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Quantum

HEALTH

**A New Form of Water!
Dr. Shui Yin Lo Discovers
Double-Helix Water**

**Seeing into the Body
The Promise of Thermal Imaging**

**Human Flourishing
Through Integral Medicine**

Bringing CAM to the Community

Energy and information for health and well-being

Welcome to the January/February issue of Quantum Health magazine!

In this first issue of 2012 our focus is on the changing face of healthcare. How is healthcare transforming itself? What is optimal health? How can we make CAM available to everyone? What are some of the new technologies that can further the cause of CAM research and therapy? In this issue, we examine a bit of where we are and where we might be headed at the frontiers of health and science. In addition to our regular features "Science in the News" and "Book Reviews" we also add a 2012 "Conference Calendar" where we will provide a sampling of important CAM-related conferences that might be of interest to you. We will update this list periodically as we learn of new conferences, so if you know of one that we have not mentioned, please write to me with the relevant details.

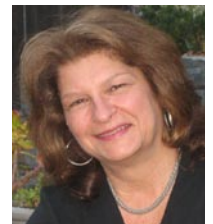
We start off this issue with our cover interview with theoretical physicist Shui Lin Lo, PhD, who along with his colleague David Gann discovered a new phase of water. That's right—a new state of water! We are all familiar with ice, but Dr Lo claims he and Gann have discovered a "solid state" of water that occurs at room temperature, called stable water clusters. Also called "Double-Helix Water," this new form of water appears to have a host of uses, one of which is helping the body repair itself. I met Dr. Lo at a recent bioenergetics conference, was taken with his talk and the double-helix products, and asked him for an interview. He immediately agreed, and in this issue I am delighted to provide Dr. Lo the opportunity to explain Double-Helix Water in easily understandable terms. Plus, he and his colleagues are running a host of outcome studies using Double-Helix Water and he invites readers who qualify to participate. All the details are in the interview.

Double-Helix Water and other exciting breakthroughs in addressing illness and restoring health are only one way that healthcare is changing. Elliott Dacher, MD, and nutritional therapist Niki Gratrix, both of whom are also authors and educators, offer views of the new medicine that are based on the concept of "integral health," which is an approach to well-being that goes beyond the body. Dr Dacher's article focuses on "human flourishing" and research into holistic ways people can enhance their health and well-being. Niki Gratrix provides a more theoretical overview of the integral medicine philosophy that enlarges our scope of what "holistic medicine" means.

Biomedical engineer Kimberly Schipke educates us about medical thermal imaging as a preventative screening method. However, thermal imaging is opening up an exciting new area of research for "evidence-based" CAM. You will easily see how this imaging technology can be used not only as a resource for alerting people to possible disease process early in their developmental stages, but also how it can be used to deliver visual evidence of beneficial changes that occur after the use of energy medicine therapies. As such, it presents powerful new opportunities for CAM to provide the evidence for its efficacy that so many skeptics ask for. Finally, acupuncturist Jody James writes about bringing CAM to underserved patients, such as those without the financial means to access CAM on their own. She offers insights into how you, too, can serve your community by making CAM available to those patients who most need it but who have the hardest time accessing it.

As always, I welcome your feedback and input. You can write to me at joan@quantumhealthmagazine.com.

