



## **#650 How Coherent Water Cuts Your Biological Age by Up To 12 Years with Mario Brainović**

### **Dr. Wendy Myers**

Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this podcast, we talk about everything related to heavy metal and chemical toxicity, the health issues caused by toxins, and more advanced topics than you'll hear on other shows. We talk about biohacking and emotional trauma and bioenergetics, and all kinds of topics that just happen to interest me that I want to share with you.

Today on the show, we have a really interesting guest. We're gonna be talking about coherent water, that is, water that has been treated with various frequencies, with lightning, with information, so that it elicits a positive effect on your drinking water, and thus, your body. And we're gonna go into all the details of that and how this special type of water can dramatically improve your health, your energy, your sleep, your heart rate variability, and your NAD, increasing your delta brainwaves when you sleep.

This company has done a large number of studies. They've even done twin studies. I was really blown away by how many studies this company has done. But we have Mario Brainović on the show, and he's gonna be talking about his device called the Analemma. It's just really, really interesting. You want to tune into this 'cause we're gonna be talking about the basics of water and why it's not enough just to drink your few glasses of water a day. For me, I add sea salt to my water. I also use this Analemma device to make the water more hydrating, to elicit a bunch of different

beneficial properties in the water to improve my health. It helps with anti-aging. There are so many benefits to this device that we're gonna talk about today on the show.

Our guest today, Mario Brainović, is an entrepreneur, researcher, and visionary in the field of health and wellness. For years, he ran a successful international advertising agency and a production house. He was always very passionate about health and wellness, about finding natural ways to heal, regenerate, and restore the delicate balance between body, mind, and spirit. This led him to establish a natural pharmaceutical company that successfully helped many people for years. After a while, he became very passionate about water. Realizing its extraordinary significance, he established New Earth Technologies, a company that offers Analemma Water to the world, as well as invests in the research of coherent water and its effect on biological systems for humans, plants, and animals.

You can learn more about his work and the Analemma device at [coherent-water.com](https://coherent-water.com). Mario Brainović, thank you so much for coming on the show.

### **Mario Brainović**

Thank you so much, Wendy, for having me. I never get tired of telling this story. I've been on over 100 podcasts, and it never gets boring to me because there are worlds hidden in water, and I always like the opportunity to share this with people.

### **Dr. Wendy Myers**

Why don't you tell us a little bit about your story and how you became so passionate about water? It is very important, very foundational to health.

### **Mario Brainović**

It really is. I was always super passionate about health and wellness. I always knew that our bodies were created in this extraordinary, perfect way, and that there is this innate healing ability in the body. I was always super excited about finding ways to assist that natural process in powerful ways. I actually opened a natural pharmaceutical company, which I ran for years, and I really helped thousands and thousands and thousands of people. I really don't think that there are many things

more gratifying in the world than bringing people back to health. This is just the most amazing thing to do.

This is exactly what you're doing, so you understand how gratifying this can be. Anyhow, I did this for many years and when I decided that it was time for me to move on, I sold the entire project to Walgreens. After that, I wanted to immerse myself in something that is truly for the highest good of all, something that is great for people, great for animals, great for plants, great for the environment. I knew it was a very, very tall order, but as the universe would have it, I got introduced to Dr. Eric Laarakker, who is actually the inventor of Analemma Water, and I fell in love immediately. Just so you know, this whole project is now 17, 18 years in the making. 50-plus scientists over three continents are working on this. So we really took a deep dive down the rabbit hole of water.

### **Dr. Wendy Myers**

You're really serious about this.

### **Mario Brainović**

Yeah, we actually picked up a whole lab by a famous German scientist, Dr. Fritz-Albert Popp. He developed this technology that can capture bio-photons. Bio-photons are these tiny particles of light that every living system exudes. The more bio-photons a biological system exudes, the more vitality it has. And very early on in our research, we actually had a huge greenhouse in the Netherlands where we did all the experiments on plants, and we realized that when you change the state of water, and you water the plants with what we call the coherent water, bio-photon emission jumped up to 200%.

So this is not something biologically minuscule. This is an event to actually witness: that you just water the plant with a different kind of water, and there is this explosion of light that happens as a result of it. So this is kind of our early research where we realized, okay, there is something truly, truly remarkable and special about this. And then we continued with the research and expanded on other plants, and then with all the human trials, the double-blind placebo-controlled trials, which prove that there is a really remarkable effect on human biology as well. We continued with the animal

studies, agriculture studies, and even environmental studies, which really proved that even the environment can be and is very positively affected when exposed to this water.

### **Ads 06:52**

This show is brought to you by Bon Charge, and I wanna take a minute to tell you about one of their amazing products that I'm absolutely in love with. There's something I've been doing for about 10 minutes a day, and it's wearing a face mask, but it's not just any face mask. It's this Bon Charge red light face mask, and it's essential to my nightly skincare routine now. Believe me, red light therapy really works. It's well established in the research to improve the appearance of your skin. How it does that is it penetrates deep into the skin to boost collagen production. It reduces the size of your pores, reduces inflammation, and eases the signs of aging.

