Cyclic water Hexamer

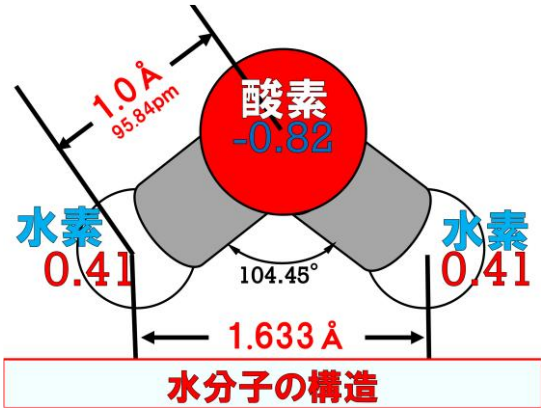
Handbook

Content

About Water

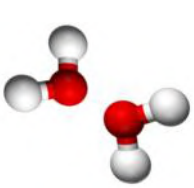
01 Introduction

Cyclic hexamer water is a type of water said to be beneficial for health. Unlike other molecular structures, its crystals form neat hexagons rather than squares or pentagons. Arranged in a honeycomb-like pattern, this water is thought to possess strong energy and a stable structure.

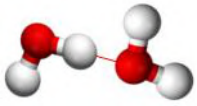


Generally, cyclic hexamer water is considered to be more stable than pentamer water and is believed to be highly effective for the human body, with strong biological activity. Because oxygen atoms in water are electronegative and hydrogen atoms are electropositive, the molecule as a whole is polarized. This polarity gives water its ability to interact with other molecules, leading to unique properties such as hydrogen bonding.

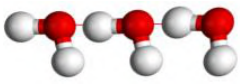
Below are schematic illustrations of the molecular arrangements of water:



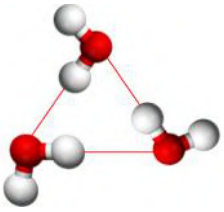
* Monomeric water



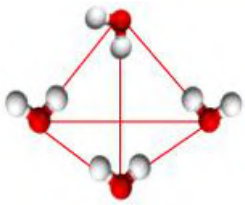
* Dimeric water



* Trimeric water

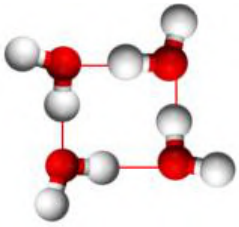


* Cyclic trimer water

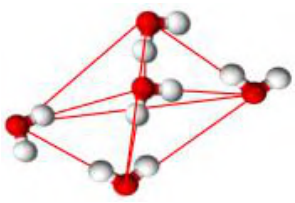


* Tetrameric water

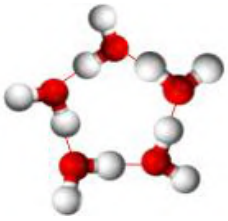
(“π-water”)



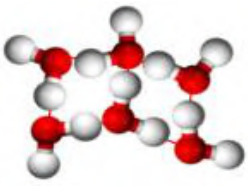
* Cyclic tetramer water



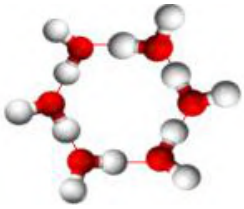
* Pentameric water



* Hexameric water



* Cyclic pentamer water



* Cyclic hexamer water

The red lines represent hydrogen bonds ● represents oxygen、○represents hydrogen.

Key Characteristics of Cyclic Hexamer Water；

1. It consists of water molecules arranged in a hexagonal shape.
2. Its structure is more stable and has greater “power” than pentameric forms.
3. It is easily absorbed into the body and facilitates the discharge of waste.
4. It is abundant in snowmelt water and enhances biological activity.
5. It is extremely rare—estimated to make up only about one hundred-thousandth of all water on Earth today.

According to research by Professor Kim Moo-Sik of the Korea Advanced Institute of Science and Technology, both five-membered (pentameric) and six-membered (hexameric) clusters of water molecules exist. Among these, cyclic hexamer water has the highest biological activity. Snowmelt water, which is rich in hexameric structures, is sometimes called “rejuvenating water.”

However, after about five days, its activity declines as it transforms into pentameric forms. When this pentameric water is boiled or disinfected, it degrades into simple pentamers with little to no biological activity. (This was reported in the *Nikkei Shimbun*, Sept. 27, 2009, page 14.)

The new cyclic hexamer structure described here, however, is said to maintain its power even after boiling or sterilization. Water molecules are generally unstable, constantly forming and breaking bonds. Among these forms, the cyclic hexamer is considered the most stable—more so than simple pentamers or pentagonal rings.

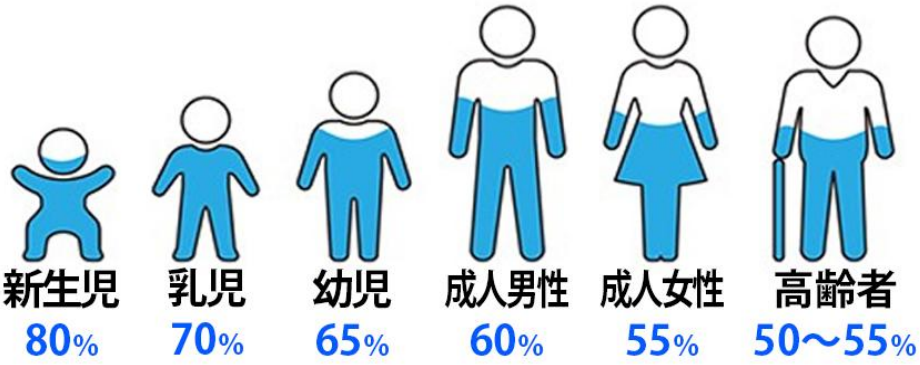
Cyclic hexamer water is thought to be abundant in snowmelt. Today, it can also be artificially produced through specialized plants (patent pending by Hori Motohide, Hori Yasunori, and Hori Toshiko), and is sometimes sold as mineral water.

While cyclic hexamer water is often advertised as beneficial for health, its effects depend on scientific evidence, specific products, and production methods. Many counterfeit or low-quality versions exist. Genuine hexamer water that is easily absorbed is believed to be essential for life maintenance.

Carbohydrates (rice, bread, noodles, pasta, etc.) are broken down by digestive enzymes into monosaccharides such as glucose, which are then absorbed in the small intestine. Glucose is oxidized through cellular respiration—reacting with oxygen to produce energy, carbon dioxide, and water.

One glucose molecule can theoretically produce up to 38 molecules of ATP via glycolysis, the citric acid cycle, and the electron transport chain. In practice, due to cellular conditions and enzyme efficiency, the yield is closer to 30–32 ATP per glucose molecule. This process also generates about 12 molecules of metabolic water, equivalent to two hexamer water structures.

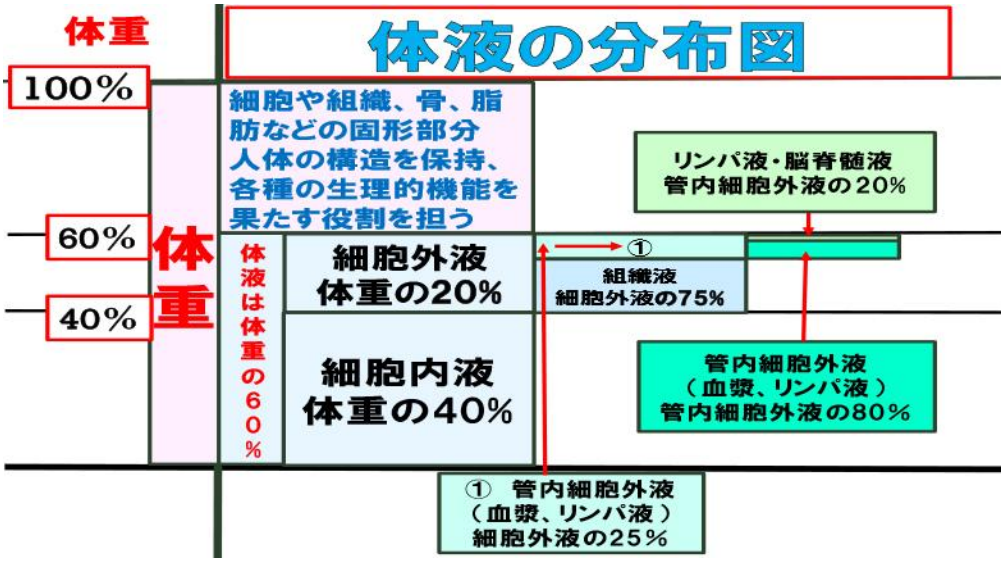
In the human body, water accounts for about 60% of body weight in men and 55% in women. For a 60 kg man, this is about 36 liters of body fluid.



Distribution of body fluids based on different ages:

* Blood: 8% of body fluid (¥~4.8 L)
* Intracellular fluid: 40% (¥~14.4 L)
* Extracellular fluid: 20% (¥~7.2 L)
* Interstitial fluid: 75% of extracellular fluid (¥~5.4 L)
* Plasma and lymph: 25% (¥~1.8 L)
* Plasma: 80% (¥~1.44 L)
* Lymph/CSF: 20% (¥~0.36 L; about 500 ml of CSF is produced daily)

It is believed that cerebrospinal fluid also consists of cyclic hexamer water. Ideally, most water in the body would take this hexameric form.



