



EPISODE #198
 ALL ABOUT STRUCTURED WATER DEVICES
 WITH PATRICK DURKIN

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Wendy Myers:

Hello, my name is Wendy Myers. Thank you so much for joining us on the Live to 110 Podcast. You can check me out at Liveto110.com and on my healing and detox program, MineralPower.com.

Today, we're talking about structured water with our guest, Patrick Durkin. This is something I've been very, very interested in for a while for the past couple of years. And I use my own personal structured water device for my water. But I've now since graduated to a Whole House Structured Water Filter that I attach to my Pure Effects Water Filtration System to get out chemicals and toxins because I want to shower in structured water, and I want to drink structured water, and I don't want to have to think about it.

And today on the podcast, we're going to be talking about why you should be thinking about structured water, and how that benefits your health, and different kinds of structured water devices (there's the plastic PVC ones). We're going to be talking about the benefits of 24-carat gold and gemstone, structured water devices, structured shower devices as well and the whole history of structured water. It's a very, very interesting conversation today.

But before we get into that, we have to do the disclaimer. Please keep in mind that this podcast is not intended to diagnose or treat any disease or health condition and is not a substitute for professional medical advice. Please keep in mind is for entertainment purposes only. And we want you to consult your doctor before doing anything we suggest on this show.

01:52 ABOUT PATRICK DURKIN

Wendy Myers:

Our guest today, Patrick Durkin, he has dedicated his life to fulfilling his soul's purpose by creating a world of love and oneness. He's very, very sweet. And fueled by unrelenting passion, Patrick transformed a chronic illness into wellness and vibrance, and has made a vocation of playful contribution and entertaining life's infinite possibilities.

Patrick engages with others and the Spirit of water through his creation, The Wellness Enterprise Inc., God Self University, Water Magic 101 and Jivara Water Products.

You can learn more about Patrick at TheWellnessEnterprise.com.

Patrick, thank you so much for coming on the show.

Patrick Durkin:

Oh, my God, Wendy, it's so great to see you again. This is an exciting time. We'll be talking about structured water.

Wendy Myers:

Yes! So, tell the listeners a little bit about yourself and your background and how you got into structured water.

Patrick Durkin:

Oh, my gosh! This is such a journey. I thought I wanted to be a financial advisor and own a big house by the water, and drive the Porsche. I thought money was the be-all and end-all, so I was very successful in focusing on that.

Life has a way of showing you what's really important. And what it showed me was while I was playing the money game, I had poor health, I had a poor marriage, I had a lot of relationships that were pretty tough. I frankly didn't like myself that much.

It was only after it became clear that I was supposed to work with water that I started to become happier. And now, I can reflect back over this last 10 years on the transition of my life and the way it all came together, and see that it was just an extraordinary journey, and that life had a bigger plan than I did.

So, the real way I got to structured water, Wendy, is that it tapped me on the shoulder, and said, "You're going to come over here."

Wendy Myers:

Yeah! Yeah, I had my own experience with structured water. I discovered a bio-energetic program called

NES Health which uses energetic remedies in structured water. Structured water holds a memory. It holds information just like a computer chip.

So, I very much became interested in structured water and the many ways we can improve our health on structured water. So let's tell the audience what that is.

04:14 WHAT IS STRUCTURED WATER

Wendy Myers: What exactly is structured water?

Patrick Durkin: Well, one of the things you're probably learning in that NES Health program is that there are billions of interactions happening every second inside of a water molecule. We think we've got it all figured out. It's H₂O and everybody knows what water is. And there's so much more to it than that.

It turns out that people who had studied like [...], the famous material scientist who worked for four different universities in his lifetime, he called water the most malleable computer. It's very changeable—a live computer.

And of course, Dr. Imoto showed us photographs that water is a living consciousness, that when we expose it to certain sounds or certain gems, these types of things, that the water changes.

And so, structured water is water that is ordered. It's in alignment.