Bon Charge's red light face mask makes it so easy to take care of your skin. It's like a mini spa session every night that I'm doing. It can be used easily at home. There's no cord, so you can wear it while you're doing other tasks. Plus, the mask is totally painless and it doesn't heat up. Unlike some other beauty, anti-aging treatments, Bon Charge's red light face mask has been a game changer. It's part of my everyday skincare routine now, and I'm seeing such great results already from using this mask. My skin is more clear, it seems more plump, fresh, juicy, and my redness and dark blemishes are fading.

There's a very special offer for all of my listeners. Right now, my listeners get 15% off when they order from [boncharge.com](https://boncharge.com) and use my promo code, Wendy at checkout. This discount applies sitewide, and you'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer. That's [boncharge.com](https://boncharge.com) and with promo code, Wendy, you get. 15% off. This is one of my secrets to super healthy young-looking skin. I'm trying to reverse the clock. I'm trying to do everything I can to anti-age and this is one of the secrets in my toolkit.

### **Dr. Wendy Myers**

It stands to reason that if you're drinking water that's structured and has the benefits of the Analemma device, you're going to have better hydration and better health in

general. 'Cause I think that's a problem for a lot of people. They're drinking water, and it's just running right through them. It's not absorbed into their cells. And then a lot of people don't wanna drink water because it's uncomfortable, and they just have to go to the bathroom, and they're not feeling the benefits.

The water is just sloshing around in their stomach. There are a lot of reasons people don't wanna drink water. So, can you tell us what is happening to water when you put the Analemma device in your drinking water, and what are some of the benefits?

### **Mario Brainović**

Let's go down the rabbit hole now. First of all, I want to say something that most people are not aware of. We all learned in school that we are 70% water in mass, our bodies. And when you look at it from the molecular point of view, 99% of all of our molecules are actually very light water molecules. We only have 1% of other molecules that are not water. When you look at it, we're basically very clever H<sub>2</sub>O. It really is crazy when you look at it that way. We are more water than the ocean. The ocean is 97% water in molecules. That off the bat tells you there is something extraordinarily important about water.

But to come down to it, in our research, we realized that water currently exists in what we call a chaotic state. So it's still H<sub>2</sub>O, but H<sub>2</sub>O molecules move randomly. They're crashing into each other constantly. But since all of this is happening on an atomic level, nobody's really aware of that. Water can exist in several states. But what we realized is that water can enter into a state of unison. There are these coherent fields that start to emerge when we use our technology, colloquially speaking, all the chaotic H<sub>2</sub>O molecules start joining hands, and they start to form this liquid crystalline structure. Water starts to behave like one.

It's no longer in chaos. It becomes like one entity electromagnetically. And through this unique process, water becomes alive. It becomes empowered, and we truly believe that this is how nature intended water to be. But because of environmental toxins, EMFs, whatever, water molecules broke. And we are not now hydrating with the water that was intended to work with our system.

### **Dr. Wendy Myers**

When you look at filtered water, where it's being pushed through a plasma membrane, like with reverse osmosis or other types of filtration, the water becomes kind of dead and mineral-deficient, and it doesn't hydrate you. I learned this the hard way when I bought a filter, and I started drinking all this water. I'm like, "Oh, clean, pure water. Great." And then I was still thirsty after drinking eight glasses of water, and I thought, "What is wrong here? What is going on?" And it really perplexed me at that time.

### **Mario Brainović**

Reverse osmosis really kills the water. It takes all the vitality out. So you're literally drinking it, and it has nothing in it. But usually people go directly to thinking, "Okay, filtration is super important," and it is. It is super important. But what most people don't understand is that even if you take the toxin out, we realize that water is a broadband absorber, receiver, and transmitter of energy, frequency, and vibration. And you take the toxin out, but the information about that toxin is still lodged in the water.

### **Dr. Wendy Myers**

I've heard that before.

### **Mario Brainović**

And when you drink that water, you're literally inducing this frequency inside of your body. So this is where Analemma actually shines. It completely creates a clean slate. It primes the water. It puts the water in its optimum electromagnetic state, informational state, that works with our biology. Usually, all of the water inside our body is in this structured, coherent state, and when you drink water that is not in that particular state, your body needs to work hard and spend energy to bring it into that particular state so that it can actually replenish. And when you already drink the water that's in that particular state, then you have a lot more energy. Your body has a lot more energy to do other stuff.

We actually proved it. We did a double-blind, placebo-controlled ATP study where we measured adenosine triphosphate, which is the primary energy currency of the

cell. We proved that just by drinking this water without changing anything else in your world, your ATP levels are going to rise more than significantly. And that has implications for basically any system inside your body. I mean, you're talking a lot about detox. If your body has more ATP, more cellular energy, because what organs are doing the detox? You have liver, you have gut, you have kidneys, and these organs have much more energy to perform exactly what they're designed to do. This is what we saw in every single study that we did. It just brings a biological system into its optimum state.