Warm regards, *Joan*



Joan Parisi Wilcox
Managing Editor



The Discovery of Double-Helix Water

An Interview with Dr. Shui Yin Lo

By Joan Parisi Wilcox

Introduction

Shui Yin Lo, PhD, received his physics degree from the University of Chicago. His primary area of research has been theoretical particle physics. He has published hundreds of academic papers, taught at major universities, and conducted research at, or been a visiting scholar at, major universities and laboratories worldwide, including the California Institute of Technology, Oxford University, the Institute of High Energy Physics (China), the Institute of Theoretical Physics (Germany), the Stanford Linear Accelerator Center, and the Neils Bohr Institute (Denmark). More than a decade ago he teamed up with research engineer David Gann to study claims of anomalous uses for water. Originally they were examining a claim by an inventor that he had found how to make water into a catalyst, one use of which was to remove carbon build-up from machinery, including the internal combustion engine, thereby keeping engines clean and improving fuel efficiency. David Gann did the heavy lifting in terms of engineering research; Dr. Lo rolled up his sleeves to come up with a theoretical framework for this most astonishing hypothesis. The rest, as they say, is history. Their exploration led them far from their original inquiry, resulting today in what may be perceived in some circles to be an astonishing claim: they have discovered a new “phase” or form of water—stable water clusters.

Some background is necessary before we get to the interview. Water has many forms—vapor/gas, liquid, ice. There are actually many forms of ice beyond the kind we know from puddles in the winter, but most of these kinds of ice are formed only under high thermal pressures and at extremely low temperatures that can be achieved only in a lab. Gann and Dr. Lo have found stable water clusters at room temperature that form under electrical pressures. Strange indeed! Dr. Lo theorises that these room-temperature stable water clusters may have originated at the beginning of life and fueled the evolution of organic life. This form of water has a double-helix structure, which is why Gann’s and Lo’s therapeutic water is called Double-Helix Water.

As research continued, Gann and Dr. Lo found that Double-Helix Water may have beneficial healing affects, and health is one of their many areas of vigorous research today. They have created their Double-Helix Water drops and a cream infused with concentrated stable water clusters that are showing therapeutic benefits in a range of health issues and conditions, from arthritis to autism. Dr. Lo urges readers who would like to participate in their outcome studies to log on to the websites mentioned in the interview. They are especially interested in amassing outcome data on autistic children.

Q *In your book with David Gann, you discuss the discovery of a new phase of water, stable water clusters. Tell us about this.*

SYL: Ordinarily, we only know one solid phase of water, which is frozen at zero-degrees centigrade. There are actually many kinds of ice—seven and even ten different kinds—but they generally are formed only at low temperatures and under high pressure. The new form that we found occurs at room temperature and at normal pressures—that’s new. It becomes practical! When David came to me with an invention that was said to improve fuel efficiency, it sometimes worked and sometimes didn’t. It was said it was made of water! I put it in my car and it worked, so I was saying, “How can this be possible?” So, being a theoretical physicist, I wanted to come up with a theory so that I could actually calculate things. I looked up all the literature on water—it was an incredible amount of literature, both very high-brow professorial research and ordinary people’s research. There’s also all sorts of folklore about water. I said, “I’ve got to work this out!” So I picked up the most serious literature.

The most important thing for water is that it has a permanent dipole moment. And it’s not the magnetic dipole moment that we have in ions. An ordinary iron rod has no magnetic field, but once you use a strong magnetic field it polarises, it becomes a permanent magnetic field. So, I focused on the possibility of charge, because it’s already there, the electric dipole. Dipole means that one side is negatively charged

and one positively charged. Water is made up of one oxygen and two hydrogen atoms. It's a tetrahedron. The side with the two hydrogen atoms is slightly positive and the side with the oxygen atom is slightly negative. We can picture it simplistically as a rod with one side with a minus sign and the other with a plus. When you have an ion in water—which is at the atomic scale—then the electric field is enormous. When you align all the water molecules, they become [what you can think of as] a big rod—magnetic but with a much, much stronger electric field. This is what I proposed, and I actually calculated it according to Heisenberg's theory, a well-known model that is used to explain the phenomenon of magnetism. I did that, just changing the magnetic dipole of a magnet into the electric dipole of the water molecule. I had the whole theoretical process in my head, and I used the Debye-Huckel theory and other kinds of approaches and I was pretty happy with my model. It took me three or four months to work out. I talked to my group [professional colleagues] about it, and one of them copied my drawing of the likely shape of a stable water cluster that I had done on the blackboard into his notebook, so there is an independent record of my prediction. That shape was similar to what we did find later.

