its chemical pollutants, primarily chlorine and its derivatives.
- Water that is significantly less oxidizing and irritating to the skin and mucous membranes.
- Soft texture of water[27], and pleasant to taste, due to a more natural "coherence" or configuration of water and minerals.
- Water that is environmentally friendly in both senses of the word: available at home without plastic and, above all, capable of providing high-quality hydration.

How much water should you drink?

Doctors in Europe recommend a minimum of 1.5 liters of water per day (+0.7 liters from water-rich fruits and vegetables). In the U.S., recommendations go as high as 9 to 13 cups a day (2 to 3 liters). However, the right answer should be more qualitative than quantitative. Either I have access to good-quality water, and I won't have any trouble drinking enough, or I don't, and my body will instinctively reject that water. I will then have to resort to other beverages (teas, herbal teas, coffee[28]), chilled water, or, worse still, carbonated water. The result? Chronic dehydration, as is the case for the majority of people.

How should we drink?

If it's not clear yet, above all, drink with enjoyment and without stress. The best thing to do when you wake up (after putting on your slippers) is to consciously drink a glass of good-quality, still, room-temperature (or lukewarm) water. You should then continue to drink regularly, however, limiting your fluid intake half an hour before, during, and two hours after meals so as not to interfere with digestion. The body's ability to absorb water also depends on the quality of the salt consumed during meals: poor-quality (refined) salt spoils water, and poor-quality water spoils good (unrefined) salt. Salt retains water. The salt of life?

[27] Confusion is possible even in the terms used ! Be careful not to confuse water that has a softer, silkier mouthfeel with slightly salty fresh water (as opposed to sea water) and water softened with sodium salt. The amount of salt is obtained by multiplying the sodium content by 2.5. Excess salt (sodium chloride) is thought to cause 75,000 cardiovascular accidents per year in France, including 25,000 deaths.

[28] Coffee dehydrates: you need 2 liters of water to compensate for 1 liter of coffee.

III. Concrete solutions

In nature, water has three ways of cleaning itself and eliminating pollutants: by evaporating, sinking into the ground, or following watercourses and rivers (waterfalls, whirlpools, and vortexes combined with solar infrared rays).

In modern society, water needs humans to do this, but this is a path fraught with pitfalls and false promises. Purity is never achieved, and the original energy is often diminished or even non-existent. Some devices even manage to denature water further.

Tap water is the starting point. Using "chlorinated drinking water," the best solutions can come close to perfection: the energetic sensations of mountain spring water.

◊ Avoiding water scams:

Given commercial exaggerations, lies from public authorities, and false marketing promises, it is too common to be misled and end up with the wrong product.

Be extremely wary of manufacturers, websites, articles, or retailers that:

- Promise "pure," "100% purified," or "perfect" water.
- Are in the "water treatment" business and recommend sodium softeners.
- Are only interested in filtration, forgetting the second stage of revitalization.
- Invest heavily in marketing (which is then passed on to customers).
- Remain vague about the processes used or use esoteric language.
- Talk about clusters, or a specific form or structure of their water.
- Do not publish their prices and/or ask for an email address in order to respond.
- Work in networks with "partners" who have not been properly trained.
- Come to your home or invite you to taste the water at a "partner's" house.
- Use scam demonstrations such as electrolysis or water coloring.
- Claim amazing filtration percentages that are way above the standards. [29]
- Advertise filter life beyond 1 or 2 years.
- Recommend alkaline water or promise health benefits.
- Are influencers and/or work in *drop shipping*, with no stock and no after-sales service.
- Offer last-minute or very short-term promotions.
- **Show the slightest insistence or commercial aggressiveness.**
- **Do not encourage you to take a step back and think about it.**
- Overall, are opportunistic and do not know the real criteria for water quality...

Of course, we must also be wary of the AI's "statistical" responses. How can we trust an "intelligence" that has never drunk water?

There you have it! You have now eliminated 90% of the chances of being ripped off with a product that is either too low-end, too expensive, or dangerous. All that remains is for you to work with experts or reputable retailers to assess your needs, bearing in mind that no product is perfectly versatile.

[29] The best filter for a single water source, namely reverse osmosis, removes 98-99% of pollutants overall, but this level of efficiency is not necessarily achieved for every pollutant.

◊ From polluted water to clean water: filtration

Two things are expected from water treatment. First, improvement in the physical and chemical quality of tap water. Second, the product should not introduce risks from the treatment.