### **Ads 14:46**

Now a word for one of our sponsors. So I'm a huge, huge fan of Tru Energy Skincare. This is a bioenergetic skincare line that I've been using for almost two years now, and it's what I use exclusively. It's so good. They have a new product out called the Bio Adaptive Hydration Oil. This is really, really key for protecting your skin from dry winter weather because when you have cold weather plus wind, plus indoor heating, that's gonna equal dry, irritated skin. So hydration is really, really key to protect your skin barrier and, you know, preserve your skin.

Why does this matter? It's because dehydrated skin can look dull, tight, and have more fine lines and wrinkles. Supporting your skin during winter helps it stay resilient and healthy. As I mentioned, I love Tru Energy Skincare, and they have this bio-adaptive formulation designed to boost hydration and nourish the skin. It's a bioactive, nourishing skin oil, and so it's infused with frequencies. There are dozens and dozens of frequencies imprinted on their energy-optimized blue bead that's in all of their products. It's imprinted, actually, with not hundreds, but thousands of frequencies to support cellular repair, improve collagen production, and increase regeneration of your skin.

This is what I'm using at 53 to get the best skin that I can possibly get. This is one of the secret weapons that I personally use. This bio-adaptive hydration oil uses nutrient-rich skin-supportive and clean ingredients as well. All you do is add one to two drops to your face cream or Tru Energy products like their serums or their lotion, and it just increases that hydration. I also use it 'cause I do face yoga every night. I use hydration oil. I put it all over my skin, and massage, and I'll do guha and other

things. It's part of my nightly routine. So there are a lot of different uses for it, including increasing the hydration and the effectiveness of the products you already have. Try it for yourself. Go to [trytrueenergy.com/wendy5](https://trytrueenergy.com/wendy5)

**Dr. Wendy Myers**

That is very interesting. You call it coherent water. Is that the same as structured water? When you put the Analemma into your glass of water or coffee or whatever, is that causing it to become restructured? What's happening there?

**Mario Brainović**

Interestingly, we don't like to use the word structured, because there are various structures of water. Water can form in various ways. What we realized in this particular process is that water not only takes a particular optimum shape

**Dr. Wendy Myers**

Yeah, like Emoto's work, depending on the word that was spoken to the water.

**Mario Brainović**

Yeah, Dr. Masaru Emoto is one of the pioneers. He actually was one of the first scientists who shed light, okay, there is something special here. Water behaves intelligently. He actually did this experiment, which I always invite people on all podcasts to do. He just took rice, and he boiled it, so the water actually penetrated the rice. And then he took two cups, basically, of boiled rice. And then every single day, he came to one and expressed all the loving emotions from his heart, all the love, all the joy, all the bliss, all the gratitude to one cup. And every single day, at different times of day, he came to the other cup, which is the same rice, and expressed all the negative emotions to it, all the anger, the hatred, everything negative.

After a week, the cup that had beautiful emotions expressed to it had this beautiful fermented smell of rice, and you could eat that rice, while the other one had visual signs of decay and a very foul smell. The only difference was the energy that was

expressed to it. And water, since it's the broadband absorber, receiver, and transmitter of energy, frequency, and vibration, it actually picked it up.

So he was one of the first scientists who really proved there is something extraordinary about water. And since 99% of all of our molecules are water, you can imagine when you are behaving kindly to another human being, you are literally improving the biology of that being through water. At the same time, if you're being rude, if you're being angry towards a person, that stays there. The water picks up that frequency, and it actually gets absorbed.

**Dr. Wendy Myers**

Or thrown back in your face.

**Mario Brainović**

The key thing is that water teaches us why it's important to be kind to one another, because what you send stays there.

**Dr. Wendy Myers**

What are some of the benefits of drinking coherent water? You mentioned an increase in energy and ATP. What are some of the other benefits that your research has shown?

**Mario Brainović**

So the implications of ATP are really kind of extraordinary. When people think about ATP, they think about muscle contraction and athletic performance. Of course it has that, but what most people don't understand is that the biggest spender of ATP inside our body is actually our brains. 25% of all of our energy just goes to feed the brain, and that's why people with high ATP levels have much higher cognitive performance. When you look at it, for a neuron to send an impulse to a neighboring cell, it needs to hydrolyze one billion ATP molecules, and there are billions of neurons. So it's really a factory that burns energy every single day.

Anyhow, we did a double-blind, placebo-controlled study on NAD. There has been a lot of talk in the last couple of years about NAD, and rightly so. NAD is the cellular fountain of youth. It's engaged in so many processes in the human body. Like ATP cellular production, the key is there. Then it activates sirtuins, which are these enzymes that repair damaged DNA. That's why NAD is connected not only to a longer lifespan, but also to a longer health span. It improves brain health by fueling neuronal activity and supporting neurotransmitter synthesis. It actually has powerful cardiovascular and metabolic health benefits because it improves mitochondrial density and efficiency, and insulin sensitivity. It actually lowers inflammation and oxidative stress, which are the two key drivers of all degenerative diseases. In the end, it actually interacts with genes that regulate circadian rhythms, so it promotes restful sleep.