Q *How did you find them—the stable water clusters?*

SYL: We used many instruments to do that. It happened that Santa Barbara [where we were] is very close to Los Angeles, which was the location of the headquarters, at that time, of the largest and most famous atomic force microscope manufacturer, Digital Instruments. We went there and they were going to give us time on the microscope, provided we were going to buy the machine. I said, "We will buy the microscope provided you show us it can do the job!" So we got time on it. We spent two and half hours in the morning, when they scanned it [the water sample] first and they didn't find anything. It's very difficult and expensive. We went all the way to four o'clock in the afternoon and still didn't find anything. So finally, they asked, "Do you actually know what it should look like?" And I told him, and then bang! We found it! There

was some dirt in the sample and next to it was a rod—and I said that's it! After that, the rest was easy. You know what to look for.

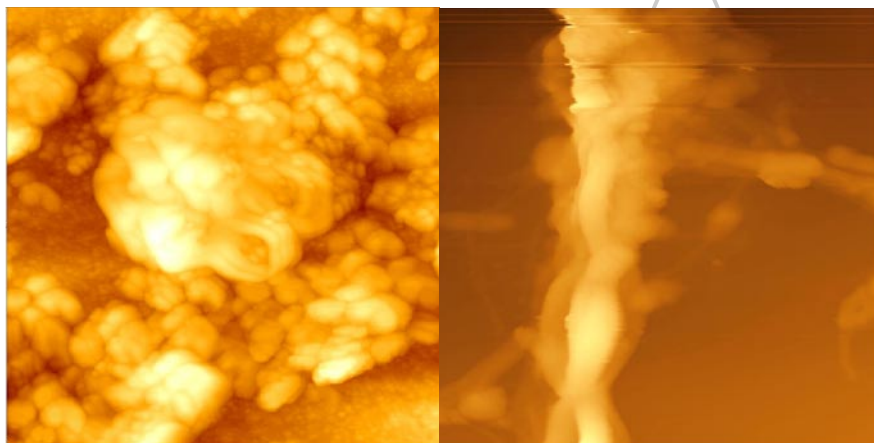
Over time we made the water cleaner and cleaner and the phenomenon became more dominant. We used that atomic force microscope to view it and we used all kinds of other instruments. We were near Cal-Tech and the University of Southern California, and we worked with people there. And finally we knew we got it right, at least to ourselves.

Q *Did you coin the term "stable water clusters?" And can you tell us more about them?*

SYL: Yes, Ordinary water has clusters, too, and in some books it's called the flickering water clusters model. Ordinary water molecules are connected to one another in a network. But the thermal energy at room temperature breaks the network. It keeps breaking and reforming, so it's not stable. It's like with ice, once you cool down the water molecules they stick together. In liquid water they don't, they flow all over the place. What we found were water clusters that were stable at room temperature.

Q *And these stable water clusters are shaped in a double helix?*

SYL: Yes. We found that out through the atomic force microscope.



Atomic Force Microscopy Images: Left: Stable Water Clusters, Right: Double-Helix Water Structure

Q *So are these clusters natural, and they had just never been seen before? Or did you actually have to manipulate the water to make them form?*

SYL: We make them form. We speculate that they are also found in nature, at the beginning of life. Or in very pure water, like at the top of the Himalayas or somewhere, where there is no dust and stuff. They form only in a very pure environment, pure water, pure air. So we use extremely clean water.

Q *Is there some connection to homeopathy, in terms of succussion or shaking the sample?*

SYL: Well, that's a myth. Originally, we did that, but it turned out that it is not so necessary. In our book, *Double-Helix Water*, we distinguish ourselves from homeopathy in that sense. We don't qualify from the FDA approval to be homeopathic, and we found we don't need to succuss it. You know, there are lots of myths surrounding homeopathic [processes] and it turns out that [the need for succussion] may or may not be true. Over the last fifteen years we did many things! And clean water is only one condition [to make stable water clusters]. All the conditions are listed in one of the papers in the book if people want to read it—they can look up the paper that was published in *Physics Letters A*. I mean, you cannot do it in your kitchen! We have to manufacture it. Naturally—at least in terms of cities and their water—we just don't have clean enough water anymore.