And one thing is that there's infinite number of ways to structure water. It's not like there's one way to do it. We're structuring water all the time. We're structuring water by having this conversation and sharing our intention for health and well-being for ourselves and for the people who listen to us.

So, we're constantly structuring water all the time. And there are lots of different ways to do it.

05:36 HISTORY OF STRUCTURED WATER

Wendy Myers: And so, let's talk about who discovered structured water. You mentioned Dr. Imoto. I think it's just a very interesting historical perspective. How did that come into our knowledgebase? Who discovered structured water?

Patrick Durkin: I would say most people point to Viktor Schaberger. He was a naturalist in the Australian Alps. And he did a lot of experiments in nature.

He discovered things like when there are moving logs downstream, if the logs were spinning, then they flowed. And when part of a stream was straight, and the logs weren't spinning, they get stuck.

And so, by observing this, he began to experiment with water. And actually, one of the images I've seen is something that's about as big as a room that looks like this. It has a huge stand. And he actually uses copper. This is just 24-carat gold on the outside and some brass. But it was this massive system that was used to structure water.

So, Viktor Schauberger, he was about a hundred years ago. And he was one of the first. That's the first time I've ever shown one of those in camera. It just came in last week. It's called the Jivara Prisma. We'll get to that, I'm sure. But just so people what we were just looking at out there—

So, Viktor Schauberger showed the science. And then, it's just been progressing.

When Dr. Imoto 25 or 30 years ago did the water crystallization photographs, he was the first. Nobody knew what was going, but now there are laboratories all over the world that were doing that.

And of course, one of the leaders today is Dr. Pollock.

Wendy Myers: Yes.

Patrick Durkin: For those that don't know... are you familiar with his work?

Wendy Myers: Yeah, Dr. Gerald Pollock. I heard him speak at the Bulletproof Conference in 2016, Dave Asprey's Bulletproof Conference. Very, very interesting talk.

Patrick Durkin: Yeah. And Dave did great stuff with health. He's getting cutting-edge information out there.

Gerald Pollock is good. It's so recent. It's like 2013 that he came out with a book called *The 4th Phase of Water*.

And when we start talking about phases, phases are—like ice is a phase, and liquid is a phase, and steam is a phase. We only think there's there. And here's the head of the bioengineering department at the University of Washington coming out with saying there's a fourth phase.

And the fourth phase, he calls "EZ water" or "exclusion zone water." Other people are calling it "structured water," some people call it "hexagonal water." There's "activated water."

There are all these different names, but what it points to is there are scientists all over the world who are discovering what Dr. Pollock discovered which is you could add energy to water, and you can change the order, the structuring of that water.

And it's much like a battery, he explains. You can put energy in, and then you can put that energy into you, and get the energy out. What a life-altering concept!

Wendy Myers:

Yeah! That's why I recommend people to use infrared saunas because they expand that EZ water in your body and around your blood vessels and dramatically improves health that way.

08:59 HOW STRUCTURED WATER IMPROVES YOUR HEALTH

Wendy Myers:

So, let's talk about how structured water improves your health. Why is it important to use a structured water device and drink structured water?

Patrick Durkin:

Well, if you think about your operating system—I have an operating system on the Mac that I'm talking to you right now. And if you use the wrong operating system on the wrong computer, it just doesn't work very well. If we use the wrong fuel in our lawn mower, it just doesn't work very well.

And yet we have all these people out there who are both sick and defending a way of living that includes drinking beverages that are something other than structured water.

So, one of the experiments that Clayton Nolte, one of the inventors that the industry refers to, is that the amount of energy that your body uses in a day to convert ordinary water (which could be tap water or a bottle of water) into useful structured water to actually nourish and energize your being, that amount of energy is the same amount of energy that it would take to illuminate your home for the month.