So these are all the benefits of high NAD levels. We did a double-blind, placebo-controlled study where we measured NAD levels in people. We designed all of our studies in very particular ways so that there is no chance of a miss. So we do a snapshot of NAD levels in participants of the study, then they are not changing anything else in the world besides exercise regime, food, and everything. We paid very, very close attention so that there is nothing that could deviate the results. And the results were phenomenal. A more than significant rise in NAD levels just by drinking water. Just change the water you drink, which you have to do anyhow, and there is this powerful surge of all the benefits inside your body.

We actually did a biological age study as well, the GlycanAge. What I love about GlycanAge is that these are the leaders in glycoscience. They have over 120 published scientific works in the science of glycans. Through the state of glycans, you can very accurately say what the state of your immune system and the level of inflammation inside your body is. Anyhow, not to get too technical, we did a study where we took a snapshot of what is the biological age of each individual in the study. Then they drank a liter and a half of Analemma water per day for three months. And then we did another snapshot, and we saw anywhere between 1 and 12 years of biological age regeneration just by drinking Analemma water. So this is again another really powerful longevity signal.

We did a microbiome study, a double-blind, placebo-controlled microbiome study. I'm a huge fan of the microbiome because people like to think that we're a single species. Nothing could be further from the truth. We live in symbiosis with trillions of these microorganisms, and this equilibrium is extraordinarily important for our health. Now, science in the last couple of decades has connected the state of our microbiome to basically any area of human health. If you can imagine, there are up to 300 times more microbial genes in the human body than human genes. So all of these microorganisms have an extraordinarily important effect on the health of our body.

Again, not to get too technical, we did a double-blind, placebo-controlled study where we measured what is called the dysbiosis index of the microbiome. The dysbiosis index measures the degree of deviation within the microbiome, taking into account all the different bacterial phyla and species and their weighing factor. To cut a long story short, what we saw was a 17% improvement on the dysbiosis index, and more importantly, a sharp decline in bad bacteria and a rise in positive bacteria. Again, as I mentioned, this equilibrium happens because everything in our body has its place. People think of viruses, bacteria, fungi, these are the bad guys.

No, everything has its rightful place inside our body. It's just a matter of measure. If everything is in equilibrium exactly where it's supposed to be, then our bodies work perfectly. That's why we wanted to do the study, and we had positive results with it.

### **Ads 25:56**

Are you taking collagen supplements? Well, check this out. Our friends at Organifi have sourced the best collagen on the planet, and you can get it with 20% off savings today, too. So, what is collagen? It's the most abundant protein in our body. It's everywhere. It's in your muscles, joints, hair, skin, fingernails, everywhere. It's one of the fundamental building blocks of life. Your body uses collagen constantly to keep itself refreshed and repaired. But as you get older, especially as women who are going into menopause, you can lose 30% of your collagen within the first five years of menopause, and that starts in perimenopause as well. Your body just stops making as much of it, and you start losing it, especially as your estrogen levels come down.

That's why consuming collagen is such a great idea every single day. It gives your body a fresh supply to keep working at its best.

It's not only good for your hair, skin, and nails, but it also helps to support your gut and metabolic health, immune system, cardiovascular strength, and all of your muscles and moving parts, too. Collagen is nothing new. It's one of the oldest supplements out there. Collagen supplements have been around for quite a while now. But what makes Organifi so special is that it's all about the quality. The non-organic collagen scare 16 me. They're really problematic because they can be full of glyphosate, pesticides, and other chemicals that you do not wanna be taking on a daily basis. Not all collagens are the same. It can come from many different sources, and the source can drastically impact its potency and effectiveness as well.

Some manufacturers just go with the cheapest stuff that they can find and then add fillers and artificial flavors, and they still charge you a lot of money for that. Organifi always goes the extra mile to ensure its quality is the best. They blend five collagen types from four different sources, and they taste and test until it's perfect. And then they go even further to test for things like glyphosate residue and other sneaky toxins that can get into the mix. After passing through all of these goalposts, it finally gets the Organifi seal of approval, so you can rest assured it's the highest quality and non-toxic. I love that this company is a company that I can trust and that their products will be safe and effective exactly as they say they will be.

In the supplement world these days, that kind of honesty and transparency is getting harder to come by. So, if you've never tried collagen, now is a great time to start. And if you're already taking it, now is a great time to switch to a better brand. Upgrade what you're doing right now so you and your entire body is gonna love Organifi Collagen. It is something that I take on a daily basis. It's been a part of my supplement routine for the past five years, since I went into menopause, and so I can't recommend it highly enough.

