



## The Effects of Hot Spring Water and Vital Water™ on the Human Immune System

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### ABSTRACT

Published Online: October 11, 2022

Wellness, longevity, and disease-free living depend mainly on the type of water and other beverages we drink. Human beings are approximately 70% water. God has created hot springs which are micro-clustered, hydrogen-rich, alkaline and antioxidant water. This is the healthiest water in the world for heightening one's immune system. As it is almost impossible to obtain natural hot spring, one can purchase an ionizer that has the same properties as hot springs. Acidic beverages like Coke, Pepsi increase the acidity of the body. Because of what we eat and drink, by the age 42 to 45, human beings start to show symptoms of diabetes, hypertension, osteoporosis, and many other adult degenerative diseases

**Objective:** Water is very important in the health and wellbeing of Humans. Let us take a closer look at the importance of water in our bodies. As babies we are approximately 75 to 80% water and as we grow older this percentage decreases until the percentage is reduced to approximately 60 to 65% for men and 50 to 60% for women. The human brain is about 85% water, and our bones are between 10 to 15% water. The chemical structure of water is H<sub>2</sub>O and both the hydrogen and oxygen atoms have great importance as life giving properties and a preserving force to our systems. Hot Spring Water and Vital Water™, with their antioxidant, micro structured, alkaline, and hydrogen gas rich properties, are capable of blocking, flushing, and reversing the actions of the toxic radiations. The water travels to all parts of the body and reverses the oxidation or rusting and ageing of the cells and prevents several diseases.

### Methodology Applied:

To prevent diseases and achieve wellness and longevity, the Donyina family have been drinking Vital Water™ for over 20 years. This has resulted in the prevention of diseases and members of the family look younger than their calendar ages. For example, the calendar age of Dr. Kwasi Donyina is 80 years; his birthday being Sunday, May 10, 1942. Kwasi is the birth name given by Akans of Ghana to boys born on Sundays. His inner or cellular age, as measured by a medical device is 52 years young. The family also abstains from drinking soft drinks which are acidic. The average quantity of Vital Water™ drunk daily is four litres.

### KEYWORDS:

Hot Spring Water, Vital Water™, Immunity, Oxidation of the body, Reversal of Ageing; Oxidative Stress, Disease Prevention; Curing of Diseases, Alkaline Body

### INTRODUCTION

When a baby is born, the pH of the body is in the alkaline range. From the age 42 to 45, the body becomes acidic due to the food we eat. That is when diseases, like cancer, set in. The effect of heat (thermotherapy), alkalinity and vitamin supplementation on disease management and control will be discussed in this paper.

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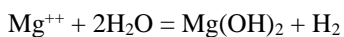
\*Cite this Article: Kwasi Donyina (2022). *The Effects of Hot Spring Water and Vital Water™ on the Human Immune System. International Journal of Clinical Science and Medical Research, 2(10), 78-79*

### REVIEW OF RELEVANT LITERATURE

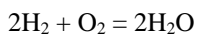
What kind of water was provided to Adam and Eve in the Garden of Eden? "And a river went out of Eden to water the garden;" (Gen 2:10 ).

Based on my knowledge of Geological Science, the river was a spring coming out of a rocky formation of dolomite, magnesite, silica, and other minerals. The water was rich in dissolved minerals, and contained several ions including calcium and magnesium and hydrogen gas with healing properties. A possible chemical equation to produce hydrogen gas is as follows:

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When this water is drunk, the oxygen ions in the body that are oxidizing the organs of the body, thus causing aging, react with the hydrogen as follows:



Thus, hydrogen gas prevents cellular oxidation, oxidative stress and ageing due to free radical oxidative damage. Thus, the longevity gene (telomeres in genes) is activated. The telomeres are elongated instead of shortening.

God created life-giving super alkaline water with free hydrogen (antioxidant), for human use. In nature, there are several hot springs that have the healing power like the river at the Garden of Eden. This alkaline and hydrogen rich water is only active for up to 3 or 4 days as the hydrogen gas will escape from the water; hence the living water cannot be bottled. The use of hydrogen gas in preventing cellular stress and oxidation and ageing will be further discussed in this paper.

There is no wonder why Adam lived to be 930 years old, Seth 912 years old, Enos 905 years old, Methuselah 969 years old and Noah 950 years old (Genesis 5). They ate natural food, not genetically modified food; drank pure water, not acidic beverages like sodas. In their era, there was no global warming resulting in holes in the ozone layer of the atmosphere nor cell phones and other devices turning the world literally into a giant “microwave”, oxidizing human cells at an alarming rate and causing people to die at an early age. The toxic electromagnetic radiation from communication and other devices and how to protect ourselves will be further discussed in this manuscript.