So, doesn't it make sense, Wendy, that we have all these people whose bodies are not generating wellness, and their energy must be diverted into something? And one of those "something's" is that they are converting water to structured water, and the rest of it, they're spilling out of their body.

So, one of the ways that I became sure that this was a technology that I wanted to [...] is I went to a conference. And at the conference, they put a structured water device on the hotel [...]

And when they invited people who were coming into the conference to get their blood tested, to do red

blood cell analysis, [...] This nutritionist who had been doing red blood cell analysis for 11 years, she took a dozen people upstairs and showed them their blood.

And then, she said, "Now, go participate in the conference. Don't do anything unique. Just do what you would normally do. And we've put special water in to support you while you're here."

And then, after 48 hours, she brought the people back upstairs and showed them their blood. I was down in the lobby taking the orders after they've finished talking to her. They were saying, "Oh, my God! I can't believe what I saw on those slides. I want that structured water in my body."

And you know what the nutritionist told me later was, "I've been prescribing nutritional therapies for 11 years, and I have never seen as much improvement as we've seen in 48 hours with the best 30 days of nutritional counseling."

So, she knew that structured water was really impactful. It's because we're changing the whole system. We're changing the way the cells function. We're changing the amount of light in the body [...] change everything.

Wendy Myers:

Yes! Yeah. And I'm really, really happy that I got a Whole House Structured Water Filter from you. I'm really, really thrilled about that. I didn't have that before. I have a whole house filter that gets out toxins and chemicals and things like that from the water. But it's equally important to shower in structured water—and not only that, but to drink structured water.

And I've been using my little device here. I can pour my water through it and structure it. It's great. I can travel with it and what-not. But it's so much easier to just have either a kitchen unit that's on your sink or a whole house water filter.

12:49 WHOLE HOUSE STRUCTURED WATER FILTERS

Wendy Myers:

So, can you talk a little bit about some of the benefits of having a Whole House Structured Water Filter—or device rather, device?

Patrick Durkin:

Yes, of course. That's one of the beauties about where we've come since Viktor Schauberger a hundred years ago to now—you can have handheld devices, and you can have shower devices and garden devices.

Basically, if there's a use and a purpose in your life or in your home or in your business, then we have a device that is right for that.

Now, the device that you were holding up, that's a portable device. It's handheld. And it's very flexible. You can put it under any faucet and use it for anything. However, it requires mindfulness. You have to know where it is, and you have to remember to use it

When you have a whole house device, two principal things change:

One is that the water coming through your pipe is under pressure, so it's structuring faster. It's creating more energy as it goes through there.

And two, it doesn't matter what you're doing, if you turn on a faucet, if you operate a piece of machinery that uses water, if you do anything in your home—you pour a glass of water for yourself—it's all structured.

Wendy, we all live busy lives. I mean, there are a lot of things to do for me to keep my body healthy.

I've added a lot of protocols. And as I get a little bit older, I get a little bit more attuned to my infrared sauna. I get a little more attuned to my essential oils and to my minerals and all these things.

And one of the things that I love about that—and water knocked on my door and asked me to be a messenger for this, the one thing that I talk about most passionately is one that we all need and we could all benefit from—turning on every faucet and just having that faucet pour forth this life-supporting fluid.

14:42 OTHER TYPES OF FILTERS

Wendy Myers:

Yeah. And it's also important for people to know, and this is a question a lot of people might have, is: "Can I attach a structured water device to my under kitchen, toxin water filter or whole house filter?" And the answer is: "Yes, you can" because I've done it myself.

Can you talk a little about that?

Patrick Durkin:

Yeah, of course. I have a device right here which is one of the Jivara 24-carat gold-plated devices. And for those that aren't watching the video, I'm holding out the thread. You can just see it's a 3-inch thread that goes through there. That's a standard thread.

We can add that on before or after any system that you have under your sink.

And if you're concerned about it, one of the things about our company is that we're really into loving customer service. And so you just call us up, tell us what's going on in your situation and what you want.