Tissue fluid, derived from plasma that leaks from blood vessels, supplies nutrients and oxygen to cells and collects waste and carbon dioxide. It plays a key role in fluid circulation by being absorbed into lymphatic vessels or returning to blood vessels. Abnormalities in tissue fluid can cause swelling or inflammation. Maintaining balance requires proper hydration, exercise, and moderation of salt intake.
Most tissue fluid and metabolic water are considered to be hexamer water, consistent with Richard J. et al.'s statement that "clusters of six water molecules represent the smallest unit of a three-dimensional hydrogen-bonded structure."
Metabolic water production is about 5 ml per kg of body weight (¥~0.5% of body weight). For a 60 kg person, about 300 ml of water is produced metabolically.
Daily water requirement (ml) = urine (ml) + feces (ml) + insensible loss (ml) − metabolic water (ml).

For an average adult:

* Urine: 1500 ml

* Feces: 200 ml

* Insensible loss (skin/mucous/respiration): 900 ml

So, for a 60 kg adult:　**1500 + 200 + 900 − 300 = 2300 ml/day.**

Water, second only to air, is essential for life. Drinking water rich in cyclic hexamer structures is considered beneficial.　Cyclic hexamer water is still just *water*. It is not a drug, and one must not expect medicinal effects. However, when cells are dehydrated, the body can absorb hexamer water more quickly, which makes it practically useful.
While some may demand medical evidence, it is important to remember: no matter how unique its structure, water is ultimately still water.

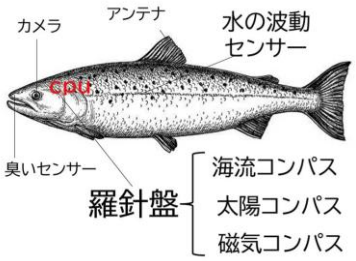
Why Do Salmon Return to the River Where They Were Born?

This question has long intrigued researchers. Many explanations have been proposed for how salmon are able to return to their birthplace:

1. **Olfactory Imprinting Hypothesis:**Once imprinted, the memory never disappears; young salmon Remember the smell of the river from their fry stage.
2. **Solar Compass Hypothesis**: Salmon can determine their location from the sun's position and the time of day.
3. **Magnetic Compass Hypothesis**: Similar to pigeons' homing ability, salmon may use the Earth's magnetic field.
4. **Ocean Current Hypothesis**: Salmon determine their homing direction by using ocean currents.
5. **Genetic Hypothesis**: Salmon have the characteristics of their natal river encoded in their genes, guiding them back.
6. **Geographic Isolation Hypothesis**: Salmon memorize geographical and geological features near their birthplace.
7. **Social Learning Hypothesis**: Salmon refer to the behavior and information of other salmon when returning home.

However, none of these theories has been fully proven. If a factory is built, for example, the river's smell changes. And explanations based solely on the solar compass, internal magnetite, or ocean currents seem inadequate for the precision observed—down to within one meter.

Just like pigeons and salmon seem to possess a device like the one described below, they return precisely to their homes or to the place where they were born.



It is, indeed, a most mysterious ability.

Here, another possibility can be considered:

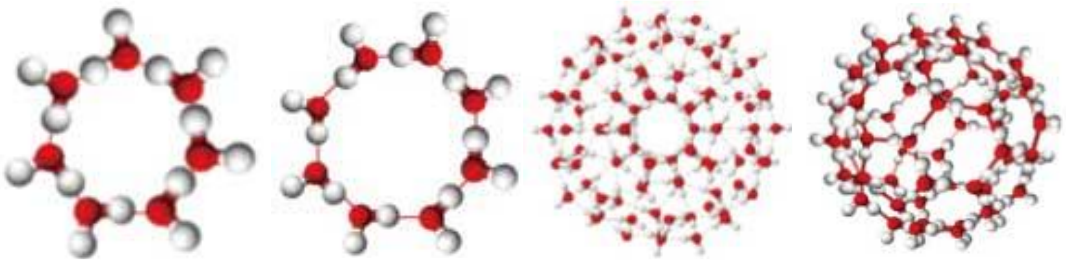
8. **Water Wave Hypothesis.** Fish eggs are 99% water. The river water that first comes into contact with the egg after being laid carries the unique vibrational pattern (wave) of that land. The water inside the egg may resonate with this vibration, and the cells may record the pattern.

When far away, salmon may rely on ocean currents, the solar compass, the magnetic compass, and olfactory imprinting to approach their native river. But once nearby, by resonating with the vibrations (electromagnetic waves) constantly emitted by the river, salmon might easily locate and return home—no matter how distant the starting point.

These waves may be produced by various combinations of water molecules—pentameric water, hexameric water, cluster water, etc.

A cluster refers to an aggregate of water molecules bound together by hydrogen bonds. Clusters are also essential in hydration, surrounding molecules or ions dissolved in water.

For water hexamers, several isomers are predicted: cyclic, book-type, bag-type, cage-type, and prism-type, all with nearly equal stability. For heptamers, two types of cage isomers are calculated, and for octamers, cyclic and cubic types are predicted.



* Heptamer water * Octamer water * Icosahedral water * Fullerene-60 type water structure

Even larger clusters have been calculated, such as 28-molecule clusters, fullerene-like cages with 60 water molecules, and structures of 280 molecules forming a regular icosahedron. These are predicted to be local minima in energy. Tap water clusters usually consist of 13–20 molecules.

Thus, the possible combinations of water waves are infinite. One could call this a water fingerprint even the DNA of water.

Based on the idea that water molecules emit their own characteristic vibrations, transmitting and copying information, I began my research into water around 1975—48 years ago.

Thirteen years after I started, in June 1988 (*Nature*, vol. 333), a mysterious paper by Dr. Jacques Benveniste was published, claiming that “water can memorize the effects of medicine and reproduce the same effects.” This was discussed in detail in “07. Cyclic Hexamer Water: The Most Expensive Medicine.”

If Benveniste’s experiments were correct, water functions like a tape recorder. Such a phenomenon would be difficult to explain without considering combinations of pentamer water, hexamer water, and water clusters.

Indeed, reports exist that playing Mozart’s music to tomatoes or apples accelerates their growth and increases sugar content.

It must be added that reaching the point of giving power to water took nearly unspeakable effort. Hori Yasunori began experiments around age 19 and continued for 48 years.

At present, I am researching cyclic hexamer water infused with waves that cancer cells dislike.

The cyclic hexamer water I have developed does not lose its properties—even when heated, boiled, frozen, subjected to negative or positive pressure, or used in cooking. I take pride in the fact that its properties are preserved. In the production process, the water is heated at 121° C for long-term storage (about 5 years), yet it retains its characteristics.

As mentioned earlier, ordinary hexamer water loses activity within about 5 days. But this cyclic hexamer water maintains its activity for more than 5 years.

It is true that beneficial water tends to strengthen results in O-ring tests and upright kinesiology. Yet, in reality, very few waters exhibit such reactions.

I tested many mineral waters. According to my research, Lourdes spring water showed about 40% effectiveness, while most other mineral waters were close to zero. However, the cyclic hexamer water developed here showed more than 85% effectiveness.

If you search online for “Cyclic Hexamer Water, Core Stability,” you will find demonstration videos of the core gravity axis test—please try it.

03 The structure of water lasts for one ten-billionth of a second

Since around 1959 (Showa 34), food additives have become widespread, and today our diet is inseparable from them. Furthermore, with ongoing environmental destruction, even our water has become polluted. The reality is that very little remains that we can consume with complete peace of mind.

Among these, the contamination of water—the very foundation of life—is especially serious. Many people now feel resistance to drinking tap water directly and instead habitually consume mineral water.

The Importance of Water

Water makes up 60–70% of the human body and is extremely important. However, the ultimate conclusion as to what is true about water has not yet been reached. Summarizing the ideas of Dr. Jeon Mu-sik, professor at KAIST (Korea Advanced Institute of Science and Technology) and a pioneer in water research: drinking **hexamer water**, in which six water molecules are clustered together, may promote health and hold the potential to improve a wide range of illnesses.

Basic Knowledge About Water

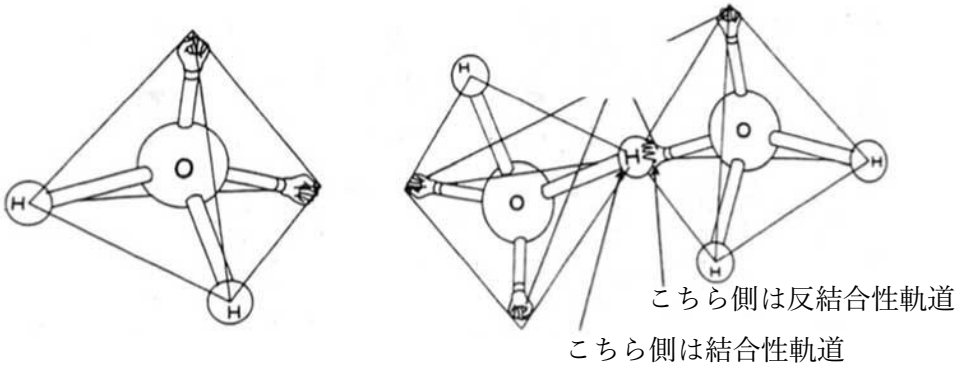
The water we drink is made up of many H_2O molecules. However, these molecules are not simply scattered uniformly in space. Instead, they form groups that maintain a certain relationship under specific rules, and those groups come together to make water. These clusters are often referred to as clusters, because H_2O molecules appear to bunch together like a cluster of grapes.

