

## Facelift from the inside out



Better Tomorrow

### **DETERIORATION OF WATER'S CRYSTALLINE STRUCTURE MEANS DETERIORATION OF LIQUID CRYSTALLINE MAKE-UP OF THE BODY**

Health professionals are aware that the condition of the skin is a reflection of overall health. When it is soft, supple, moist, and free of blemish, it is a good indicator that the tissues inside the body are also healthy. But when the skin is dry, wrinkled or ulcerated, it is a reflection that those same conditions exist within the body.

Not only is the skin the largest organ of the human body, it is also the largest detoxification organ. It requires a continual supply of water as evaporation and perspiration continually pull moisture through the skin to eliminate wastes and cleanse the tissues. Without adequate hydration, wastes build up, causing problems for the skin as well as for the rest of the body.

As a reflection of the inner body, the skin is often the most obvious indicator of dehydration. Dry, flaky skin is a sure sign that the water level in the body is inadequate. Further symptoms, such as acne and skin disorders, are signals that the body is rationing water. When adequate water is provided, these conditions often subside.

#### **Skin and Aging**

Because aging is also correlated with a loss of water, the skin is a good indicator of age. Aging and dehydration result in thin, wrinkled skin which has lost its resiliency. Try this simple test: Gently pinch the skin on the back of your hand between your thumb and forefinger for 5 seconds. Then count how many seconds it takes for the skin to flatten out again. The length of time it takes can be correlated with age, dehydration, and skin health. Generally, those between the ages of 45 and 50 have a return-response time under 5 seconds, but by the age of 60, the amount of time it takes for the skin to return to its original position is double or triple (10-15 seconds), and by the age of 70, the response time is typically 35-50 seconds.



The lack of resiliency in older skin is due to a loss of water. As we age, the thirst mechanism declines and water is lost from many areas of the body. The structure of the water within our bodies also deteriorates with age, making it less efficient and less mobile. The aging process is literally a withering of the tissues throughout the body - visibly reflected in the skin.

Dehydration requires water rationing. During dehydration, the only areas of the body that receive allotments are those where water is absolutely necessary. Blood, brain, kidneys, liver and digestive organs all take priority over the skin and connective tissues; without water, they begin to dry up. What we notice in the skin is a reduction in collagen and cross-linking among the existing fibers - no surprise, since collagen is mostly water.

Tiny layers of organized water form a cushion between each individual strand of collagen from Dr. Mu Shik Jhon's book, *The Water Puzzle and the Hexagonal Key*. Without water, collagen dries out, becomes brittle and shrinks - and so does the skin.

Without a continual supply of water between each strand, collagen dries, cracks and bonds to itself.

### **Water and collagen**

Collagen gives the skin its strength and suppleness. At the same time it is the means for retaining moisture. Collagen is organized in long, helical bundles, like ropes, which branch out to form a three-dimensional network providing tightness and elasticity for the skin. It is the primary support structure of the skin making up 75% of connective tissue and 90% of dermal volume.



Without a continual supply of water between each strand, collagen dries, cracks and bonds to itself. This is called cross-linking. Once the fibers are cross-linked, they can no longer hold moisture - the skin thins and develops wrinkles. Without adequate water, less and less collagen is produced and the existing collagen becomes brittle. The outer layer of the skin remains soft and pliable only as long as the moisture content exceeds 10%. Much greater levels of moisture are required in the deeper layers of the skin.

It has been said that collagen is the "cement" that holds our bodies together - the mortar between the bricks. A closer look reveals that water is the key. Water is the chief component of the mortar and when it is missing the mortar crumbles and the whole body is compromised. From this standpoint, the connection between dehydration, aging and water becomes quite clear.

**Loss of water = loss of collagen = thin, wrinkled skin**

Many women use collagen creams to attempt to replace lost and cross-linked collagen. But even more important is the continual supply of water. Adequate, efficient water not only prevents the breakdown of collagen, it also provides the means for cleansing the tissues.

**Hexagonal water - facelift from the inside out**

Hexagonal water, because of its organization, re-hydrates the body much more rapidly than normal water. It moves into the cells almost immediately - documented by Live Blood Analysis and bio-impedance testing. This is one reason why so many individuals notice an improvement in the condition of their skin when they begin to drink hexagonal water. Many notice softer skin within days. Improvements in acne, dry skin and other conditions are common. They are an indication of the internal facelift which is reflected in the skin - a facelift from the inside out.

Hexagonal Water - Facelift from the Inside Out