"What do you have? And where do you want to be?" We're going to talk you through that.

So, for most people, they can just order right off the webpage, and things will be compatible. But if you want that personal hand-holding and making sure somebody looks at your situation, we've got that.

15:57 THE JIVARA: A 24-CARAT GOLD STRUCTURED WATER DEVICE

Wendy Myers:

So, let's talk about—you talked about this, the 24-carat gold structured water device. Tell us a little bit about that. You call it the Jivara Structured Water Device. What exactly is that? And what does it do?

Patrick Durkin:

Sure! Well, the Jivara System is something that's been made in Austria since 1994. And I grew really used to appearing in interviews like this, and then customers would contact me afterwards, and a lot of them would place their orders online and some would call.

And people that would call, the questions are kind of predictable. We all have the same kind of concerns about water. And then, after people would ask us questions, they would end up buying. A very high percentage of people who end up calling really like the technology.

And I have this one customer that called. And they called from Holland. We actually did a Skype call. And afterwards, they didn't buy.

And after like two weeks, I sent him a message on Skype like, "I never heard from you. What happened?" And they said, "Oh, we bought something else."

I said, "What?! What do you mean you bought something else?"

And so, I asked him if we could Skype again, and they taught me about the Jivara Structuring Devices. And I was really impressed.

The devices I was selling were made of PVC. And they use sacred geometry and vortexing which is fantastic. There's nothing wrong with the Natural Action Technology's devices. It's just that the new line

is made from—the smaller ones, it's 24-carat gold plating on the inside and outside. So, your water is touched in gold [...] And then, there are 10 gems inside each one.

So, there's rose quartz and shungite and EM ceramics... a total of 10!

And so when these people explain that to me, I was like, "Well, that's really great!" I got in touch with the inventor and I said, "I would really love to bring your product to a bigger audience, so that more people know about this." And he said, "Well, that would be nice, but I'm not really interested in money. That's not why I make these. I make them for pure water. You live in the United States. And the laws in the United States are complicated."

It took me two years to get this guy to give me a contract because he's not motivated the way a typical American is.

He even said to me, "Patrick, you're going to end up being very successful telling people about these devices. And just so you know, someday, you may place a bigger order with me, and I'll say, "I'm sorry, I'm not going to make it." He has to insert vials into each and every one.

Let me hold one of these guys up for you. For those that are not watching the video, just listen to the audio. I'm holding up a Jivara Maximus which is the Whole House Structuring Unit. And Wendy, you can see the sacred spiral in the middle there? It's the golden mean. What's it like to look at that?

Wendy Myers:

It's really beautiful!

Patrick Durkin:

Yeah, yeah. I've had people that I put this in their hands—first off, almost everybody I put it in their hands, they say, "Wow! It's heavy." And then some people just start looking at it, and you can see people, their faces just melt and go to tears. They're just so awe-inspired because this is—

You know, in an era where things are outsourced and made in China, this is made by a craftsman who cares about every detail.

He says, "You tell people, every measurement inside my devices is designed to evoke the energy of the cosmos in their lives."

Wow!

Wendy Myers:

Pretty deep.

Patrick Durkin:

It's pretty deep.

So, he uses these sacred mathematical ratios. He uses the shape of the Pyramid of Giza. He puts in the fine materials, the different crystals.

You know, a lot of people will end up in our shop, and they'll take a look at some of the videos where I just display this stuff, and they'll say, "You know, I knew this as soon as I saw it. I felt it."

And so, these are really amazing, high quality devices.

I've just added two new ones in the last 10 days. So we now have—I'm kind of bridging functionality toward art and beauty.

I've held up one of them for you already. And now, we're going to see if I can move this second one into place.

This one is called the Jivara Veritas. Can you see that well?

Wendy Myers:

I can, yeah.

Patrick Durkin:

Okay, great!