The mysterious properties of water can be explained in part by the fact that water is not merely a collection of H_2O molecules but rather associates that form when several molecules bond together, expressed as $(H_2O)_n$. Without this concept, it would be difficult to explain why water freezes at 0° C or boils and evaporates at 100° C. By considering these molecular associates with specific structures, these phenomena become understandable.

Within these associates, water molecules can exist as single H_2O units or grouped clusters. A set of six molecules is called a hexamer (hexagonal ring water, hexagonal structure water, hexamer water), while a set of five is called a pentamer (pentagonal ring water, pentagonal structure water, pentamer water). However, pentamer water is said to be less easily absorbed and less effective in the body.

Structurally, a water molecule is roughly tetrahedral. The oxygen atom sits at the center of the tetrahedron, while the two hydrogen atoms occupy two of the four vertices. The remaining two vertices, corresponding to nonbonding orbitals (“lone pairs”), can interact with hydrogen atoms from other water molecules. When this interaction occurs, the lone pair opens to form a weak bonding orbital. This type of connection is known as a hydrogen bond. It is these hydrogen bonds between lone pairs and hydrogen atoms that link water molecules together.

The Structure of Water Exists for One Hundred-Billionth of a Second



(From Jeon Mu-sik’s book, “The Science of Immortality Water”)

Whether or not these bonds can remain stable is critical to considering the safety of water. The hydrogen bond O–H–O is most stable when arranged in a straight line. Based on this condition, Dr. Jeon modeled the possible associations of water molecules and concluded that the most natural and stable structure occurs when six water molecules join in a ring.

However, this structure is constantly breaking and reforming, repeating a discrete cycle, never the same at any given moment, and lasting only about one hundred-billionth of a second.

Water consists of many coexisting clusters: pentamers, hexamers, and others. In some states, pentamers are more abundant, while in others, hexamers dominate. For example, when measuring the proportion of hexamer water:

* At 10° C → about 22%
* At 0° C → about 26%
* At even lower temperatures, the proportion of hexamers increases
* In a **supercooled state** at −30° C to −40° C → nearly 100% of the water is hexameric

(A supercooled state refers to liquid water remaining unfrozen even below its freezing point. Pure water, when cooled quietly and gradually, does not immediately turn into ice even when the temperature falls below 0° C.)

Thus, the colder the temperature, the higher the ratio of water molecules existing as hexamers. Meltwater from snow is therefore not just cold water but water with a much higher proportion of hexameric structures.

Inside clouds, the temperature is below 0° C, extremely cold, and water molecules drift about in a "supercooled" state (still as a gas in this condition). When water molecules enter a supercooled state, they assume the most stable form: a six-membered ring structure. This is why snow crystals formed below 0° C take on a hexagonal shape.

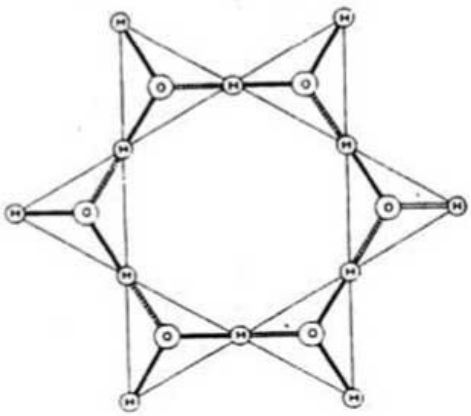
Meltwater has been observed to enhance the growth rate of phytoplankton, increase the yield of green crops, and improve egg-laying rates in chickens. Dr. Jeon claims these phenomena stem from the fact that water with a higher proportion of hexamers possesses greater biological activity.
This may also explain why the Tohoku region of Japan, though unsuitable for agriculture in terms of climate, still produces rice and other crops of both high yield and high quality—the snowmelt hexamer water could be a key factor.
The crucial point is that, since hexamer-rich water strongly influences the growth of phytoplankton and other lifeforms, drinking water that contains more hexamer structures is also beneficial for human health. Moreover, in terms of osmotic pressure, hexamer water is more effectively absorbed by the skin, suggesting that cosmetic companies have begun researching its structure for use in skincare products such as lotions.

04 Cyclic Hexamer Water: The Elixir of Immortality and Longevity

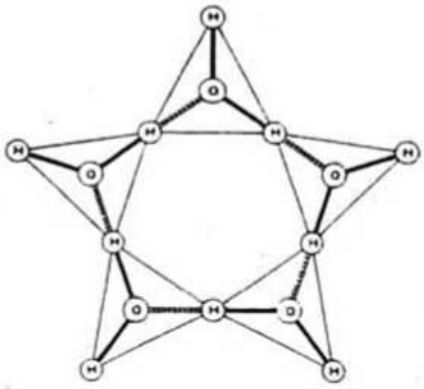
Hexameric Ring-Structured Water

According to Dr. Jeon, there are real differences between hexameric water, pentameric water, and other molecular structures. For example, when examining specific heat, Dr. Jeon states that hexameric water has a larger specific heat than pentameric water and thus has greater power. In reality, however, pentameric water actually has a larger specific heat. But since hexamers are overwhelmingly more common in the body, whereas pentamers cannot function effectively inside the body, it follows that in the body, hexameric water indeed has a larger specific heat and greater power than pentameric water.

(Fig. 04-1) Hexameric Ring-Structured Water



(Fig. 04-2) Pentameric Ring-Structured Water



—from *The Science of Immortal Water* by Dr. Jeon Moo-Shik

Furthermore, experiments measuring enzyme activity have shown that meltwater with a higher ratio of hexameric water exhibits significantly greater enzymatic activity, compared to ordinary water, when tested with wheat dehydrogenase. This suggests that structured water with a higher proportion of hexameric ring-structured molecules may help maintain normal cellular physiological activity.

The State of Water Molecules

Since 60–70% of the human body consists of water, it is fair to say that biomolecules are surrounded by water. Biomacromolecules such as proteins, nucleic acids, and polysaccharides remain stable in the body because they are encased in layers of water.

When examining the state of water molecules around proteins—a commonly cited example—at least two distinct layers exist:

Layer A: water molecules directly bound to the protein, rotating randomly at a speed of 10^{-6} seconds.

Layer B: water molecules surrounding Layer A, rotating at about 10^{-9} seconds.

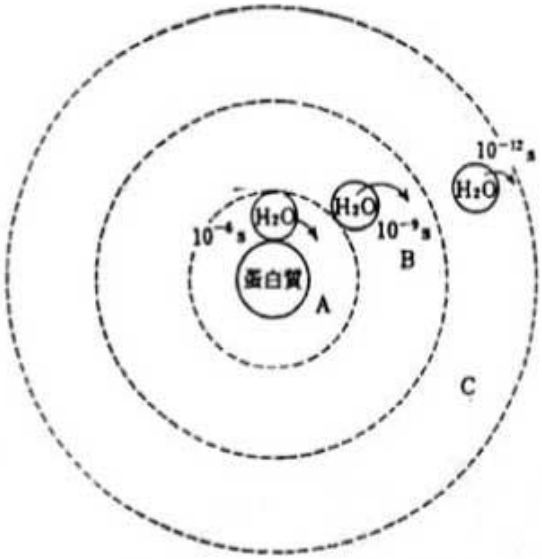
Beyond these, Layer C behaves like pure water. Compared with the thermal motion of pure water molecules, Layer A's water is slowed down by a factor of one million, and Layer B's by about one thousand.

When proteins are synthesized from amino acids and folded into their three-dimensional structures, the surrounding water molecules—which had been moving vigorously—suddenly cling to the protein's surface, instantly forming a water membrane. This becomes Layer A. The water molecules in Layer B, adjacent to Layer A, also become restricted in movement due to this effect. Thus, proteins are enclosed in a rigid water shell and a flexible outer covering.

However, the presence of potassium ions, chlorine ions (common in tap water), or urea can disrupt this protective effect of water. Urea, produced during protein breakdown in the body, accelerates the motion of Layer B's water molecules from 10^{-9} to 10^{-12} seconds. This increases the collision frequency of water molecules with Layer A, causing proteins to be bombarded, lose their three-dimensional structure, and eventually denature.

This demonstrates that an excess of urea, potassium ions, or chlorine ions can impair bodily functions through changes in biological water.