We don't know everything yet! For instance, carbon has many kinds of solid forms. The most expensive is diamonds. At the other end is ordinary charcoal or coal, and so forth. So, diamonds were already discovered in nature and they are very hard to find. We speculate that the double-helix form of water, these stable water clusters, were already there in nature, when life started. But now we have to make it in the lab, just like some people make manmade diamonds.

Q *What kind of reception from scientists did you get when you announced—published papers—that you had found this new phase of water?*

SYL: There is some history here. Some very famous, very well-respected scientists who worked on water and made claims about water, about polywater and things like that, got people excited even though their claims were very controversial. But then they were found to be wrong. So, people, when we announced it, were a bit sceptical, and said maybe it's the same thing. Although the difference is that we actually know the mechanism and have a model for it. The previous claims did not, and it was very hard to reproduce their work. So that's why people are a bit reserved when listening to us. For those who are more open-minded, they are interested that maybe there is a genuine new form of water.

Q *In your book you talk about the many uses for stable water clusters, increasing energy efficiency, decoking industrial smokestacks, and so on. Would you talk about that? Is industry interested in this discovery?*

SYL: David actually originally got a water sample from some inventor who claimed it would increase fuel efficiency in internal combustion engines. It sometimes worked and sometimes didn't. So once we made our kind of water, we didn't use that sample anymore. Ours is more reproducible and effective. We worked with Professor Selan Senkan at UCLA, who at that time was the chairman of the department of chemical engineering. So we worked with him, and the first thing he did was to use our catalyst and he found that it helped combustion of methane by four percent. So industry is interested. By the way, this water is different from that used in health. It's like the difference between a diamond and coal. They are still carbon, but in different forms. So it's like that. One form of stable-water-cluster water can be used as a catalyst. We have mass produced it and it is starting to be used for commercial things. A mining company is starting to use it in large quantities. We hope it will spread!

Q *I would think industry, auto makers for example, would be banging on your door!*

SYL: Auto manufacturers are not banging on our doors yet. . . . Look at what the benefit is though. The consumer s love it, they can improve fuel efficiency in their cars. The environmentalists love it, because it reduces pollution significantly, 80% to 90%. The government, I understand, is putting out 100 billion dollars just to lower the carbon footprint. So, the end results of what people want to achieve are well known. But many people claim to have things that can do this—lower pollution, et cetera. These claims, most of them have never been confirmed, either in university research labs or in practice. And that’s why it’s a bit slow—because we have to convince people it’s real and not like the other claims. We actually met a man from an oil refinery and he said that every day he has people knocking on his door to sell products that reduce pollution, doing the same thing that we claim to do. So, that’s the difficulty of spreading the word and getting this out there so people know about it.

Q *So this is not something that an environmentally conscious consumer can buy and use in their car right now?*

SYL: No, but we think that it is down the road. You have to go to all the pumping stations and so on. It takes a lot of effort. So we are going right now only to large companies, where they use a fleet of trucks with diesel engines. So we don’t have to hire a lot of sales people and advertise and all that. It’s business! We are a small company. We are focusing on diesel trucks right now, because everyone complains that these diesel trucks cough up the greatest amount of black smoke on the highways.

Q *Let’s shift to stable water clusters in biology and human health.*

SYL: Well, as you know, human health is very complex! Right now we say that this is only bottled water and we don’t make any health claims. We always make a disclaimer that we do not have the approval of the FDA [US Food and

Drug Administration]. So, we tell people to try it out and tell us what it does for them. Now, I am a theoretical physicist. I always propose a theory for how something works long before. I always calculate and predict! In particle physics especially, we do expensive experiments, and so we tell people what they will find [before they do the experiments]: you are going to find the Higgs boson! Otherwise, no one is going to do billion-dollar experiments. Health is complicated. I thought vitamin C was known to be so healthy, but now I read that it may not be. How are we going to go through this jungle and sort it out? So, I look for theory.