So, this is our portable technology. This is a versatile system. If you wanted to use this on the road, you can unscrew this and take it with you. And then, it sits on this lovely plate, and it has the 24-carat gold handle. You put a pitcher like this on it, and you pour your water through the glass funnel, and it structures it.

It's the type of thing to go in a home where somebody is really honoring water, they take their health and well-being really seriously, or in a spa or a studio, a yoga studio, and places like that.

So, we just added that one. And we added the Prisma at the same time. I showed you that before. It's got the pyramid-shaped stand on it.

Wendy Myers:

Yes.

Patrick Durkin:

And so, it really has moved into that world of not just being amazing at structuring, but also being really beautiful.

Wendy Myers:

Yeah, they are. They are gorgeous devices.

21:44 ENHANCING STRUCTURED WATER WITH GOLD AND OTHER GEMS

Wendy Myers:

And so they're 24-carat gold. So tell me, how does the 24-carat gold and the gems help to enhance the structuring of the water as opposed to the other devices that we typically we'll see that have, like you said, the PVC and the plastic, but still have the sacred geometry?

Patrick Durkin:

You know, Wendy, I didn't know I was missing something. I really haven't gotten the whole impact of this until I was preparing for our call today and I brought these additional devices to my desk. I looked at my desk, and I was like, "Well, I got a crystal here that I picked up when I went for a hike at Zion National Park. And I felt like a hundred crystals the day that I bought this one. And when I put this one in my hands, my arms started tingling."

There was an illumination, a light energy from holding this crystal for me.

And then, right over here, holding my microphone, I have a huge piece of rose quartz. And rose quartz is known as an emanator of love. And then, a couple of feet away from me right now, I have selenite, a really big piece of selenite.

And these are all new, by the way.

And really, since I started to have my water with the gems in it that I started to get attracted to these things. And now, I'm pulling them to myself. I've even had a couple of customers send me contributions to my home. I had an amethyst from one, and a citrine from another. I didn't even know these names two years ago.

The selenite is a transmuter of energy. So it's a really good one to hold if I'm going through a hard emotion or I want to transform something.

So, there's this whole liveliness. There's this whole harmonic energy that is part of the mineral kingdom. And when it's in a gem, that means that it's a highly polished, high-grade version of the mineral.

And so, that's what's in the center of this.

We use this concept: everything is energy. People say that all the time. Or Einstein's quote that "the field is the sole governing agency of the particle." So, people are repeating that, and they're getting on health

sites, but what does it really mean to the listener who's living their life and wants to understand: "Well, how do I make that real?"

And the "how you make it real" is you start surrounding yourself with harmonic energies, harmonies, that illuminate you, that make you feel great. You start to notice the difference between those things that take you down and those that take you up.

As a contrasting experience, the last time I walked into a Walmart, I picked up a couple of things, and I was looking for a third thing, and then I was like, "I just can't do this." I just put the stuff down, and I just walked out the door.

Wendy Myers:

That's how I feel. I can't go into like a Target or a Walmart or like a regular grocery store. The vibration is so low. It's weird. I just want to leave. Every cell in my body wants to leave and get away from, I don't know, the unhealthy, sick people that are there.

It's horrible for me to say that. But it's just something in me. I'm propelled towards healthy people and healthy things, and repelled from unhealthy things and any kind of unhealthy practice even if it's like a business practice like I think Walmart represents.

Patrick Durkin:

Yeah! Well, I actually think it's divine of you to say that because we're getting a message out that that guidance system that you have that says, "I don't want to be around that," that is actually your more expanded self saying to you, "This is not healthy for you! This is not good energy for you."

There has been a lot of eclipses lately. There had been a couple of eclipses lately. There was a lunar, and then a solar eclipse. And over the last couple of years, I've become much more highly tuned to energy. And when that lunar eclipse came around, it knocked me out. It knocked me out.

I was having a hard time keeping as balanced and upbeat and heart-based. I felt some emotions that I used to feel in the past.

