

## What is Aging



Better Tomorrow

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

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### What Is Aging?

According to Dr. Mu Shik Jhon, author of "The Water Puzzle and the Hexagonal Key," aging is the process of losing hexagonally-structured water that leads to reduced mineral status, specifically calcium that directly affect muscle, bone, and nerve function. Medical investigative research concurs with his findings from studies I performed with senior athletic subjects, under the stress of competition aged 40 and above Master Olympians.

The results of these independent studies were based on three control groups, group A using hydration formula drinks to replenish electrolytes, group B using purified water, and group C using hexagonal structured water with a specially formulated mineral supplement. Group C excelled the others on the following parameters measured: strength, endurance, and recovery time. All measurements were conclusive and excellence favored the athletes using hexagonally-structured water. It was further revealed that athletes who trained in core muscle conditioning, emphasis on building abdominal muscles constituting the center of the body, were superiorly maintained in group 3 lasting longer in endurance sports as a result of the metabolic balance maintained with minerals and documented by phase-contrast darkfield microscopy.

Core theory that the arms, legs, and neck movement are controlled by the abdominal muscles was reaffirmed as a corollary to this study. The group C athletes all had core conditioning prior to their competition. Aging is directly equated to the loss of structured water from the body causing an increase in the amount of disorganized water that is discharged via the bladder and the bowel. When the amount of hexagonal water is high, acidic waste does not build up and metabolic function increases contrary to what is observed when aging is accelerated by dehydration levels.

This is an important finding in response to changes in hydration levels within the cells and the tissues.

To maintain health and vitality observing increased amino-acid absorption in the bloodstream, proper hydration is a major factor. Furthermore, considering the calcium molecule, in addition to other minerals, Dr. Jhon answers the water puzzle paradox, noting how this mineral is metabolized as a solute in the solvent hexagonally-structured water. It has been said that it is not what you eat but what you absorb nutritionally that sets one athlete apart from the other. How this water impacts immunity is a major conceptual leap in understanding the water dynamics specific to human cells. Perfusion



of the blood and tissues in the elderly is the challenge that hexagonally treated water has proven its positive influence on health.

Hexagonal water represents a new paradigm for a molecule that has a broad role in innate immunity and the suppression of inflammation. Noteworthy in this regard to demonstrated hydration of erythrocytes in the human blood stream can be demonstrated with darkfield microscopy. By a single drop of blood, drawn from a finger, smeared on a cover slip, and projected through a high powered microscope on a monitor to reveal, and measure membrane tension. This is an important finding in response to changes in hydration levels within the cells and the tissues.

By Dr. James A. Kholos