Let's start with what is absolutely not recommended:

- Sodium softeners are the worst solution for cold water: salt, risk of bacteria and metal corrosion, water waste, pollution, cost, etc. They are not filters but a gold mine for plumbers, who are also not trained in water quality.
- 5-gallons water dispensers are absurd from a health, environmental, and economic standpoint and can easily be replaced by filters connected to the water supply.
- Generally speaking, any fountain with a reservoir without UV disinfection or dynamization. At room temperature microbial proliferation is otherwise guaranteed. [30]
- Alkaline "ionized" water devices, an expensive scam.
- Distillers and distilled water, too artificially pure.
- Improperly used filter jugs. This can lead to microbial proliferation (unless the jug is stored empty in the refrigerator), risk of pollutant release (unless the small filter is changed very regularly) and introduction of sodium into the water (if anti-scale treatment is used).
- Any "miracle" solution *made* elsewhere (often in Japan) and any cheap device *made in China* sold indiscriminately on the internet. Filtration requires a minimum of seriousness and after-sales service.
- Any filter that presents analyses or capacities that are far from the standards and do not explain how they achieve it. Berkey gravity filters are a typical example of this king of over the top excessive marketing.

Conversely, devices that do the following are recommended:

- Explain precisely the different processes involved.
- Do not claim to filter absolutely all pollutants.
- Recommend regular replacement of basic filters.
- Provide energization in addition to filtration.

The activated carbon filter is the classic choice and essential for filtering most outdoor pollutants. Low-end systems are based on granules, which can cause runoff and have a short lifespan, before the pollutants are released. Larger compressed activated carbon blocks offer lower risks and superior filtration capacity. Activated carbon works by adsorption and is effective against chlorine and its derivatives, heavy metals, and various residues (medicines, pesticides, PFAS, etc.). However, it is not very effective against nitrates or fluoride and has no effect on inorganic minerals.

The activated carbon filter is sometimes preceded by a **sediment filter** (20 to 1 micron in size) to protect the system from larger particles (sand, rust, etc.).

In the most high-end systems, activated carbon is then supplemented by either ultra-fine ultrafiltration (0.001 to 0.1 micron) or **reverse osmosis** (0.0001 µm). Reverse osmosis is the only device capable of removing most inorganic minerals.

[30] These bacteria are non-pathogenic and harmless, but isn't it inconsistent to have bacteria after while there were none (normally) before? Cleaning a tank in which a biofilm has formed is not very pleasant either, and may even be impossible.

The osmosis unit is the most effective filtration system, mandatory after a water softener, and the ultimate solution for a single water source. However, this device is not without its drawbacks. Its detractors criticize it in particular for:

- Wasting water. The latest standalone osmosis systems reject 0.25 L for every liter of water produced, far less than the 2 to 8 liters for under-sink-connected osmosis systems. Plastic bottles and water softeners waste much more water overall.[31]
- Removing minerals and making water too empty of minerals. Osmosis systems are not distillers and allow around 10-20% of minerals to pass through. Remineralization cartridges are therefore normally unnecessary.
- They make water more acidic. Reverse osmosis lowers the pH by 0.5 to 1 point, which, from an energy perspective, is a good thing.
- Requiring electricity. There are devices that operate using water pressure and even a hand-crank model for "survivalists."

The biggest drawback of osmosis systems is the least discussed: the very thin membrane inflicts further energetic damage on the water. The water coming out of an osmosis system is energetically unstable and somewhat "artificial," requiring an effective energizing approach.

Integrating energization into the equation limits the choice of models.[32] Our preference is an osmosis system with a tank under constant energization via a silver electrode. Non-connected models (Déli-Pure or Iona, for example) can be installed in 5 minutes, do not require a maintenance contract, and reject significantly less water.

Due to its water waste and limited water production, **a classic reverse osmosis system cannot be installed on a main water supply**.[33] We therefore recommend activated carbon or microfiltration for main water supply. For safety reasons, such a filter should be replaced every year.

Ultimately, the choice is not based on the manufacturer's marketing or the exaggerations of retailers, but on **the user's constraints:**

- Budgetary constraints: a high price does not always mean a better product.[34] A tap filter costs $30-200, a main water supply filter or an osmosis unit without energization costs $300-1000, and an osmosis unit with energization in the tank costs $1500-2000. Also to be budgeted: the cost of consumables, installation costs, and maintenance contracts. In all cases, the savings are substantial compared to the cost of bottled water.
- Family or professional constraints: a single person or someone who travels often should avoid a solution with a large tank, etc.
- Configuration constraints: house or apartment, owner or tenant, main water supply or single water point, water hardness, etc.
- Energy constraints: the choice of filter should be linked to the desired energization.