(Fig. 04-3) The State of Water Around Proteins



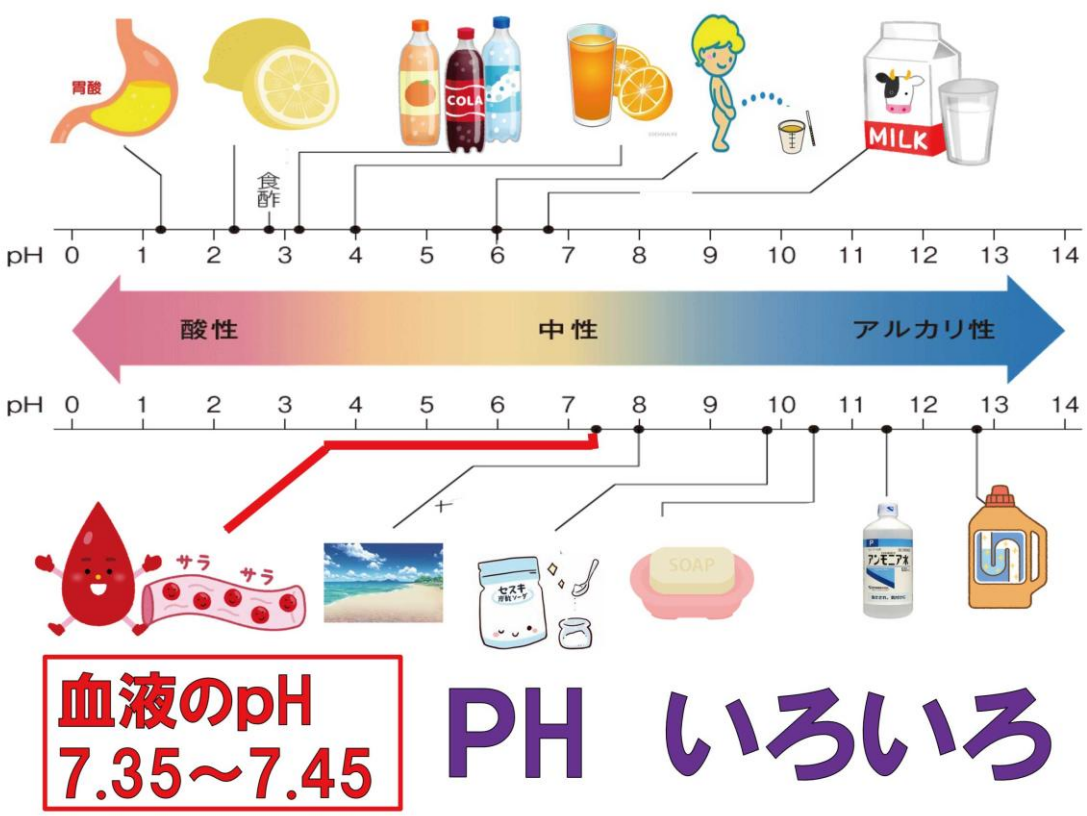
—from *What is Water?* by Hisashi Uehira, Kodansha Bluebacks

In contrast, calcium ions have the opposite effect. Both Layer A and Layer B water molecules slow down in the presence of calcium ions. Since ions with small volume and high charge density (such as calcium) reinforce the surrounding water structure, Dr. Jeon refers to them as structure-forming ions. Conversely, ions such as potassium and chlorine, which weaken water structures, are called structure-breaking ions.

Alkaline ionized water tends to contain more structure-forming ions. While this reduces the freedom of water molecules, making them less mobile, it also increases the proportion of hexameric water. However, alkaline ionized water above pH 9.5 should be avoided. The pH of arterial and venous blood differs depending on gas content:

Arterial blood (rich in oxygen-bound hemoglobin) has a pH of about 7.35–7.45, slightly alkaline compared to neutral water (pH 7).

Venous blood (carrying CO_2 from tissues) is slightly more acidic, with a pH lower by 0.03–0.04.



Because blood pH is strictly regulated, even a deviation of 1.0 can cause serious health issues. The idea that “alkalinity is good” only applies within a very narrow range. Prolonged consumption of alkaline ionized water above pH 9.5 is not advisable.

Additionally, the effectiveness of calcium ions, polysaccharides, and vitamin C in conditions such as cancer, hypertension, and diabetes may be explained by their structure-forming properties. Understanding water’s role requires considering not only the chemical interactions of such molecules but also their physical interactions with water.

In conclusion, among the various forms of structured water, hexameric water (hexameric ring-structured water) is undoubtedly more beneficial to the human body than other cluster forms.

05 Water is life itself

During summer, the body loses a large amount of water through sweat. As a result, insufficient water in the body can lead to the following health problems:

[Cerebral Infarction]

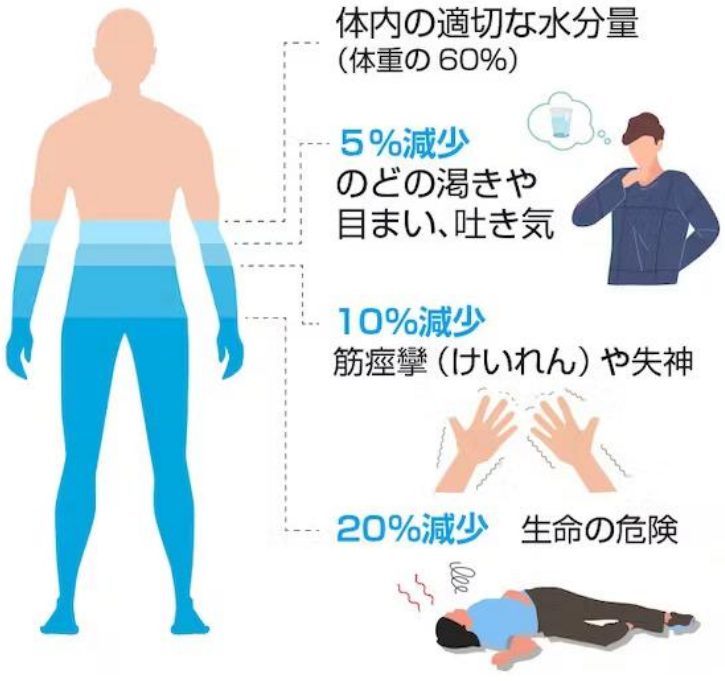
In recent years, cases of cerebral infarction have increased more in summer than in winter. One reason is that about 45% of blood consists of blood cells, making it thick. In hot weather, the body loses the equivalent of one to two glasses of water through sweat while sleeping. On top of that, water is lost through exhaled breath. When water is insufficient, blood viscosity increases, making blood vessels more likely to clog. In people with arteriosclerosis, this raises the risk of cerebral infarction or myocardial infarction.

Additionally, the blood's coagulation ability (tendency to clot) starts to rise around 6 a.m., peaking between 9 and 10 a.m. Drinking water before bed or immediately upon waking is an effective preventive measure.

Some people avoid drinking water at night because they dislike waking up to urinate, but restricting water too much causes urine concentration, which irritates the bladder and paradoxically increases urination urges.

Why then are strokes and heart attacks more common among the elderly? While newborns are about 80% water and people in their twenties about 70%, this ratio decreases with age — 60% at age 45 and 43% at age 70. Thus, even small water loss in the elderly can cause blood to thicken.

Risks of Water Deficiency



Inside the body, about two-thirds of water is inside cells. Of the remaining one-third, one-quarter circulates as plasma inside blood vessels, and three-quarters exists outside the vessels as interstitial fluid between cells. This large amount of water in the body highlights its importance — transporting nutrients, excreting waste, maintaining homeostasis, regulating body temperature, and essentially sustaining life itself.
It is also said that water within the body interacts and exchanges information. This will be discussed later. As an additional note, one reason cerebral infarctions often occur on winter mornings is "static electricity inside the body." (See *Illness is Nothing to Fear if You Discharge Static Electricity in the Body*, Kodansha Shinsho, and *Standing Barefoot on the Earth Heals Illness*, Makino Publishing).

[Gout]
Attacks of gout often increase in early autumn. In people with hyperuricemia (high uric acid levels in the blood), sweating reduces urine output. If they fail to drink enough water because of cooler weather, uric acid excretion decreases, raising uric acid levels. After prolonged dehydration in summer, gout attacks become more likely in autumn.

[Urinary Stones]
When urine volume decreases, the concentrations of stone-forming substances such as calcium and oxalate rise, increasing the likelihood of kidney, ureter, or bladder stones. People who produce only 700 ml of urine per day are said to be about seven times more likely to develop stones than those producing 1,100 ml daily. Since urinary stones tend to recur, individuals with a history of stones or hyperuricemia should drink enough water to maintain about 2,000 ml of urine output daily, even in summer.

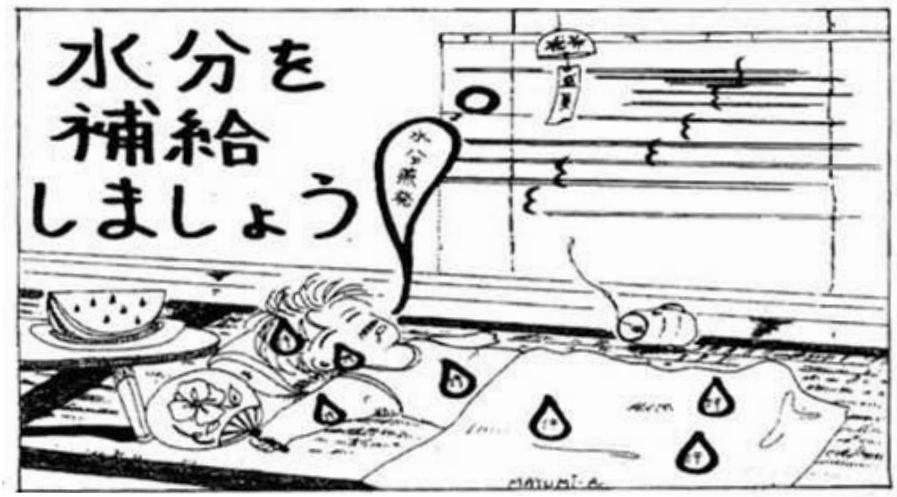
【[Cystitis]
This also tends to occur in summer because reduced urine volume makes urinary tract infections more likely, combined with increased moisture from heat. Thus, hydration is essential for both prevention and treatment. Some people on diets avoid water, believing it causes weight gain, but this is actually harmful. As body fat and protein are metabolized, ketone bodies and uric acid levels rise in the blood. Protein breakdown especially releases nitrogen, burdening the kidneys. Therefore, people dieting in summer need even more water. Moderate sweating (where sweat forms as droplets) causes a loss of about 2.4 g of electrolytes per liter of sweat. With heavier sweating, electrolyte loss is greater. Vitamins, especially C and B1, are also depleted and must be replenished. Eating fruits and vegetables high in water, such as watermelon and tomatoes, sprinkled with a little natural salt, is an effective natural way to restore water and minerals. Even better is drinking water with a high proportion of hexameric clusters (six-molecule water). At present, snowmelt water is said to contain more hexameric clusters, but even then, only about 20%. Researchers worldwide are studying ways to artificially produce weakly alkaline water (around pH 7.4) containing higher proportions of hexameric clusters. Such structured water is believed to be highly absorbable and may significantly enhance self-healing capacity against diseases like stroke, heart attack, gout, urinary stones, cystitis, skin disorders, obesity, and even malignant tumors.