Now let's talk about saving you some cash as well. Here's what you do. Go to [organifi.com/myersdetox](https://organifi.com/myersdetox) and put in the coupon code "Myers Detox" to get 20% off. You'll save an extra 20% off by putting in my special coupon code, Myers Detox. So, like I said, collagen's one of those things that I take every single day. It's one of the

most important parts of my anti-aging protocol, the things I'm doing to fight off the clock. So for me, taking clean collagen is really important. It's hard to find, so I highly, highly recommend Organifi collagen.

### **Dr. Wendy Myers**

That's why it's so important to use a device like Analemma. So it's almost like a glass stirrer, just so people can visualize what it looks like, almost like a glass pen, so to speak. You just put it in the water and stir. Tell us how to use it exactly.

### **Mario Brainović**

Interestingly, this is where it really kind of gets amazing. When I mentioned that we realized that water is a broadband absorber, receiver, and transmitter of energy, frequency, and vibration, our whole quest was to create the most positive dominant frequency water there is. Because we knew that if we exposed any other water to it, since water always picks up the most dominant frequency of its environment, all the water would become it. That's why we created what is called the mother water. The mother water is inside this crystal vial. It takes us one full year to create the mother water. It involves precious metals, and it involves lightning, if you can imagine. It's a whole five-step process, and once the water passes the fifth stage, it never goes back to chaos.

There were actually several scientists who created some devices that created a structure. We tested most of them, and they do actually have an effect. Yet what we realized is that water stays in that coherent, structured state with these devices anywhere between a couple of minutes and a day and a half, and then the water molecules break, and the water goes back to chaos. With Analemma water, that never happens. We actually tested it now for eight consecutive years. After just one treatment, water never goes back to chaos. Its resilience is extraordinary.

When you take a glass of water, and you submerge the Analemma inside, and you start swirling, any chaotic H<sub>2</sub>O molecule that comes into close proximity to the mother water starts to mimic its exact structure. So in effect, it's very elegant. After 30 seconds of swirling, you get a glass of mother water, and when you drink it, you get

all the benefits. It is very elegant and very complex to reach this state. That's why we used a crystal vial. This is also interesting.

We used, of course, because it needs to create a barrier between the mother water, which is inside, and the rest of the water. A crystal dial serves as a superconductor. It allows the frequency of mother water to pass through without any loss. This is just the entry-level application. We have now created several others, or what we call an inlay, which you can put in the bottom of a pitcher.

You just pour the water in, leave it for a couple of minutes, and then it's in a coherent state. We also created a point-of-use one, which you can install under the sink in your house, so you don't even have to swirl. And we have the flagship model, which is the whole-house Analemma, where you install it in the piping system of your house, and then wherever you open your faucet, you actually get coherent water.

### **Dr. Wendy Myers**

I didn't know that you had that. I did not know that. I love Analemma. I was using a product from Patrick Flanagan. It was like some drops that restructured the water, and it really helped a lot. But they don't make it anymore. And so I'm so happy that I found the Analemma because it just makes such a huge difference in how the water absorbs, and obviously in all the things you talked about in improving the coherence, because even if you're getting natural spring water, I only drink spring water, it still can have residues of heavy metals. It still can have structural issues for various reasons. And I think just drinking plain water, you're just never gonna get as good hydration as if you use a device that's improving the coherence of the water.

### **Mario Brainović**

100%. I just have to say one thing, which is really, really super important. We were one of the first scientists to actually prove this. We realized that EMFs have a tremendous effect on water. Since water is a broadband absorber, receiver, and transmitter of energy, frequency, and vibration, and these waves are not really what you would call a natural wave, it has a very detrimental effect on water. We actually took rainwater, and we radiated it in close range with 5G. Then we used that water to water plants. All the plants died in a very short period of time.

Of course, I have to mention that we radiated at close range, so it really had a powerful effect on the water. And then we repeated the experiment where we did the same thing. We radiated the water with 5G, and then we just used Analemma. We swirled through the same water, and we watered the plants, and the plants thrived. They didn't just stay the same. They actually thrived. So we were one of the first scientists to prove that EMFs have a negative effect on the biology of any living thing.

And not only that, we did a QEEG study where we measured the brainwaves of people using cell phones. We were again one of the first scientists to prove that when you use a cell phone, your brainwaves actually change pretty dramatically in a very short period of time. Every single person, if you put qEEG equipment on their heads and they use a cell phone for three minutes, their brainwave patterns are going to go out of whack.

Immediately after the exposure of three minutes, when we saw the brainwave patterns had changed, we gave Analemma Water to some and regular water to the others in the study. And what we saw is that the participants who drank regular water, this negative effect persisted. But participants of the study who drank just a couple of sips of Analemma Water experienced an almost instant improvement in the connection between the left and the right hemisphere of the brain, and an almost instant harmonizing effect on the brainwaves. This was super, super inspiring and super amazing to witness.