And so there were about 12 days—that was a really long period there for me—where I was like meandering. Part of the day, every day, I was a little bit down; and then the rest of the time, I could pull it together.

And there was a moment, it was last Tuesday, where I was in a meeting with my colleague. And she was breathing through one of these devices, the light structured water devices made from the PVC because she didn't have one of the gold ones yet. And I was holding—

This is our portable device. I'm holding something that fits within a fist (if you're just listening to the audio). And it's a structuring device that has a little 1-inch nozzle at the bottom. And then, there's a funnel that goes on the top. This is called the Jivara 3-in-1.

So, I have my 3-in-1 sitting here on my desk. And when she was breathing through hers, I was like, "Well, you know what?" I started breathing Jivara!

And it felt like I had a balloon in the center of my head blowing my pineal gland up. And after two minutes, two minutes after I did it, I started smiling. And four minutes after I did it, I started laughing. And 15 minutes after I did it, we ended the meeting—because I said, "I got to go do outreach" because I like to when I'm up and bubbly. That's when I like to call people and talk.

And so, 15 minutes later, I was so completely transformed that I was like, "Back on to what I like doing the most in my business," and I stayed that way for the rest of the week.

And so what I'm noticing is I'm surrounding myself more and more with tools that use sacred geometry and vortexing and natural things such as the gems that are in these devices. And the more I tune to those items, the better I feel, and the less likely it is that I think you'll ever see me anywhere near a Walmart.

Wendy Myers:

And that's really, really interesting. Was it like that you're structuring the air or something that was coming through the device?

Patrick Durkin:

Yeah! You know, this industry, it started as structured water, and people started to realize, "Hey, we can breathe through these devices." And I've learned that our nose is actually a vortexing system.

That's why when I got to yoga, and they ask me to hold one nostril shut with one finger and breathe all the way in through the other side and hold it in and then let it out, you get alternate sides, why does that feel so good? Because you're focusing your breath through vortexing.

And so, the breathing with these devices has expanded. We've got some videos and things on our website that people will find when they go there that shows some of our customers breathing through these devices and what they actually say.

One of them actually says it's the best high there is... better than a doobie.

Wendy Myers:

I'm sure some people will debate her on that... just joking.

29:27 TAP WATER PIPES

Wendy Myers:

So, what intrigues me about structured water devices is the fact that—you know, as cavemen, we used to get our water from a bubbling stream, and that would help to structure the water and infuse energy into it. So now, we get our water through pipes.

These pipes have these angular corners, and have been re-filtered, and they have all kinds of chemicals and additives added to them. And this water that has a memory that you're using for cooking or drinking or showering in is really not healthy.

Can you speak a little bit about that?

Patrick Durkin:

Sure! I was stunned to learn about this. Three hundred feet through a long, straight pipe, and water's energy is essentially lifeless.

And so if you think about our whole infrastructure, everybody is water just about—except [David Waltz] who's built himself a house with curving, vortexing pipes because he knows, and because he can afford to do that!

So, most people have these pipes that are long and straight. And they're pulling lifeless tap water out of their pipes, and then that's going through their bodies.

What happens is when you pour lifeless water in your body, you don't get the flushing—and I know something that's near and dear to your heart is detoxing.

Alexis Carrel did an experiment—are you familiar with Alexis Carrel's work?

Wendy Myers:

I'm not, no.

Patrick Durkin:

No? He did an experiment. It was about a hundred years ago. His thesis was if we flushed something repeatedly, we'll actually find out it was the waste products that caused aging and death, not time.

And so he took some chicken heart embryo cells, and he changed the fluid that they were in simulating chicken blood every day. The life expectancy for those cells were seven years, and they lasted over 30 years.

And so, when we take water that's alive—take the lifeless water that's coming through your tap, spin it through one of your units, let the water revitalize itself as it spins through the unit, and then we put that through our bodies, then that water is capable of helping us to detox, of pulling things out of our bodies.