There are a lot of healing waters in the world. Some of the healing waters currently in operation in Canada and USA are:

- Scandinavia Spa at Blue Mountains: <https://curiosity.com/guide-5-hot-springs-near-toronto/>
- Ojo Caliente, N.M. Sacred oasis, 50 miles north of Santa Fe, USA.
- Hot Springs, Va. Nestled in the foothills of the Allegheny Mountains, [The Omni Homestead](#) is about four hours from Washington, D.C.
- Montauk, N.Y. Montauk on the tip of Long Island. [Gurney's Montauk Resort & Seawater Spa](#), perched on a glorious cliff facing the Atlantic.

People go to these healing springs for rejuvenation and healing. Vital Water™ which is produced by medical devices has the same properties as Hot Spring Water. These waters are alkaline, micro-structured, antioxidant and hydrogen rich water which can be installed in your home to

provide similar water drunk in ancient times for longevity and healing.

### DISCUSSION

A new medical paradigm which the author is proposing is that, by strengthening the human immune system one can live disease-free life and attain longevity. The immune system can be strengthened by drinking Hot Spring Water or Vital Water™. **The human body can treat itself from any disease provided that the immune system is strengthened.**

There is no doubt that proper hydration is the key to sustaining a healthy body. When was the last time you thought about the way in which you hydrate the body on an average basis? The Centers for Disease Control report that for many Americans and Canadians, being thirsty means grabbing sugary sodas, caffeinated drinks, and other calorie-laden beverages on the go. Over time, this can lead to a variety of problems, including trouble with shedding unwanted pounds. What one drinks has just as much effect on overall wellness as what one eats.

The truth is that water is one of the best cures for our most common ailments. The flip side of this is that there is very little money in selling water and for the most part it is free. Allopathic medical practitioners, commonly called “doctors” who do not have PhDs, almost never write a prescription for water which is essential to health. One should not be fooled by considering the coffee, tea, or soda pop that one drinks as part of one’s water intake, because if these products are caffeinated (and most of them are) they have just the opposite effect on our bodies. Caffeine acts as a diuretic to our system and results in water reduction to our bodies. The same applies to drinks with alcohol. If you are drinking these items, make sure you do not count them as part of your eight glasses or two liters (the exact *calculation is half of your body weight in ounces*) of water per day.

Studies show that Vital Water™ (i.e. alkaline, ionic, antioxidant and micro-clustered and hydrogen gas rich water) has the most powerful antioxidant properties, better than vitamins A, C, E, beta carotene and selenium, which improves ones’ body's defense (immunity) against disease.

Ionized water also has a detoxifying effect on the body systems. Many people notice better elimination of waste with alkaline water. An ionizer (medical device) is more than a water filter; it is a special device that changes the structure of water to an ionized state. It is this ionized state and the hydrogen gas that are reported to create so many health benefits for users. Most users report a lot more clarity of mind and energy, due to the extra oxygen ionized water supplies, anti-oxidation properties and hydrogen gas. Rusting, oxidative stress and ageing of the body, due to the constant

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cellular bombardment of the body by toxic electromagnetic radiation, is reversed.

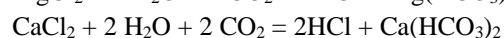
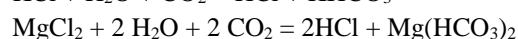
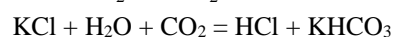
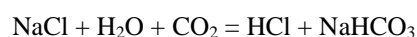
Due to its small size, micro-structured water is easily absorbed by the body as compared with large size of normal water molecules. Micro-structured water attacks free radicals through powerful antioxidant properties and helps to keep ones' body pH levels balanced. Micro-structured water helps with losing weight. Effective hydration helps ones' skin look healthier and the body detoxifies easier. It also provides better absorption of nutrients from foods we eat. It helps with the elimination of toxins from the body. The theory is that degenerative disease is the result, at least in large part, of an acidic body. In other words, when someone's pH levels stay acidic too long, as measured by the pH of urine, disease and ageing happen. In his ground-breaking research, the world-renowned biochemist, Dr. Otto Heinrich Warburg, found that all forms of unhealthy cells are characterized by two basic conditions: high acidity and lack of oxygen. In fact, alkalinity implies higher concentration of oxygen molecules, according to Dr. Warburg. He explains that when water molecules split, "if there is an excess of H<sup>+</sup>, it is acidic; if there is an excess of OH<sup>-</sup> ions, then it is alkaline." Lack of oxygen is a very serious and dangerous environment for cells. Even if we deprive a cell 35% of its oxygen for just 48 hours, it may become damaged [1]. Dr. Warburg, the 1931 Nobel laureate, stated that "cancer grows in oxygen deprived ACIDIC tissue". In other words, "DISEASE CANNOT LIVE IN AN ALKALINE BODY".