This is my hypothesis: On the one hand we have this quantum theory, which is remarkable, and that I used to predict and then find the stable water clusters. On the other hand, we have Chinese meridian theory. Chinese medicine has been used for thousands of years and by at least a billion people, and the majority claim it is useful. That is empirical. You go to any acupuncturist and they have charts where the meridians are. These things are not recognised in orthodox medical schools. Meridians can’t be seen. Now, I have a solution for that—a very naïve and simple solution. When you cut [into the body] you see the blood, you see the nerves—but you don’t see [the meridian] tubes or channels. It’s like underground water, not visible on the surface. So I wrote a book explaining about acupuncture in health, and the first chapter, the first section, it says the meridians are a network of stable water clusters. So that is my hypothesis. That makes it very easy to explain how water can have healing effects, because the stable water clusters repair the meridians and cause the energy to flow better and coordinate all the functions of the body. Just like acupuncture needles. The stable water clusters act like the needles in acupuncture. In acupuncture you can use one needle to treat all kinds of problems. Stable water clusters can help hundreds of kinds of diseases.

This won’t put acupuncturists out of business! It will help them. They will see more patients, monitor patients who are getting needled and drinking the water or using the cream. Needling

is still more effective than these. But the cream and water are a lot cheaper. And you can use them yourself, and use them often throughout the day. They can work together. But it is always good to get assurance from a human being, so you can get good assurance and advice from a good acupuncturist or Chinese doctor.

Q You have used thermography to image the body before and after someone takes Double-Helix Water. It shows a marked change, where the heat in a part of the body dissipates, indicating greater health or reduced inflammation or pain. You have also imaged the meridians after using Double-Helix Water, right?

SYL: I use thermography because I want to know! I am a physicist and I want data to confirm things. Just like you go to the lab and put the electrode in a water sample and one side goes to hydrogen and the other to oxygen. You don't need to believe that is so only because someone one hundred years ago said that water is made up of hydrogen and oxygen. You do the experiment and find it! That's the incredible power of the scientific approach. So, it's the same thing. Despite all the meridian charts and books, I want to do the experiment. I located a thermograph—or infrared imaging system—and it has that ability. You take a set of pictures, generally the head, and then ask them to drink the Double-Helix Water, and fifteen minutes later you image their head again and you can see the difference. I have taken so many of them now that I can be confident that in 99% of cases something is going to change that is beyond ordinary statistical fluctuations. So, the healing effect is really like the needle in the acupuncturist's hand. When you are sick, of course, you can get better, but even if you are healthy, you can get healthier.

Originally, the healing effect was only a theoretical conjecture. Now, I go to so many conferences, and people try the water and the cream, and they report changes. And they are MDs and professionals. They know it when they see it! We bring a booth with us to take thermographic images, and we can see the changes.

Q I have seen that, at the 2011 Bioenergetic Conference in North Carolina, where we met. However, there were a few cases where the thermograph showed a worsening of the heat in the image. Is that an anomaly? Or is that what happens in what we call a healing crisis, when something gets worse before it gets better? How do you explain those cases?

SYL: Yes, something like that. Actually a small number of people, after using the cream or taking the water, actually heat up instead of cool down. When you cool down, we think you are getting to a healthier state. When you heat up, it means that when the energy flows again, it's like the body saying "I actually need more blood to heal this." So, I generally tell people that this is a slow process. It's not a magic bullet. It enhances your own natural healing ability.

Q Tell me about the cream. That's used both alone and with the Double-Helix Water drops?