For hydration, it is better to sip water little by little over time. Drinking a large amount at once reduces the rate at which water enters cells and increases the rate at which it is expelled as urine. Small, frequent intakes keep water in the body more efficiently.

A 19-year study by the National Institute of Public Health in Japan analyzing mortality and temperature found that deaths among the elderly increase when temperatures exceed 33° C. In particular, people over 65 show higher mortality from cardiovascular and cerebrovascular diseases, attributed to reduced immunity from heat, dehydration from sweating, and decreased blood circulation volume. For such elderly individuals as well, water containing many hexameric clusters is considered effective.

Ordinary water clusters disperse and aggregate within 10^{-12} seconds (1 pico). Hexameric water is more stable, aggregates and disperses more slowly than 1 pico, adheres more easily to stomach and intestinal walls, and is absorbed more efficiently. Once absorbed, it reportedly moves six times faster inside the body (though the accuracy of this claim remains uncertain).

Figure 05-1 Water is life itself



06 Cyclic Hexamer Water is like a tape

Water within the body exchanges information, contributing to homeostasis — the ability to maintain stable function despite external changes in temperature, humidity, or light. Structured water inside and outside cells is thought to protect biological cells from various stresses and disturbances. As described earlier, “water within the body exchanges information.”

Hexameric ring-structured water is stable, high-capacity, and powerful, meaning it is resistant to external stimuli. Thus, the higher the proportion of hexameric water in and around cells, the stronger the body’s homeostasis. Conversely, if water structures are disrupted, cells overreact to external stimuli, eventually leading to dysfunction. Therefore, hexameric structured water can be considered a key element of life activity. Such water moves six times faster than disordered free water, transporting substances more efficiently, and is increasingly suggested to serve as a medium for molecular-level information transfer, energy conversion, amplification, and storage, mediated by infrared and weak magnetic fields.

Experiments comparing normal cells with tumor cells show that water molecules surrounding tumor cells are more chaotic and mobile than those around normal cells. This indicates tumor cells are more vulnerable to external stimuli like temperature changes — the basis of hyperthermia therapy for cancer. Another therapy uses high doses of vitamin C. According to experiments by Dr. Jeon, vitamin C may act on water molecules to increase hexameric structured water, indirectly boosting immune function. Rather than vitamin C acting directly on cells, much of it is excreted in urine. However, by transforming water into hexameric structured water — more compatible with the body — it may indirectly enhance immunity.

From another perspective, water is proposed to have the ability to transmit infinite consciousness and function like a tape recorder. For example, cacti are said to “enjoy” Mozart, and apples produce better fruit when exposed to music. Salmon and sweetfish are known to return to the rivers where they were born — how? Fish eggs are 99% water. The first water they encounter carries unique

vibrational patterns (waves) of that river. The water inside the eggs resonates with these waves and "records" them. Thus, later in life, the fish can detect and resonate with the same waves emitted by their natal river, allowing them to find their way home from great distances.

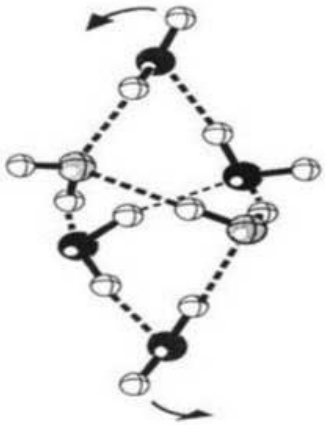
These "waves" may correspond to various molecular clusters of water — pentamers, hexamers, etc. Therefore, water may transmit and replicate information through its characteristic vibrations. Some vibrations benefit living organisms, others harm them. Water is known as the "universal solvent," capable of dissolving nearly everything. Even in supposedly pristine natural environments, 100–200 different chemical substances can be found dissolved in water. If such water is used for drinking or bathing newborns, their cells may resonate with the vibrations of these chemicals, storing harmful patterns. Once imprinted, these cells may continue resonating with and absorbing such chemicals, potentially leading to abnormalities in constitution or personality, and possibly contributing to allergies.

Whether these vibrational mechanisms stem from water's structure itself or the substances dissolved within it remains debated. But water molecules vibrate in countless ways, with infinite possible combinations.

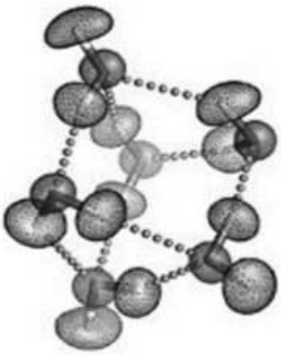
In addition, K. Liu and colleagues (Henan Polytechnic University, USA) published in *Nature* (Vol. 381, June 6, 1996) that water clusters adopting a hexameric structure are the most stable, forming a cage-like shape. They concluded that six water molecules together are the most stable arrangement. In other words, cluster structure determines water's "strength." Their experimental results (see Fig. 06-A) support this.

Similarly, Richard J. Saykally and colleagues (University of California, Berkeley, USA) stated that water hexamers — clusters of six water molecules — are the smallest representative unit of three-dimensional hydrogen-bonded structures, and therefore particularly important (*Science*). Their experimental results are shown in Figs. 06-B and 06-C.

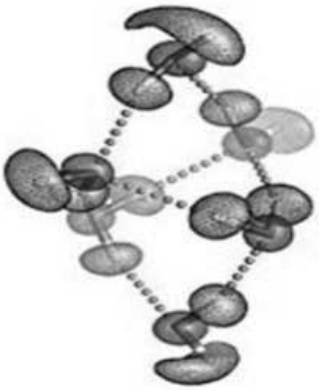
(Fig. 06-A)



(Fig. 06-B)



(Fig. 06-C)



Furthermore, Masato Yasui and colleagues from the Department of Pharmacology, Keio University School of Medicine, emphasize that H_2O is one of the most vital molecules for life. MRI (Magnetic Resonance Imaging) diagnoses cancer by reflecting differences in water structures inside the body. MRI is also used to analyze brain morphology and function. However, the biological significance of water behavior in cancer and brain tissues remains poorly understood, and research into intracellular water structures lags behind. This is partly because water has been difficult to study and appropriate observation techniques have only recently developed. Further studies are needed to analyze cellular water diffusion, intracellular and extracellular free water, and structured water, as these are considered essential for life maintenance.

In summary, while Liu and Saykally have shown that hexameric water clusters are stable, Yasui suggests that such structures may be essential for sustaining life. Thus, although hexameric ring-structured water is considered beneficial for humans, the scientific evidence remains insufficient, and its health benefits are not yet proven.

Although Dr. Jeon's concept of hexagonal water (hexameric ring-structured water) differs in structural form, it conveys the same message: water profoundly impacts the human body. This is why, following the proverb "What is learned in childhood is carried to the grave," it is desirable for children — from their first bath after birth until about age three, the most critical period of development — to grow up with pure, high-quality water, rich in hexameric clusters, nurturing a healthy body.

07　Cyclic Hexamer Water is the most valuable medicine

Do you believe in the mysterious idea that “water can remember the effect of a medicine and retain the same effect”?

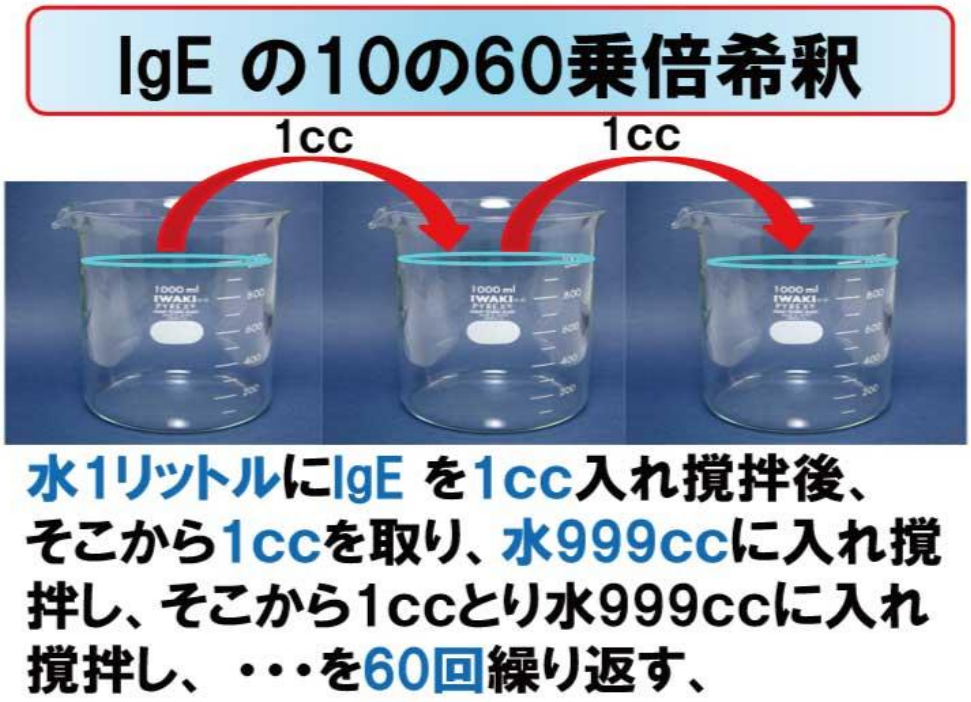
A paper proving this was published in "Nature" (Vol. 333, June 1988).