We actually then did a double-blind study without any cell phones. We brought two genetically identical twins to see what the effect of Analemma Water is on brainwave patterns, and we saw exactly the same thing. It was really phenomenal. When you observe brainwave patterns in real time. One twin took a couple of sips of regular water, and we saw zero change. The other twin, genetically identical, a couple of sips of Analemma Water, again, almost instant better connection between the left and the right hemisphere of the brain, and then the harmonizing effect.

There is this thing called delta coherence, which usually happens when people either meditate or use psychedelics. We actually repeated the experiment three weeks later, and we gave Analemma Water to the other twin, and we saw exactly the same phenomenon, while the other twin now experienced nothing.

**Dr. Wendy Myers**

I love that you're doing twin studies and really going the extra mile there.

**Mario Brainović**

Yeah, we really want to prove beyond the shadow of a doubt that something truly biologically remarkable happens here. We're super excited about it, so we always want to do the proper studies so that it really holds merit in a scientific way. And the results that we are getting, like thousands and thousands of letters from people all over the world, all kinds of results they're having just by changing the water they're drinking.

**Ads 38:17**

Let me ask you something a little bit personal. How do you get yourself out of a bad mood? It can be hard, really, really hard, and it only gets harder the longer that you're in that space. That's why I'm a big fan of today's podcast sponsor Organifi. They made an amazing product called Happy Drops, and they're little gummies that are super tasty, and they can help make your bad moods better and your good moods great. I'm sure I'm not telling you anything new when I say the world is really stressed out right now. You can see it everywhere. Stress and mood-related visits to the doctor's office are skyrocketing along with various prescriptions to match. And so if you are anything like me, you're looking for a safe, natural approach to rebalancing your happiness and your stress chemicals without worrying about the side effects.

Well, Organifi has given us exactly that. They're called Happy Drops, and they're my favorite new supplement. These yummy little lemon gummies are made with ginger, with gouda cola, and passion flour, all of which are shown to have positive effects on mood and emotional well-being. Plus, they have a real powerhouse ingredient, which is saffron. So why is that so cool? The compounds in saffron are shown to help your brain modulate its levels of serotonin. Serotonin's one of your happy chemicals, and saffron helps your brain enjoy it longer. Saffron also relaxes you. There are many cultures around the world that drink saffron tea before they go to bed 'cause it helps relax them and helps 'em go to sleep. Saffron also contains antioxidant properties, which can help you protect your brain from oxidative stress. That's great for detox.

Best of all, there aren't any nasty side effects. There aren't any bad ingredients and it's safe to use every single day.

Saffron is traditionally very challenging to find in the supplement world. It's difficult to plant and to farm. It's even harder to harvest, and it's one of the most expensive ingredients on the planet. But now, thanks to the super food geniuses at Organifi, we can all enjoy a real dose of real mood-lifting organic saffron for less than a dollar a day. I'm excited for you to try them. I think that everyone should. I love their happy drops. Just go to [organifi.com/myersdetox](https://organifi.com/myersdetox) and get your happy drops today. When you use my discount code Myers Detox at checkout, you're gonna save an extra 20% off. Again, that's [organifi.com/myersdetox](https://organifi.com/myersdetox).

I want you to go out and try Happy Drops today. Like I said, I love them. I've been taking them on a regular basis to help me go to sleep at night, to help me kind of relax and get in the mood. You've got nothing to lose but your frown.

### **Dr. Wendy Myers**

What are some of those results and testimonials that you're hearing?

### **Mario Brainović**

I can't really talk about it. We were informed not to go into any claims or anything. But what I can say is that's why all of our studies are done on healthy people, and the real results are more than significant even with them. Let's say that I can only say that.

### **Dr. Wendy Myers**

Yes, I understand. Tell us exactly how to use the Analemma device. Do you have to stir for 30 seconds, or can you just put it in the water and just let it sit there?

### **Mario Brainović**

You can put it on. You can, but why are we saying swirling? Because any H<sub>2</sub>O molecule comes into close proximity to the mother water, it starts to mimic the structure. So when you're swirling, you're actually doing it much faster. That's the only

reason. That's why we created the inlay, which you just put on the bottom of the pitcher, and you just leave it there for a couple of minutes, and it will do the job. So there is no need for swirling, but it's better to swirl for 20 to 30 seconds than to leave it in the glass for a minute, depending on how thirsty you are.

**Dr. Wendy Myers**

I presume you can do this on juice, coffee, or just any liquid?

**Mario Brainović**

Anything. Yeah, actually, there is such a funny anecdote. We had these really distinguished sommeliers who used it on wine. And apparently, I don't know because I'm not an expert, but the wine expert said that it literally changed the taste of very cheap wine into a really, really expensive one, which was super hilarious.

**Dr. Wendy Myers**

Well, now you can just buy some Franzia, some box wine, and use it and have your Chateau Blanc or whatever.

Mario Brainović

No, that's funny. But yeah, if it has water inside, water molecules will form this liquid crystalline structure, and then everything is basically changed.