SYL: Yes. The stable water clusters are diluted in the water. In the cream they are concentrated. They are stronger and used for more localised things. When you drink the water, it goes to every part of your body. It helps parts of your body where you don't even know you have problems. The cream is used on particular areas. Let me explain both of these products. The Double-Helix Water contains stable water clusters. We package it in a small bottle, 15 millilitres, half an ounce, which lasts you about a month. You put 50 drops in one gallon of distilled water and shake it well. We say to use it in distilled water because we want the cleanest water available. So you should avoid any water that has ions, which will reduce the way it works. I theorise that the stable water clusters multiply in the water. You drink a glass of it, six ounces or so, twice a day. The cream has more concentrated stable water clusters. You can rub it on a spot where you need it, say for pain, and you also put it on six spots that are connected to the meridians. You rub it in on those spots to enhance your thinking and so on. There is one spot over each eye, and they

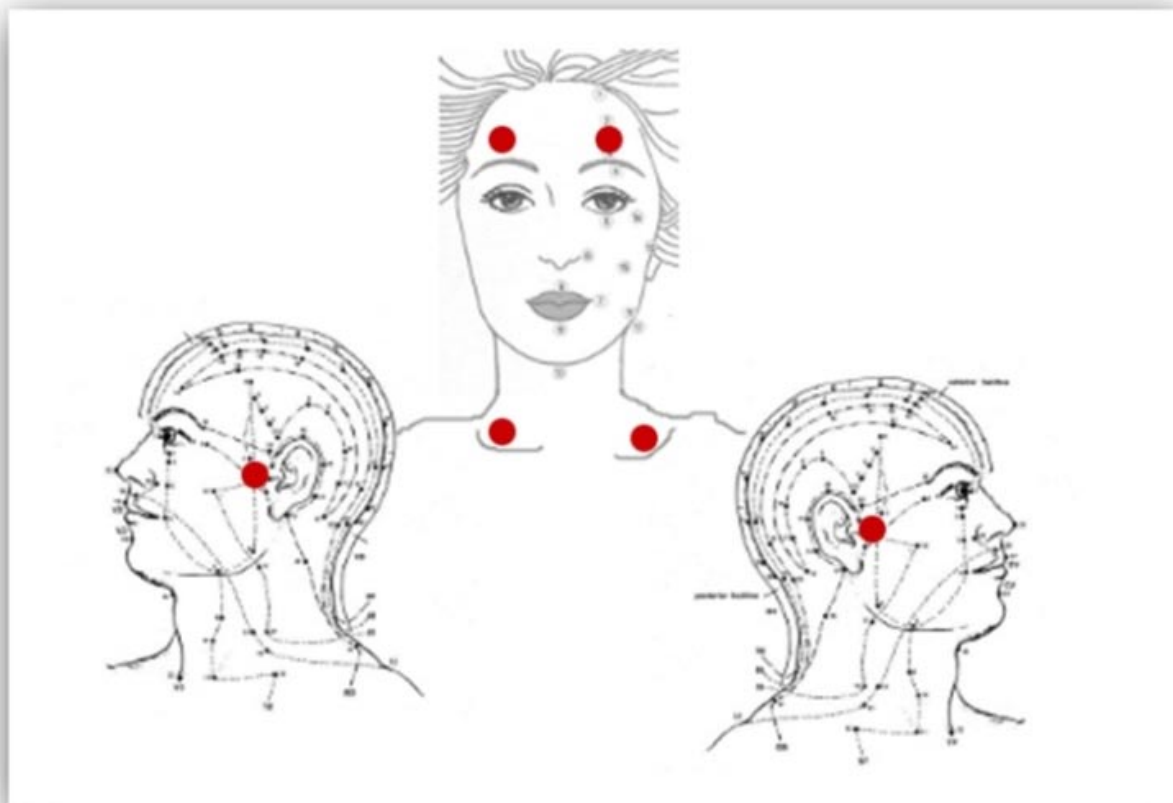


Chart of the six meridian points on which to apply the double-helix cream.

are connected to where the gallbladder meridian turns around, about GB 14. Near the front center of the ears is near San Jiao 21, associated with the Triple Heater meridian. The points you rub the cream on at the base of the neck associated with the stomach meridian 12, which is related to the functioning of the thyroid and metabolism. I generally advise rubbing the cream into these areas three times a day. But you do whatever you like! I do it myself three times a day.