For better health, Dr. Warburg insists that cells need an alkaline environment. Since unhealthy cells cannot survive in the presence of high levels of oxygen, they cannot survive in an alkaline environment. Therefore, it is crucial to consume an alkaline diet or drink alkaline water with negative Oxidation Reduction Potential (ORP).

What does drinking high pH water do to our health? Among the people who question the validity of alkaline water, the biggest question is, **"What happens to the alkaline water once it reaches the stomach, which is highly acidic?"** People, who have some knowledge of the human body, including medical "doctors" or physicians, ask this question. This question is answered in the next paragraph to erase any doubts about the health benefits of hydrogen-rich alkaline water.

To digest food and kill the kinds of bacteria and viruses that come with the food, the inside of our stomach is acidic. The stomach pH value is maintained at around 4. When we eat food and drink water, especially alkaline water, the pH value inside the stomach goes up. When this happens, there is a feedback mechanism in our stomach to detect this and commands the stomach wall to secrete more hydrochloric acid into the stomach to bring the pH value back to 4. So, the

stomach becomes acidic again. When we drink more alkaline water, more hydrochloric acid is secreted to maintain the stomach pH value. It seems like a losing battle. However, when you understand how the stomach wall makes hydrochloric acid, your concerns will disappear. The explanation is as follows. There is no hydrochloric acid pouch in our body. If there were, it would burn a hole in our body. The cells in our stomach wall must produce it on an instantly-as-needed basis. The ingredients in the stomach cell that make hydrochloric acid (HCl) are carbon dioxide (CO<sub>2</sub>), water (H<sub>2</sub>O), and sodium chloride (NaCl), potassium chloride (KCl), magnesium chloride (MgCl<sub>2</sub>) or calcium chloride (CaCl<sub>2</sub>).



As we can see, the byproduct of making hydrochloric acid is sodium bicarbonate (NaHCO<sub>3</sub>), potassium bicarbonate (KHCO<sub>3</sub>), magnesium bicarbonate, Mg(HCO<sub>3</sub>)<sub>2</sub> or calcium bicarbonate, Ca(HCO<sub>3</sub>)<sub>2</sub> which goes into the blood stream. These bicarbonates are the alkaline buffers that neutralize excess acids in the blood; they dissolve solid acid wastes into liquid form. As they neutralize the solid acidic wastes, extra carbon dioxide is released, which is discharged through the lungs when we breathe.

Dr. Lynda Frassetto of the University of California at San Francisco studied several people and found that at age 42 to 45 these alkaline buffers get low [2]. The accumulation of the acid waste in the body causes several degenerative diseases like cancer, diabetes, high blood pressure etc. Figure 1 shows this phenomenon which is called acidosis. This is a natural occurrence as our body accumulates more acidic waste products. There is, therefore, a relationship between the ageing process and the accumulation of acids.

**Oxygenation:** Oxygen deficiency is the cause of multiple diseases including cancer, and that oxygen is the source of good health. Dr. Otto Heinrich Warburg received the Nobel Prize in 1931 for proving that cancer cells cannot live in the presence of oxygen. Cancer growths contract and disappear when the oxygen saturation is sufficiently increased in the fluids surrounding them, as cancer cells are anaerobic [1]. Let us take a closer look at the importance of water in our bodies. As babies we are approximately 75 to 80% water and as we grow older this percentage decreases until the percentage is reduced to approximately 60 to 65% for men and 50 to 60% for women. The human brain is about 85% water, and our bones are between 10 to 15% water. The chemical structure of water is H<sub>2</sub>O, and both the hydrogen and oxygen atoms have great importance as life giving properties and a preserving force to our systems. **The blood, lymph and**

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cerebral spinal fluid in the human body are designed to be slightly alkaline at a pH of 7.4. At a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells live. It must be noted that the pH of the blood, lymph and cerebral spinal fluid remain between 7.35 to 7.45. The pH of the water in the body must be alkaline as measured by the pH of urine.

By looking at the pH value of the stomach alone, it seems that alkaline water never reaches the body. But when you look at the whole body, there is a net gain of alkalinity as we drink alkaline water. Our body cells are slightly alkaline. In order for them to produce acid, they must also produce alkalis, and vice versa; just as a water ionizer cannot produce alkaline water without producing acid water from tap water which is almost neutral. When the stomach pH value gets higher than 4, the stomach knows what to do to lower it. However, if the pH value goes below 4, for any reason or for people older than 42 to 45 years, the stomach does not know what to do. That is why we take Alka-Seltzer, which is alkaline, to relieve acidic stomach gas pain. In this case, hydrochloric acid is not produced by the stomach wall; therefore, no alkaline buffer is being added to the blood stream.