The research was conducted by Dr. Jacques Benveniste (France) and his colleagues, under the title:

“Human basophil degranulation triggered by very dilute antiserum against IgE.”

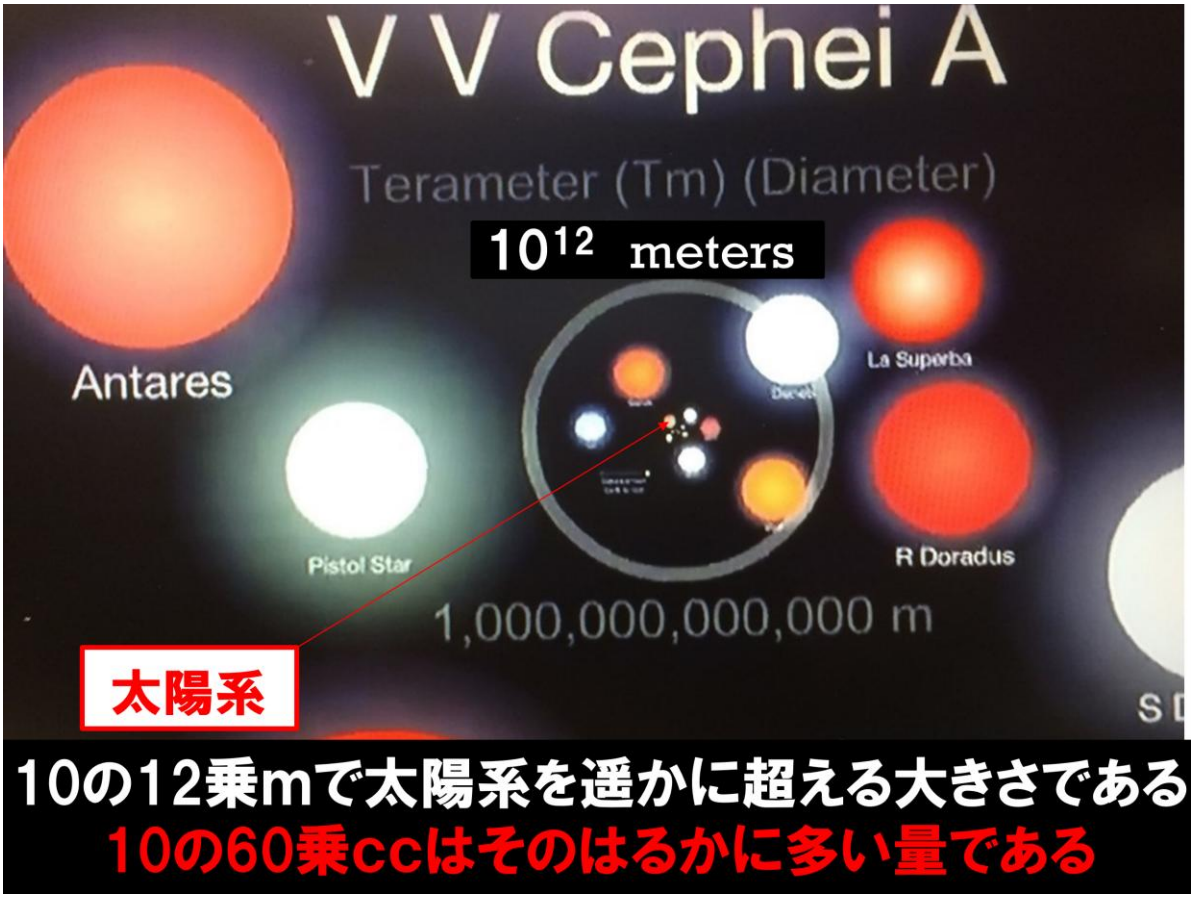
The content is as follows: Normally, when anti-IgE molecules—specific antibodies that react with IgE on the surface of basophils (white blood cells linked to allergic rhinitis and atopic dermatitis)—encounter IgE, they trigger degranulation of the basophils, causing the release of histamine from within.

Naturally, plain distilled water does not cause such a reaction. However, when IgE is dissolved into distilled water to create “IgE water,” and then diluted 10^{60} times with distilled water, the final solution theoretically and practically contains not even a single molecule of IgE—it should be nothing but plain distilled water, with no effect. And yet, that water still retained the effect of IgE, and caused basophils to undergo degranulation.

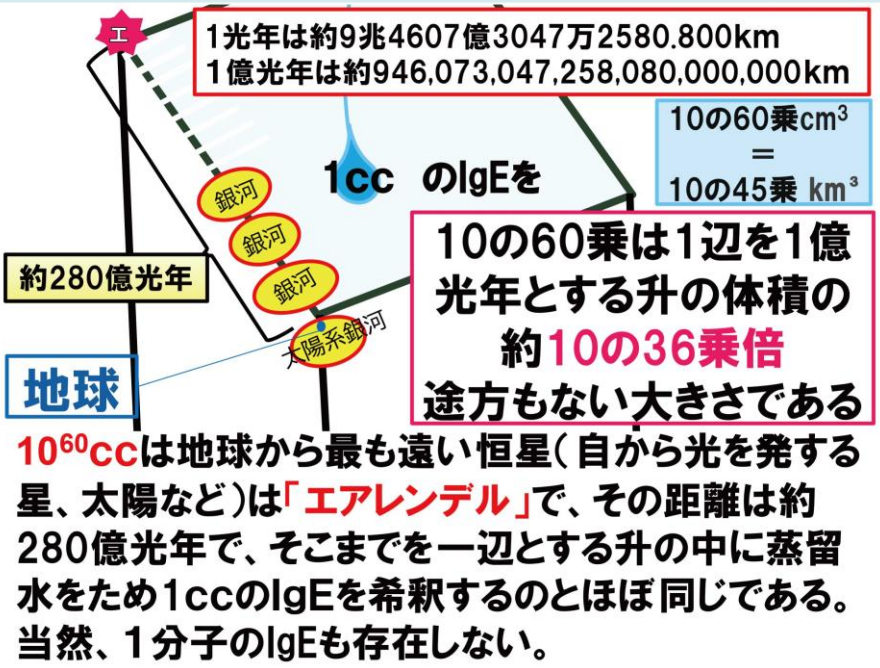


Although this experiment was validated in six research institutions across four countries, the results were so shocking that they caused a worldwide sensation among scientists. Fierce debate arose over this paper, with both strong support and opposition. Repeated follow-up experiments eventually demonstrated reproducibility, and the opponents had to concede, though their comments included statements such as: *“This is utterly unbelievable, with no physical basis whatsoever.”* Even so, the backlash was so great that "Nature" ended up retracting that issue, which was an unprecedented scandal.

Nonetheless, this was proof that **“water has the ability to retain information.”** It was a historic paper that revealed the mystery of water and also gave rise to the now-popular term “vibration” (*hado* in Japanese). For many scientists, the fact that basophils reacted as if IgE molecules were present—even when none existed—was simply unacceptable. Even today, most scientists remain skeptical of research suggesting that water has information-retention capacity. On the other hand, efforts to actively apply this supposed property of water are steadily progressing around the world, despite ongoing controversy.



As for how much that amount is…



As you know, water is composed of oxygen and hydrogen atoms, and because oxygen is more electronegative than hydrogen, water has strong polarity and readily dissolves ionic salts and other highly polar substances. This polarity leads to the formation of clusters through hydrogen bonds. It is thought that some specific arrangements of these clusters might have allowed distilled water to mimic the effect of “IgE water.”