Q *What other kinds of uses do you see for stable water clusters or the Double-Helix Water and cream?*

SYL: I would really like to see the origin of life related to double-helix water. As a scientist, that is my number-one concern. I would love to see that life evolved from stable water clusters. I speculate that double-helix water evolved with amino acids to become DNA. And that is where modern life might start.

Q *What else can you tell us about stable water clusters and its applications?*

SYL: I think that wherever you find water, you will find some application. Every aspect of biology is affected by water, by water clusters. It has enormous implications for research. As you know, after DNA was discovered, it was everywhere. You

see it in the newspaper every day, people talking about DNA. It will be the same for stable water clusters. Wherever you talk about water, stable water clusters would have some effect.

Q *Tell us about the outcome studies you are doing, or any other healing studies you are doing.*

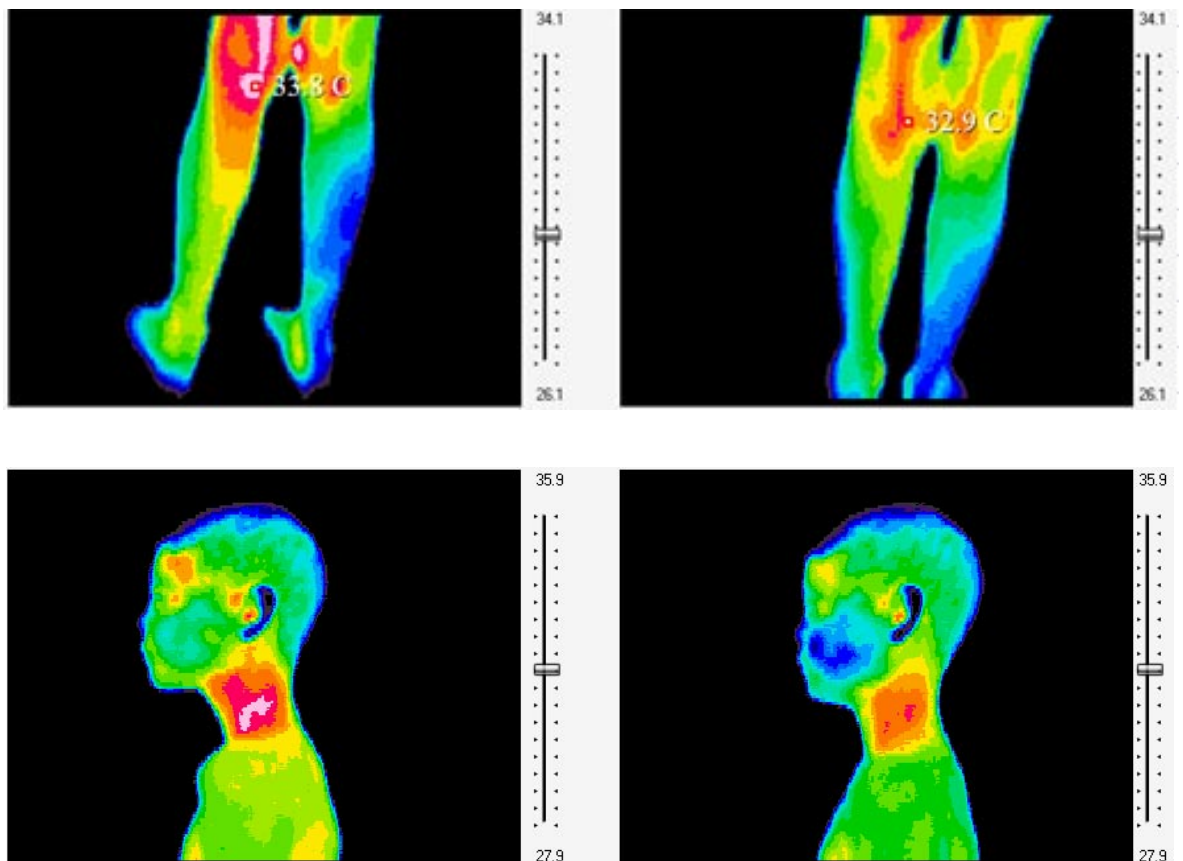
SYL: I think the most respectable study was by Dr. Benjamin Bonavida at UCLA. He is in the immunology department. He showed that Double-Helix Water enhanced the immunology of red blood cells enormously. There is a long paper of this in the book. You have to put the cells in water in a petri dish to keep them alive. He put some samples in normal water, as a control, and others in the Double-Helix Water—we gave him several different kinds of Double-Helix Water, each with slightly different properties. He found the samples in our water increased their cytokines, Interleukin 6, Interleukin 12, greatly. He is still working with us in different aspects of research. Dr. Norman Shealy, who is one of the founders of holistic medicine, he tried our water on ten healthy people—for 45 days each person drank four glasses of Double-Helix Water—and he found their interferon gamma was greatly enhanced. So that's two orthodox studies. I use thermographic images

