

• DECEMBER 20, 2019 •

NEWSLETTER

The latest news and updates from immersion Health



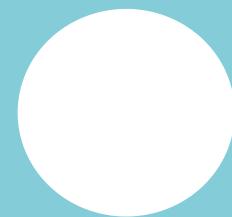
*"I believe the body has
an innate ability to heal
itself when given
the right environment"*

- Dr. Brandt

**Be on the lookout for Dr. Austin
Brandt's complete interview in
the next issue!**

IN THIS ISSUE

UNCOVERING
WATER'S
STRUCTURE
WITH DR. NIGH



MINDFULNESS
MINUTE:
HOLIDAY
EDITION

UNCOVERING THE MYSTERIES OF STRUCTURED WATER IN BAD SODEN, GERMANY

by Dr. Greg Nigh

At the end of October, Dr. Nigh and Maria traveled to Europe this year to attend the international conference on the Physics, Chemistry, and Biology of the world's most important molecule: water. For four full days in Bad Soden, Germany, scientists from around the world, including a Nobel Prize winner, converged to discuss their latest findings regarding unique and unexpected properties of water to absorb, store, and transmit information. It was Dr. Nigh's third year speaking at the conference.



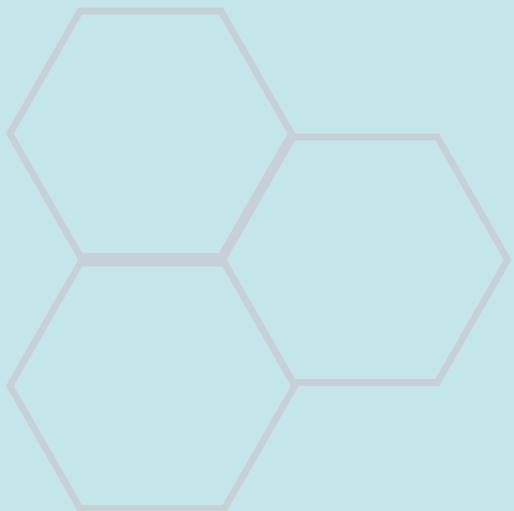
Bad Soden, Germany

He presented his own research and ideas regarding sulfur metabolism issues and how they can contribute to the development and growth of cancer cells. This topic sparked much discussion and was very well received among the community.



Dr. Nigh and Maria established an immediate friendship with a water researcher and inventor living in Copenhagen, Denmark. Immersion Health is the only clinic in North America to carry his unique water structuring bottles and minerals. The minerals can be added to drinking or bath water. We're also excited that we will soon be able to offer a truly one-of-a-kind therapy to patients of our clinic! This new device gathers water, emanating electromagnetic energy as it cycles through vortexes, while being exposed to specific electromagnetic fields. At any one time, 50 liters of water runs through a continuous cycle in the device, 'round the clock. Similar to the BRD, the water therapy involves nothing more than simply sitting nearby as it runs. The field it generates fills the room, and those who are in it, with the energy needed to raise cellular electrical potential and thus to promote cellular repair and optimal healthy functioning.

$(H_2O_3^-)^n$



There are numerous health benefits associated with drinking highly structured water.

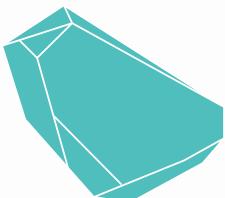
Structured water is a phrase widely used to make claims about the healing properties of various water products sold on the internet, however, water structuring actually refers to a very specific chemical arrangement of water molecules that occur in sheets, just like the water surrounding human cells. In its structured state, water molecules form hexagonal rings, allowing them to share hydrogen atoms, in turn allowing more oxygen per unit volume of water.

Maria and Greg are already planning their trip back to Europe for the next Water Conference, wherever it happens to be. This gathering is so vital because water is more central to health than we had previously understood. Through the Conference and ongoing research, patients of Immersion Health are the first to gain access to these exciting and highly unique therapies.

To schedule a visit with Dr. Nigh and learn more about these therapies - and how they might benefit you, call us at 503-719-4806.

TAKE A MOMENT FOR MINDFULNESS

FIND A QUIET, PRIVATE SPACE TO DO THE FOLLOWING EXERCISES:



BREATHE IN THROUGH THE NOSE, OUT THROUGH THE MOUTH

SIT ON THE FLOOR OR ON A CHAIR, CLOSE THE EYES & REPEAT A MANTRA THAT GROUNDS YOU



STRETCH - DOWNWARD FACING DOG, HAPPY BABY POSE, ANYTHING THAT LOOSENS YOU UP