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[31] It takes 7 liters of water to make a plastic bottle, but up to 50 liters are used (collection, transport, handling, etc.) for every liter of mineral water consumed. A sodium softener wastes 5 to 20% of a household's water consumption.

[32] Under-sink or countertop reverse osmosis systems, connected or not, with or without a dedicated tap, with or without a reservoir (direct flow), with or without a post-filter, remineralization, UV, limescale tolerance, etc. It is generally complicated to navigate these options, which increases the risk of purchasing a product that does not meet your needs.

[33] High range osmosis with huge and expensive membranes could do the trick but will waste so much water that they can not be recommended.

[34] The Biofilter we offer for $700 is priced at $1,600 on another website. Products sold through networks or intensive marketing are generally more expensive in order to finance one or the other.

◊ Towards natural water: energization

What is barely mentioned in the media, absent from supermarket shelves and trade shows[35], generally denied by the scientific community, and yet capable of completely changing our view of water? Each of the energizing systems we recommend allows you to notice a difference in the form of softer texture and silkier water that is less harsh, more hydrating, and therefore more pleasant to drink.

Energizing is the second step in water treatment. Energizing, (re)informing, (re)vitalizing, or (re)structuring water are all terms that ultimately refer to the same goal: **restoring the natural properties of water as much as possible.**

"*Running water never goes bad*," says a Chinese proverb, but the water in our civilizations, due to pollutants and poor treatment, is very far from its natural energetic properties. Some people talk about "dead" water, but we prefer the term "devitalized" since it is fortunately possible to rectify the situation.

Now be careful, because the path to energy is paved with exaggerations, if not outright scams. Since it is very easy to improve poor tap water, performing a single biological test, or taste test, or a photo of crystallization[36], does not mean much if it is not compared to other products.

The most powerful energizing approaches are as follows:

- Centripetal (not centrifugal) vortex movements, with sufficient pressure and over a sufficiently long period of time. Just because water slides down a twisted pipe does not mean that the vortex is of good quality. The Danish-designed vortex jug with its small silver-plated maple seed-shaped propeller is the budget benchmark. The Biodynamizer and its multiple vortexes (including a spectacular columnar vortex) is the top-of-the-line home model.
- The silver electrode placed in a tank with a Marcel Violet-type bio-oscillator is the best energizing device for any filtered water that is stagnant in a tank. The most complete osmosis systems (Iona, Déli-Pure, Mascardi, or Osmotic) are equipped with them.
- Vitalizing carafes[37], jugs, and bottles are not the most powerful, but the energy is noticeable within minutes and they are plastic-free.
- Add a vitalizing substance, Quinton serum, lemon juice, organic cider vinegar, etc. gives an immediate change in the water, but with a little cheating.
- Prayer and/or the magnetism of the hands require patience, sincerity, humility, conviction, and focus, which are not qualities that everyone possesses every day.

"*Observe, understand, and copy nature*" (Schauberger) is the basic rule, but it is also important to be consistent. The most powerful devices combine multiple approaches, up to 21 synergistic energizing principles in the Belgian Biodynamizer, a record to beat, with intelligent limescale management as a bonus!

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[35] In March 2025, the huge *Aquatech* trade fair in Amsterdam presented only one water energizing system among nearly a thousand stands and hundreds of osmosis units.

[36] The Japanese Masaru Emoto (1943-2014), famous for his photos of water crystallization, was engaged in an artistic rather than scientific endeavor. He selected the photos to illustrate his points.

[37] *Berg & Kraft* or *Natural Design* carafes with the flower of life, *i9* bottles with Poznik labels, etc.

◊ "Therapeutic" water

The two previous steps have resulted in clean, pleasant-tasting water for everyday consumption. This is the fundamental element of any personal ecology.