to see changes. I may be the only one, but it is convenient and quick. I did that with autistic children, a three-month study, and eight of the eleven children showed improvement according to both the thermographic images and the parents' assessments. For parents it's pretty clear if there is an improvement. But we give them a questionnaire of ten questions to use as an assessment.

If people, your readers, want to join in our autism studies, we welcome them. They can go to our website www.joinautismstudy.net. Yesterday, a woman called who got hold of our work and she said that she saw improvements in her child in only three weeks after using the water and cream. Her 14-year-old boy improved. She was so excited, and she wanted to join our studies. In another case, a two-year-old boy with autism improved in only one month! He wouldn't look at people, even his grandmother. After one

month, he was looking at her. He even looked at me and spoke to me! He hadn't before. The change is large. It's not a small percentage. Placebo is usually 20% or so. We see more than half improve, 60% or 70%. If that many autistic children are improving, it's very difficult to negate it. Of course, improvements seem to go faster the younger the child is.

We see improvement with many things, most things. Arthritis. Pain. You don't need anybody to tell you anything if you feel better, from arthritis or pain! Now, however, I am pushing for studying autism because that is where we can make a breakthrough that everyone will listen to. I want Chinese medicine to be a respectable thing! This theoretically is working through the meridians, which I see as channels of stable water clusters. There is no other explanation! Also autism is a big problem. It's like AIDS twenty years ago.



Thermographic images of child with Autistic Spectrum Disorder before and after using the Double-Helix Water and cream. Cooling of the hot "red" areas correlates to meridian energy flow improvement.

Q *Are there any contraindications for using the water or cream?*

SYL: So far we have not heard of any problems. The only thing is that it can cause you to detox, especially if you have mercury or heavy metals in your system. You can feel itchy. Then you reduce the dosage. Then slowly increase as you clean out the toxins from your body.

Q *Anything else you would like to tell us about your work?*

SYL: Well, we also have another website, www.health-join-study.net. If you have any kind of problem, arthritis and so on, you can join our studies, using our products. We get data, and we hope that after a year we will have a numerical answer for you—how many people get better from arthritis, from this or that. We also welcome investment for these studies, if anyone would like to support our work.

Video Talks on Double-Helix Water

To watch the full video of Dr. Lo's main presentation on stable water clusters given at the 2011 Bioenergetic Conference, which was offered by Joyce Cary and Integrative Life Solutions, go to www.youtube.com/watch?v=UpvGrTgtmRs.

For the two videos of his shorter talk on stable water clusters and acupuncture meridians, go to www.youtube.com/watch?v=ugZzlwG6MQ0 and www.youtube.com/watch?v=zBcqkdRyMMU. DVDs of all the talks at this three-day conference are available from Integrative Life Solutions (North Carolina, USA, 336-778-1950; www.integrativelifesolutions.com).