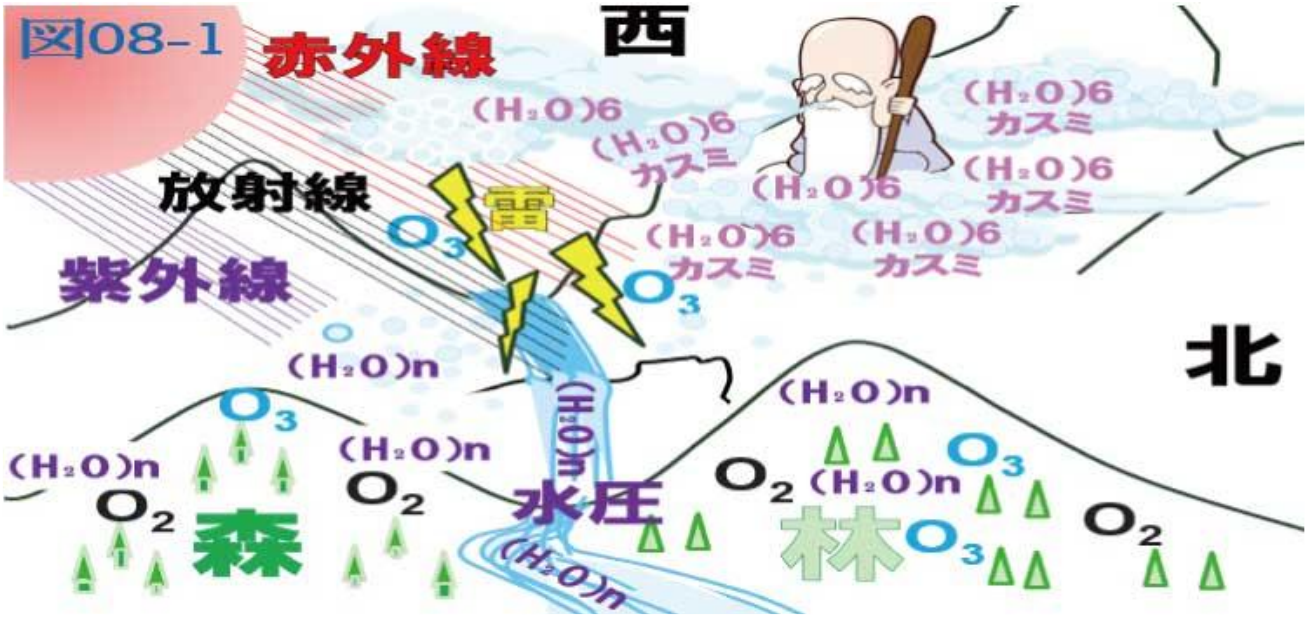
This idea is similar to the philosophy of **homeopathy**, which advocates treatment with ultra-diluted medicines that supposedly retain their effect. Furthermore, biochemical studies into the role of water cluster structures have developed alongside research into energy transfer as a key to understanding life phenomena. While conventional chemistry has explained the properties of matter through molecular structure, this new wave of biochemistry attempts to explain biological phenomena in terms of resonance patterns and energy transfer.

For example, Ronald J. Weinstock (USA) invented the MRA (Magnetic Resonance Analyzer), which identified resonance patterns specific to different human organs and cells. Using MRA, certain resonance patterns can be imprinted and retained in “resonant magnetic field water,” which, when ingested, is said to greatly enhance self-healing ability. Cellular abnormalities can also be detected as abnormal resonance patterns, which researchers aim to restore to normal using microcurrents, microwaves, magnetism, or infrared radiation, thereby enhancing the body’s healing ability.

In countries such as the USA, France, and Canada, serious research is progressing on using **resonant magnetic field water** as an information carrier for healing or as a substitute for pharmaceuticals. In fact, in Mexico, it has even been officially approved as a medicine.
The study of water remains one of the most underdeveloped fields in modern science. The so-called "wave of water" (*hado-sui*) ultimately refers to the **vibrational patterns and electromagnetic waves** emitted by each cluster structure. The six-membered ring water structure is believed to generate the most beneficial wavelengths of electromagnetic radiation for living organisms.
Some researchers suggest that we are moving from the age of small-cluster water, such as "pi-water," into the age of **structured water**—specifically six-molecule ring water.
It may not be an exaggeration to say that the era of "structured water," namely hexameric water, has arrived, evolving from so-called pi-water, water with a small cluster size. Then, how can water with a hexameric structure be created? Research has been conducted around the world, and by 1997 Dr. Lee, along with Dr. Jeon and several other scholars, had developed methods of production.
However, at that time, the machines required for production were expensive, the reactions required a long time, and the processes were complex and costly. For this reason, hexameric structured water was valued at tens of thousands of yen per liter, with some even costing several hundred thousand yen.
At first, the methods I conceived also required dangerous and costly devices such as water electrolysis, laser irradiation, radiation exposure, and high-voltage irradiation. But by 2023, some progress had been made: the hazards were eliminated, the amount of expensive equipment was reduced, and it became possible to manufacture at lower cost. As of 2024, it has taken 48 years from the start of the experiments to reach this point.

08 Cyclic Hexamer Water is a living being.

There is a legend that "hermits live on mist and thereby achieve immortality." Of course, such a thing is impossible. Yet, would such a legend really have been handed down to this day with no basis whatsoever? Suppose that under certain conditions water becomes structured, and that the mist inhaled or absorbed into the body was in fact hexameric structured water—how should we think of that?
Dr. Lee H. Lorenzen of the United States succeeded in producing structured water through eighteen processes involving certain temperatures, pressures, infrared rays, lasers, and so forth. This implies that in nature as well, under certain conditions such as location, sunlight, temperature, humidity, magnetic fields, water-fall velocity, and atmospheric pressure, it may be possible for mist consisting of hexameric structured water to form. It is known that as humans age, body water decreases; moreover, the proportion of hexameric structured water decreases even more rapidly than the overall reduction of water in the body.



The process of aging is the loss of orderly cluster structures, and similar phenomena occur in the decline of function or pathological changes at the cellular level. Therefore, Dr. Lee established the same hypothesis as Dr. Jeon—that simply by supplementing with hexameric structured water, the recovery of various bodily functions could be promoted. At first, there were no supporters, and the idea was ridiculed by the medical community. However, after numerous verifications, the validity of this concept was demonstrated. Moreover, it was found not only to have no side effects, but also to show improvement effects for a remarkably wide range of diseases such as arthritis, gangrene, burns, diabetes, neurosis, goiter, chronic fatigue syndrome, colitis, irritable bowel syndrome, leukemia, cataracts, skin diseases, angina pectoris, cancer, and many others.

These diseases differ in cause, in the organs involved, and in the states of disorder. However, what they share in common is that by supplementing hexameric structured water, cellular information transmission was improved and the body's self-healing ability was dramatically enhanced.

In addition, in the United States, an experiment was conducted with more than 100 children diagnosed with "hyperactivity disorder"—children who were intellectually normal but unable to learn or exercise self-control. They were given hexameric structured water, and as a result, within two months they were able to attend normal school life without medication, and moreover, it was confirmed that their IQ also increased.

On the other hand, mineral balance is also important when considering health. For example, stroke mortality rates are high in prefectures such as Akita, Iwate, and Yamagata, while they are low in Tokushima, Ehime, and Hyogo. In other words, even if meltwater contains abundant hexameric structured water, its effects are halved if sodium intake is excessive or if mineral balance is poor.
According to a report by Dr. Susumu Hashimoto of Osaka University, rivers such as the Kakogawa and the Yumesakigawa, originating in Amanaisan in Oku-Tanba, an area rich in mist, have good mineral balance, and people there are less prone to strokes. For the human body, hexameric structured water with good mineral balance and weak alkalinity near pH 7.4 is considered very beneficial.
So, what kinds of changes actually occur when hexameric structured water is used?
1. Applied to the skin: The skin becomes glossy. Acne, eczema, hives, and itching are alleviated. Spots and freckles fade. The skin becomes more hydrated and rejuvenated.
2. Applied to the eyes: Itching and redness are improved.
3. Taken internally: Leads to weight reduction, lower body fat percentage, improved bowel movements, and enhanced organ functions.
For those with allergies, redness may appear before improvement occurs. Regarding bowel movements, unhealthy individuals may first experience diarrhea, followed by dark brown soft stools, then green stools (similar to those of infants, sometimes called “old stool”). From that point, physical condition gradually improves, often accompanied by alternating diarrhea and constipation, eventually normalizing to soft golden stools. Healthy individuals may also experience cycles of constipation, soft stools, and diarrhea, but after expelling the old stool, golden soft stools typically follow.
Why do such reactions occur? For example, if a person weighs 50 kg and 70% of that is water, then 35 kg is water. The human body cannot completely replace its entire water content at once. Therefore, more hexameric structured water is needed. If ink is poured into a 1-liter beaker and water is gradually added, it takes more than 10 liters of water to become transparent. Likewise, drinking hexameric structured water gradually replaces body water through filtration in the kidneys.
Since some of the necessary hexameric structured water is excreted through urine and sweat, a 50 kg person requires at least 350 kg of hexameric structured water. Drinking 1 liter per day allows body fluids to be replaced over about one year. As mentioned earlier, as Dr. Jeon and Dr. Lee have proposed, drinking hexameric structured water leads to health and holds the potential to improve almost every disease.
Other reported effects when hexameric structured water was used with non-human life forms include:
・Reports beyond Human Effects
1. Goldfish on the verge of death recovered.
2. Cataracts in pet dogs improved.
3. A cat that could no longer walk regained the ability to walk.
4. A dying cat was revived.

5. A dog gave birth to 11 puppies.
6. The fur of dogs and cats became healthier.
7. Plants sprouted two days earlier.
8. Cut flowers lasted longer.
9. Ornamental plants became lush and green.

・Further Reported Human Effects
1. Constipation improved.
2. Colds became less frequent.
3. Urination increased compared to before intake.
4. Hangovers became less common.
5. Liver function values improved.
6. Asthma was alleviated.
7. Alcohol intoxication became less likely.
8. Diabetes was alleviated.
9. Overall health improved.
10. Cystitis was improved.
11. Kidney function (creatinine levels) improved.
12. Skin condition improved.