**Dr. Wendy Myers**

Okay, fantastic. Yeah, it is really, really interesting. Is there anything else that you wanted to add? Why don't we talk more about the whole-house structured water and why that's important? Because a lot of people are drinking filtered water. They feel like they've got their water game down because they're drinking spring water, filtered water. There's another level you can take things as far as drinking coherent water, but then there's even another level with thinking about the water that you're showering in. So can you talk about that?

**Mario Brainović**

This was a super cool thing when we actually created the whole-house system. Our whole hypothesis, our body has 99% of our molecules as water. We were thinking that water always picks up the most dominant frequency of its environment. We were thinking what would happen if people lay down in the Analemma water and took a bath? What would happen there? So we connected with Dr. Greg Lane and my dear friend David Perez in San Diego, since they have equipment that can measure this.

We actually did a test on 100 people. We measured cardiac output, stroke volume, blood viscosity, and most importantly, heart rate variability. And every single person in the study, just by 20 minutes of taking a bath in Analemma water, experienced improvement in all of the markers. And the minimum improvement of heart rate variability that we saw was 30%.

### **Dr. Wendy Myers**

HRV is a measure of stress that's used in studies all over the world. That's just a measure of stress. The amount of time in between your heartbeats. The smaller the number, the more stressed you are, and the larger the number, the healthier you are and have less stress.

### **Mario Brainović**

Exactly, the higher the HRV score, the healthier you are, and there is a great correlation, just like with NAD, where high levels are connected to a much longer and much healthier life.

### **Dr. Wendy Myers**

Tell us a little bit more about the whole-house system and maybe some of the benefits of having that in your home.

### **Mario Brainović**

The key thing is it's very, very simple. You can install it within 20 minutes, and anywhere you open your faucet, you get coherent water. So you don't have to swirl, you don't have to do anything. You have the added benefit of showering with it, taking a bath, which I totally suggest people do. And once you have it, it just

becomes a part of your life. You're continuously absorbing and exposing yourself to coherent water, and you don't even have to think about it.

When you're swirling or using a point-of-use system, it's just about drinking it. But with this, you and your family are continuously, every single day, getting the benefit of it. So that's like the number one thing. If you can afford it, that's the very best. We always try to keep the technology very affordable, but this is the flagship model. It's two and a half thousand dollars to install. But we were very, very careful about the wand. We wanted to offer it at a price that basically any family out there can afford. And you buy it once, and it will create coherent water for you for a lifetime. You just need to treat it like a jewel. It's very fragile, so if it falls, it will break. even though you have extras

**Dr. Wendy Myers**

Yeah, I've thought that too, that it's a crystal glass and it's fragile. So why don't you tell the listeners where they can get one, and what the website is? Do you have a coupon code for them?

**Mario Brainović**

You can go to [coherent-water.com](http://coherent-water.com). I invite people not only to buy the technology there, but you can also just jump on the newsletter. We're continuously doing research. So if you wanna follow our work, this is the place to do it. We're publishing stories and doing various studies. So if you just wanna follow our work, go to [coherent-water.com](http://coherent-water.com).

**Mario Brainović**

I want to mention one more study. It just crossed my mind that I just wanna share with you because it's really super relevant. Since this technology is created and is being manufactured in the Netherlands, and the Netherlands is an agricultural country, 98% of all agricultural land is actually being cultivated. Because of this, they're using extraordinary quantities of toxins, glyphosate, and all the other pesticides. So we actually took a completely destroyed piece of soil, which was barren. You couldn't grow anything on it. We took one part, and we watered it with

regular water, and the other chunk we watered with Analemma water, and we monitored what happened in the soil on the molecular level.

The part that was watered with regular water remained dead, zero change. Everything stayed the same. But the part that was watered with Analemma water, we started seeing explosions in the biodiversity of the microbiome of the soil. Colonies of bacteria started to show up in the soil out of nowhere. The total nitrogen in the soil increased dramatically. The whole nitrogen cycle improved dramatically. Within only two months of watering the soil with Analemma water, that piece of soil became 100% fertile. And usually when the rain falls, all of the minerals and nutrients go to deeper layers of the soil.

But for some reason, when you water the soil with Analemma water, there is a huge retention of all of these minerals and nutrients in the top layer where the plant can actually use them. And the environmental effect is really where it gets interesting. All of these colonies of bacteria, new colonies that weren't there before, started to suck CO<sub>2</sub> out of the atmosphere into the soil where it belongs. So, can you imagine a more elegant way to solve the excess CO<sub>2</sub> that we have in the atmosphere? You just water the soil with Analemma water. You change the biodiversity of the microbiome and the bacteria, because all the plants need CO<sub>2</sub> as energy. We need oxygen, so plants breathe out oxygen, and they breathe in carbon dioxide.