So, it really is a key aspect of our health. So many people are drinking lifeless water.

And if you just think about people, and you think about the nature of water, if you've ever been near a waterfall, you know it's compelling. You just want to be near it because water that's moving is vital and alive.

I went to Niagara Falls, and I just wanted to be near the falls. And I've actually started changing the way I vacation now where, typically, the first thing that I chose is like, "Okay, what water feature am I going to get to see this time around?" because that's so compelling to me.

What we're after when we structure water with our devices is we're after stimulating what that caveman experience was like, what that organic, natural, unadulterated, not filled with man-made processes, what would that be like? And the closest we can come to doing that is using high quality structuring devices in our homes.

33:06 SHOWER DEVICES

Wendy Myers:

And I think it's also important to mention that—say you live in an apartment or something like that or you can't afford a Whole House Structured Water Device, it's important to shower in clean water and structured water. And so you have some structured shower devices that can just go right on your shower.

Can you talk a little about those? We do absorb water through our skin. And we absorb all of the toxins in that water through our skin. So it's very, very important to shower in clean water.

So, can you talk a little about that?

Patrick Durkin:

Yeah, absolutely. Well, it's important to shower in energized water, not just clean. People think about "clean," they think about filter, and that's chemistry. What we're doing is energizing with physics.

This device, again I'm holding up the Jivara 3-in-1 24-carat gold-plated. It's a sphere that would fit within your hand. And this device comes with several of these silver attachments that I'm holding up. And you

can simply spin them into the end of the device, and connect them on to your shower.

And so, wherever you are in the world, the pipe coming out of the wall for your shower is either a 15 mm. or 0.5 inch. So they're within 1 mm. of one another. And what that means is the devices fit on every shower pipe in the world.

And so people who live in apartments, people who are renting [...], it's really easy, if the whole house device isn't a good fit for you, to get a shower device and energize the water.

One of the reasons to do that with the Jivara 3-in-1 is that when you live town, you can unscrew that structuring device, take it with you, equip it with the funnel and the nozzle while you're on the road, and now you have structured water while you're traveling which is a really energy-depleting thing.

If you can keep your energy up while you're traveling, that really helps a lot and can eliminate jet lag and have you be a lot more available when you arrive where you want to go.

And then, when you get where you want to go, you can either screw this onto a kitchen faucet or to the shower again.

And so it has a lot of versatility to be able to support whatever people need.

Our customers have reported that their skin is softer, that their hair is thicker, that they feel more energized, that they feel more creative, their digestion works better.

We soak up about seven glasses of water in the shower. And so it is really important that that water be high quality. And the more we can have it be like a waterfall, the better off we are.

Wendy Myers:

Yes, especially if you live in the desert or in California like I do, my skin is dry a lot and my hair is dry. And I know I'm soaking up a lot of water when I take a shower or you take a bath or whatever it is that you're doing. You really need to be mindful of the water that you are showering and bathing in.

Patrick Durkin:

Yeah! Well, your whole house device is in the mail. So, it's going to be there tomorrow probably to start having the experience of structured water and tell people about it. We have thousands of customers around the world. Many of them live in climates just like yours. They're just thrilled!

It's part of why I represent these devices. My initial mission was to get rid of plastic water bottles. And I figured to do that, I had to come up with something that was so much better than the convenient option

that I would have people say, "This is so much better for me. I want this! I'll give up this way of doing things because I want something better."

And when people experience softer skin, they're like, "Wow! That really makes a difference for me. I know my cells are doing better."

And when they experience more energy, as soon as you know what it feels like to feel energized and hydrated, then you're like, "I'm not going back to the way I used to be." And that's when you go out of your way to take structured water with you everywhere you go.

I'm very lucky that this business has spread the way it has because I've started to travel. A couple of months ago, I spent almost an entire month on the road in Florida, and I slept in seven different homes—and all seven of them had structured water.