09 Cyclic Hexamer Water is a universal remedy.

What is ultimately true about water has not yet been fully concluded. However, I will attempt to answer some of the most frequently asked questions. Here I will discuss wave water, information water, informational magnetic-field water, qigong water, alkaline ionized water, reduced water, magnetic water, electron water, ultrasonic water, pi-water, monomeric water, FFC water (bivalent/trivalent iron salt water), and hexameric structured water.
In general, wave water, information water, informational magnetic-field water, and qigong water differ in method but can be considered nearly the same. In the U.S., Mr. Ronald J. Weinstock invented the MRA (Magnetic Resonance Analyzer) to identify resonance patterns of cells in various organs. Using MRA, resonance patterns corresponding to specific purposes can be imprinted and retained in magnetic-field water, and drinking this is said to enhance self-healing ability. However, when the Society for Subtle Energy dismantled the device and analyzed the circuitry, it was discovered that it was not resonance patterns but voltage differences being measured.
Qigong water is said to be water that absorbs and retains qi most effectively, with qigong masters imparting qi into it. Although the scientific basis is unclear, cases of effectiveness have been reported.

Alkaline ionized water is water with a pH above 7.0, generally above 9.0, and may dilute stomach acid or, when passing through, upset the bacterial balance of the intestines. Therefore, it is better to drink alkaline ionized water with pH between 7.4 and 8.0. Human blood pH is strictly controlled at 7.3 to 7.4, and even a deviation of 0.1 can be fatal. Thus, the claim that alkalinity is beneficial only applies within a 0.1 range. Drinking water with pH above 9.0 continuously is not advisable.

Reduced water is water with a negative oxidation-reduction potential. If its pH is also weakly alkaline between 7.3 and 8.0, it can greatly help maintain blood homeostasis and remove reactive oxygen species. Magnetic water, electron water, ultrasonic water, pi-water, and monomeric water can be considered waters whose cluster sizes have been physically reduced. FFC water, on the other hand, is water whose cluster size has been chemically reduced.

FFC water was devised by Dr. Shoji Yamashita of Nagoya University's Faculty of Agriculture, who dissolved trace amounts of bivalent and trivalent iron salts in a special way to reduce water clusters. Indeed, good effects such as improved plant growth have been observed. However, even when plants like leeks, sesame, carrots, pumpkins, and tomatoes are grown in the same soil, they each contain unique minerals and vitamins. This suggests that plants possess information-gathering abilities at root tips to selectively absorb the nutrients and minerals they need.

Human stomachs and intestines, however, do not have such selective abilities and absorb any molecules small enough, which is a major difference, suggesting that animals and plants should not be considered on the same level. Bivalent and trivalent iron is a mysterious coexistence of oxidation and reduction, said to have existed on the ancient earth, but difficult to exist naturally. Furthermore, water with clusters that are too small—such as FFC water, monomeric water, magnetic water, electron water, ultrasonic water, and pi-water—may increase dispersion speeds and possibly cause genetic-level damage. Since FFC water was originally devised for agricultural use, it may be premature to assume it yields the same beneficial results in the human body as in plants.

(*Note*) Pi-water refers to water containing trace amounts of bivalent and trivalent iron salts, said to play a role in transmitting life-supporting information. Its characteristics are rapid hydrogen exchange and active water molecules. Dr. Yamashita announced that pi-water could contribute to health and the environment, but he ultimately resigned from Nagoya University. His research remains a subject of debate, but it should be appreciated for offering new perspectives on water and life, and he was a courageous scholar who pursued his convictions.

Summarizing the ideas of Dr. Jeon Moo-Sik, Professor at the Korea Advanced Institute of Science and Technology: by drinking hexameric structured water, one may become healthier and it may hold the potential to improve virtually all diseases.

The intermolecular structure of water consists of H_2O molecules gathering into groups that maintain certain relationships under order. Since H_2O molecules appear clustered like bunches of grapes, they are called clusters. In other words, they are aggregates with specific structures such as $(H_2O)n$. Magnetic water and FFC water can be considered as states from $(H_2O)_1$ to $(H_2O)_4$. Especially, aggregates of six water molecules, $(H_2O)_6$, are called hexameric water.

When six water molecules form a cyclic ring, Dr. Jeon considers that structure to be the most natural and stable. Particularly, when six molecules form a ring structure, it is called hexameric structured water. Depending on the amount of hexameric structured water in the body, reactions differ from person to person, but upon drinking, within about one to seven days one may experience diarrhea, constipation, soft stools, excessive flatulence, or green stools, eventually normalizing and improving health. For some, it may take more than half a year. No such changes occur with other types of water, and in general, fasting for one to three months is said to be necessary to expel old stool. Yet even colonoscopies fail to detect old stool in the intestines. Its origin lies not in the colon.

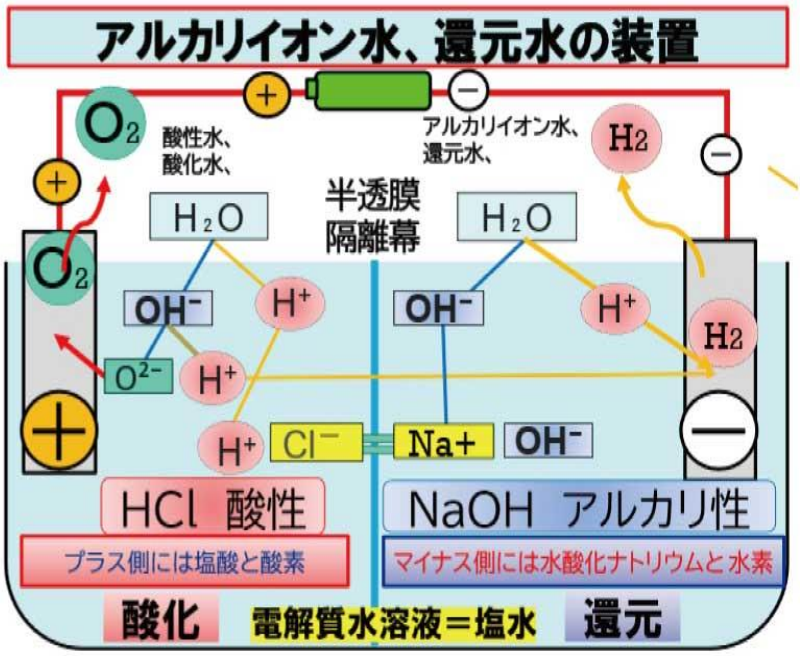
Red blood cells contain hemoglobin, with iron at the center of a porphyrin ring, making them red. But if the iron is mistakenly replaced by magnesium, it becomes green chlorophyll, or by copper, blue hemocyanin. These flow with the blood and, I believe, are major causes of poor health. Thus, hexameric structured water may act to excrete chlorophyll and hemocyanin from the body. Many people who report improved health after drinking structured water have expelled green old stool (hemocyanin, being faint and small in amount, is masked by green). It is recommended to drink hexameric structured water with good mineral balance and low redox potential.

Finally, be wary of dubious, baseless, quasi-spiritual waters sold at exorbitant prices (500 ml for anywhere from 500 yen to tens of thousands of yen). Such cases may be fraud. Particularly, waters devised by those without doctoral degrees are almost certainly fake. Even elderly scholars over 70 may lend their names, but they should not be trusted.

10 Alkaline Ionized Water and Reduced Water

Alkaline ionized water and reduced water are essentially the same. Both are produced by electrolyzing water to generate alkaline water containing hydrogen. If saline (sodium chloride) is used, sodium hydroxide forms; if potassium chloride is used, potassium hydroxide forms on the alkaline side.

Reduced water, with increased electrode plates, produces water with higher hydrogen content, lowering redox potential and reducing cluster size. But since it forms stronger alkaline water (sodium hydroxide or potassium hydroxide) than alkaline ionized water, caution is required.



Electron water is water with excess negative electrons supplied. Drinking weakly alkaline electron water is said to remove reactive oxygen species and maintain bodily balance, but its effect lasts only minutes and is not very practical.

Hydrogen water, similarly, is unstable. When produced by a hydrogen water server and poured into a glass, its hydrogen concentration halves in three hours. In aluminum pouches, if consumed within one day after opening, about 90% concentration remains. In PET bottles, it halves in two days. Hydrogen easily escapes, so hydrogen water should be consumed quickly.

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As a practicing dentist, he gained attention for treating temporomandibular joint disorders (TMJ) by addressing abnormal muscle positioning and relieving muscles.

Through his own unique theories and methods, he has tackled the treatment of intractable diseases, producing numerous results described as miraculous.

At present, he is engaged in research and development aimed at helping more people achieve better health.

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* 2023–present: Supreme Advisor, International NGO – United Nations Support and Exchange Association

Publications:

Eliminating Static Electricity in the Body Makes Illness Nothing to Fear*	Kodansha Shinsho Single-authored
Healing Illness by Standing Barefoot on the Earth*	Makino Publishing Co-authored
In the End, Your Immune System Will Save You*	Fusosha Shinsho Contributed (chapter/section)
101 Techniques to Prevent a Lifetime of Being Bedridden or Developing Dementia*	Shufunotomo Contributed (chapter/section)
The Ultimate Encyclopedia for Curing High Blood Pressure Naturally*	Makino Publishing Contributed (chapter/section)

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◆Certified Rheumatologist
◆Locomo Advisory Doctor
◆Certified Occupational Physician, Japan Medical Association
◆Completed ACLS Training, Japan Medical Association
◆Registered Rheumatologist, Japan Rheumatism Foundation
◆Designated Physician for Intractable Diseases (Orthopedics)

Patents

* 2007: Patent No. 4036295 – Composition for application or adhesion to the human body
* 2010: Patent No. 4443201 – Health device for body attachment
* 2011: Patent No. 4705533 – Trunk gravitational axis bed
* 2017: Patent No. 6161099 – Safe and secure preservative using minerals containing yttrium
* 2023: Patent pending – Method for producing cyclic hexamer water

Contact

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