### **Dr. Wendy Myers**

It's so interesting. You see this circle of life happening

### **Mario Brainović**

That's why we really believe that this is how nature intended water to be. We're super grateful and honored that we found this, so that we can revitalize, and we can bring water back into its natural state. This is actually the mission statement of our company. We want to bring all of the bodies of water on this planet back into their coherent state. We developed this eco-friendly technology that we want to install in the wells of the biggest rivers because then all of life downstream will change, and all this water will actually end up in the oceans. Then the oceans will actually enter into a coherent state, and then we're going to have a coherent planet.

**Dr. Wendy Myers**

Is that part of your mission statement and part of your mission?

**Mario Brainović**

That's it. That's why we are investing so much into all of these studies, into the science behind it, because we want to bring it to the governmental level. Wouldn't it be cool if people didn't even have to use all these devices? That you open your faucet and get coherent water? We go to the mayor of New York, and we bring all of the municipal New York water supply into a coherent state, and this water is extraordinarily resilient because water wants to move in a natural way. But this water is so resilient that even though it's passing through a very unnatural piping system, which is rectangular, it will still arrive in your apartment in that particular state. Wouldn't that be amazing?

**Ads 52:33**

For anyone listening who really wants to detox their body, go to [heavymetalsquiz.com](http://heavymetalsquiz.com). I created a quiz for you. It only takes a couple of seconds, and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at [heavymetalsquiz.com](http://heavymetalsquiz.com)

**Dr. Wendy Myers**

Yeah, that's interesting because theoretically when you're getting water that's sent through these rectangular pipes, it can damage the water or it's not structured, 'cause it's supposed to be in a vortex. Like when you're swirling the Analemma, you're creating a vortex, and that's the natural state of water. It oxygenates it and gives it the energy that's needed for it to be healthier for us.

**Mario Brainović**

Exactly.

**Dr. Wendy Myers**

You mentioned that the Analemma has water that goes through five stages.

### **Mario Brainović**

And once it passes the fifth one, it never goes back. Okay, great. We actually realized that, for instance, if you take a glass of water and put it next to your Wi-Fi router, it's just going to go into deep chaos. And with Analemma water, it's completely different. Even if you radiate it, the bonds will break. But as soon as you stop this hardcore radiation at close range, the water remembers its highest state, and the molecules come back and form exactly the same liquid crystalline structure. So it's super, super amazing to observe.

That's why I mentioned that it never gets boring for me to share this story, because when you witness all of these amazing effects, I personally just wanna do it justice. I just wanna share this message to everybody so everybody can actually have the experience and change the way they hydrate, because this is the most fundamental level of our existence, water. We are water. When you change that, your entire biology changes, and this is what all of our studies have proven.

### **Dr. Wendy Myers**

Yeah, and I'm doing it for the anti-aging benefits, so let's not kid ourselves here. But you know, water is itself foundational. It is the number one thing that you need to be doing besides sleep, having a good diet. But when you can do something like this to dramatically improve your hydration, improve your energy, improve your health, and it's so simple, why not do that? 'Cause it isn't enough just to drink water. It's not enough because the waters have been damaged, even the spring water.

A lot of people are drinking water in plastic, or they're drinking filtered water from the tap, and these all have their own set of problems that are putting a negative energy into the water, so to speak. And so it does need to be corrected.

### **Mario Brainović**

I agree with you 100%. And what I love about this is that it's the ultimate biohacking tool. You have these incredible overall benefits. And this is something you're doing anyhow. It's not like when you're taking pills and supplements, this is different. You're

drinking water every day anyhow, with just a simple, simple change. And if you buy a whole-house system, then you don't even have to think about it. Whenever you open your faucet, you get it. But just a simple, simple change can dramatically improve the quality of life.

**Dr. Wendy Myers**

Okay, fantastic. Well, Mario, thank you so much for coming on the show. Do you have a coupon code for the listeners? I think it was Wendy to get a discount.

**Mario Brainović**

Yes, we just want to offer all of your listeners a 10% discount. If you find yourself excited about this, I invite you to come to the website and experience the benefits. Of course, we are offering a money-back guarantee, so if you don't like it, just bring it back. I would say over 95% of people, immediately when they take a couple of sips, they change. They sense the difference. I could be talking about this for half an hour, but I know that we don't have much more time.

**Dr. Wendy Myers**

No, no, it's okay. Everyone go to [coherent-water.com](http://coherent-water.com). Use coupon code WENDY to get 10% off. Check it out. It has a money-back guarantee, so you don't have to worry about that, but it's definitely worth trying. It's something that I'm using on a daily basis. I absolutely love it. You guys sent me one about six months ago, and I was very impressed. It's like everything I do is frequency-based. Everything I do in my health and my skincare, my water, I have three different types of software I use for frequency-based health frequencies. So this is just another component of those things that I do every single day.

Mario, thanks so much for coming on the show. Everyone, I'm Dr. Wendy Myers. Thanks for tuning into the Myers Detox Podcast, where I love bringing guests from all over the world to help you make those little distinctions that you make to upgrade your health. That's why I'm doing this show. So thanks for tuning in.

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