So, I didn't have to make any special accommodations. It's like, "We're spreading this around the world ourselves." It's a pretty amazing thing!

37:49 THE MOST PRESSING HEALTH ISSUE IN THE WORLD TODAY

Wendy Myers: Well, I have a question I like to ask all of my guests in the podcast. What do you think is the most pressing health issue in the world today?

Patrick Durkin: That's a great question, Wendy.

You know, my understanding of life has shifted into understanding life as vibration. And so from that perspective of understanding vibration, things are either supporting me with harmony and helping me build my system up, or they're helping me break down.

And so, I've learned to distinguish that there's an answer to health questions in all of my behaviors and activities.

If I were to watch traditional television and watch the news or something, that has an impact on my being. That has an impact on my health.

It's not immediately apparent. I don't think everybody would connect it one hour watching the news equals a connection to health. But all I have to do is have a month where you spend that hour in nature every

day, and then a different month where you spend it watching the news every day, and you start to say, "Wow! This is the thing."

So, what I actually like to reflect back is that the power to change our health resides within us. And if we can make the choices for the saunas or the essential oils or the structured water for the healthy content for ourselves, I experienced from making those choices that my health and vitality improved.

So, a message of empowerment, that we all have a choice.

Wendy Myers:

I totally agree with you. The more I've researched and read, I've realized that we are all energy; we really are. And a lot of things, different things, affect our body's energetic field like electromagnetic fields and emotional traumas and negative people.

You can actually feel the energy field of really negative people. That's why you want to kind of get away from them. We are so very affected by the energies surrounding—wireless Internet, and our cellphone, the WiFi coming off of our cellphones.

All these things—that's what they've shown in research—they dramatically impact our health. So you really need to be aware of your body's energy field, and what you're putting in it food-wise energetically, water-wise energetically, and all the other things that can affect it.

40:27 WHERE TO FIND PATRICK DURKIN

Wendy Myers:

Well, Patrick, thank you so much for coming on. Do you want to tell the listeners more about where they can find you and your amazing structured water devices?

Patrick Durkin:

Of course! TheWellnessEnterprise.com. Our phone numbers and email addresses are all published there. Just click the "contact us" button. We welcome you to come and take a look at our shop, at our educational materials. And let us know if there's anything we can do to help you understand water better.

Wendy Myers:

I really love your site. I was on there, poking around. There's a lot of information about structured water. And you have tons of videos on there that help to teach people about it.

It's really worth going down that rabbit hole because water is the foundation of health, water can dramatically predict whether you develop a disease or not. I think it's just so important to really be paying

attention to the types of water you put in and put on your body.

Patrick Durkin: Yeah. Well, hydration is related to every single process in the body. We have the Dr. Batmanghelidj to thank for his book, *Your Body's Many Cries for Water* and his statement, "You're not sick, you're thirsty!"

Wendy Myers: Yes, I love that book.

Patrick Durkin: It's great stuff.

I thought I was hydrated a couple of years ago. And then, I learned that I wasn't. And when I really got to the place of being hydrated, I know how my life operates differently.

And so, I invite people to take advantage of our generous money back guarantees to try our products and to know if they're not getting the experiences that they want, all they have to do is call, and I will coach them through the experiences I've had and the ones that other people have had about what it would take to get them to a place of feeling this energy in their body.

Because once they feel for their own selves, then they'll come at it just like you, Wendy.

Wendy Myers: Yes, absolutely.

Well, Patrick, thank you so much for coming on the show. And listeners, if you want to learn more about me, you can go to Liveto110.com and learn about my healing and detox program at MineralPower.com.

If you liked what you heard today, please, please go to iTunes and leave us a really nice review. I would so much appreciate it. That helps us get to more listeners and help me spread the word on health.

Thank you so much for listening to the Live to 110 Podcast.