Starting with this type of clean water (ideally with low mineral content), it is possible to go a step further and produce "therapeutic" water at home[38]

Hydrogenated water is the most antioxidant water, providing immediately noticeable energy and hydration. Unlike expensive alkaline "ionized" water, which is also antioxidant, there is no radical change in pH towards greater alkalinity (less magnetic energy). Several generations of devices are available on the market, as well as gadgets *made in China* that are of no interest other than their (excessively) low cost. The important thing is the membrane separation between the water produced at the cathode (active dihydrogen, for drinking) and the water produced at the anode (ozone, a major oxidant even more powerful than chlorine, which can be used in cosmetic care). The benchmark for quality is the small Idrogen device manufactured in South Korea, which costs around $500. Ready in five minutes, half a liter can be drunk immediately. As dihydrogen evaporates quickly, large tanks are not recommended.

Water enriched with trace elements uses the Bignand/Violet principle of bio-oscillation, with or without a beeswax capacitor. The idea here is to release trace elements in their nascent state into the water.[39] The Oli-dyn kit is the most comprehensive, containing around 20 trace elements (plus a few options including indium) for an innovative and synergistic approach to oligotherapy. Ready in around 20 minutes, the water should be drunk in one glass every morning on an empty stomach.

Other types of "therapeutic" water require greater caution and/or expense. Be wary of networks, pseudo-medical claims ("*all hospitals in Japan are* equipped *with* it"), subjective arguments (*"I feel better since I started drinking it*") or promises of healing.[40] **Improving your hydration always makes you feel better, and this requires, above all, paying attention to the quality of your drinking water.**

[38] Officially, and according to current standards, water is designated as "therapeutic" or "medicinal" when it has recognized and documented properties related to its specific composition of minerals and trace elements. In France, such bottled mineral water is then marketed under the auspices of the National Academy of Medicine, for a clear marketing advantage... and a disastrous impact on health and the environment!

[39] Trace elements, present in infinitesimal quantities (7 g for a 70 kg individual), are essential for the harmonious development of life and are the guarantors of balanced health. However, trace elements (like minerals in water) are only beneficial to the body in their embryonic and vibrational state, in the form of energy, and not in their raw chemical state. "Everything in life is a vibration." (Albert Einstein).

[40] Any chronic condition requires therapeutic monitoring. A healthy person can take preventive measures by taking a "supplement" in reasonable doses, but should be wary if advised to drink several liters a day of a very "specific" type of water...

IV. CONCLUSION

In voluptate veritas.[41] The enjoyment of drinking water is the ultimate criterion: can we easily drink 1.5 liters of still, room-temperature water per day?

Since our bodies are made up mostly of water, not to enjoy drinking water is ultimately being disrespectful of ourselves. To no longer respect water is *ultimately* to denature ourselves. But there is no point in feeling guilty because the outlook is encouraging: beyond and despite all the mistreatment it has suffered, water is capable, with the help of an appropriate filter and energizer, of regaining its natural properties.

Life without water is impossible. Life without the enjoyment of drinking water is depressing. Let's not spoil our enjoyment with esoteric ramblings or clever mathematical formulas. Water is a part of us for better (and sometimes for worse), but water does not judge, and it takes what we offer it. The quality of water therefore depends essentially on us, on our attention, our sensitivity, and our generosity. We only have one life and we only have one water: let's take care of one by taking care of the other, improve one by improving the other, cherish one by cherishing the other.

Following *the path of water*[42] awakens us and puts us back in the context of our nature. Everything becomes then more fluid, more flexible, more alive. Water is what most resembles us and brings us together. Everything is connected. Everything is Water.

To find out more (in French):

My book *La qualité de l'eau* (The Quality of Water, Ed. Médicis, 2020)

The water blog: https://www.solutionsbio.ch/blog-eau

Tutorial videos: The true quality of water (21'58) Concrete solutions (19'53)

Any other questions?

Contact me (in English) for a free expert analysis of your situation: +41 76 532 8838 (callback available) or bsg@solutionsbio.ch

Thank you in advance for your comments on this document, subject to change.
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If you have received this document, please check whether there is a more recent version available on the website www.solutionsbio.ch, under the Water section.

If you find this information useful, please share this PDF document (in its entirety) with others. Information is like water : it must circulate!

[41] *"The truth is in the pleasure"*

[42] *La Voie de l'eau, une vie plus fluide (The Way of Water, a more fluid life)*, Editions du Mendiant, 2025. An essay on personal fulfillment available in e-book or paperback. The 20th anniversary edition of the initiatory tale *Le Mendiant et le Milliardaire (The Beggar and the Billionaire)* also gives greater prominence to water...