Another example is that of a body organ that produces acid in order to produce alkalinity. After the food in the stomach is digested, it must come out to the small intestine. The food at this point is so acidic that it will damage the intestine wall. In order to avoid this problem, the pancreas makes alkaline juice (known as pancreatic juice). This juice is sodium bicarbonate, and is mixed with the acidic food coming out of the stomach. From the above formulae, in order to produce bicarbonates, the pancreas must make hydrochloric acid, which goes into our blood stream. We experience sleepiness after a big meal (not during the meal or while the food is being digested in the stomach), when the digested food is coming out of the stomach; that is the time when hydrochloric acid goes into our blood. The main ingredient in antihistamines that causes drowsiness is hydrochloric acid.

**Alkali or acid produced by the body must have an equal and opposite acid or alkali produced by the body; therefore, there is no net gain. However, alkalinity supplied from outside the body, like drinking alkaline water, results in a net gain of alkalinity in our body.**

What does oxidation or reduction mean to our health? The consumption of oxidized foods and beverages tend to affect unfavorably the chemical characteristics of the body fluids. Many foods and beverages are highly oxidized (i.e. positive ORP) and devoid of electrons.

Likewise, the addition to one's diet of negative hydroxyl ions (OH<sup>-</sup>) which are found to be especially high in organically grown vegetables, tends to affect the body fluids in a favorable manner.

Naturally, the ORP value varies quite widely between foods and beverages. Considering that you want to avoid oxidizing your body internally as much as possible, it is important to make a constant effort to eat and drink products for which ORP values are on the negative side. However, unfortunately, the majority of what we eat and what we drink have positive ORP values, often quite high. Table 1 shows the pH and ORP of some beverages. Many people must be disappointed to know that some of the worst (the most oxidizing) examples include alcoholic beverages, soda, and meat, which ironically, represent the most popular beverages and food that we eat.

Also, some interesting comparison can be made on the freshness of the food at different stages of the product cycle. For example, a freshly squeezed orange juice shows an ORP of usually around -100mV while most of the packaged orange juice show ORP as high as +200mV.

Besides the pH of water, there is another concept you should be familiar with in order to understand what kind of water to drink. While alkaline water is what people call this type of water, the real benefits come from the ORP of the water.

ORP stands for oxidation reduction potential. This is a number measurable by an ORP meter in the unit of mv (milli-volt), either a positive or negative number. We all know that antioxidants are good for the body, and essentially alkaline water with negative ORP is anti-oxidizing by nature. Negative ORP water that is ingested will be absorbed in the human body and act as natural antioxidants and hunt down free radicals that tend to cause harm to the body. Knowing this, the more negative the ORP of the water, the better it is.

Most of the time, when the pH is higher (more alkaline), the more negative the ORP will be. You can say that the pH and ORP are inversely proportional. Vital Water of 9.5 pH has an ORP of approximately -745 mV. This number can vary, as it depends on how the alkaline water is made.

Most tap water and regular bottled water have a low to medium positive ORP number in the 100 to 300 mV range (positive). Soft drinks typically have a very high positive ORP number, sometimes in the range of 500 to 600 mV! We all know how bad soft drinks are to the body, namely because they are highly acidic. And now we know that they are bad also because they have a terribly high positive ORP number. Drinking soft drinks is like encouraging the free radicals in the body to flourish and attack our healthy cells. Who wants that? No wonder kids who drink soda/soft drinks all day long are so messed up health-wise.

Alkaline water, either naturally occurring or made by electrolysis, will have a high pH and a negative ORP. This is

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good for the body! Many studies have shown health benefits from alkaline, negative ORP water. After all, you are drinking anti-oxidizing fluids when you drink this kind of water. Fig. 1 shows the effect of pH on body cells.

Scientific studies indicate that the main cause for incurable diseases is non-elimination or storage of acid wastes in the body. Our bodies are so overwhelmed with cellular acid-waste. In addition to acid waste, stress is a contributor to acidity in the body. Dr. Lynda Frassetto of University of California at San Francisco has found that we are now 'stock piling' acid in fatty deposit rather than eliminating it via the kidneys and liver. This fat-cell enlargement is called "obesity" [2]. What we put into our bodies (alkaline foods versus acidic foods) determines the quantity of what stays in our bodies as acid waste that creates our over-acidic condition causing incurable diseases. Our pH balance depends on what is left after metabolism.

"Excess acidity forces the body to borrow minerals – including sodium, calcium, potassium, and magnesium - from vital organs and bones to buffer (neutralize) the acid and to safely remove it from the body. As a result, the body can suffer severe and prolonged 'corrosion' due to high acidity – a condition that may go undetected for years [3]."

Insufficient amount of bicarbonates in our blood reduces our capabilities to manage (neutralize and dump) the acid our body produces. This is the cause of diseases. At age 42 to 45, human beings start to show symptoms of diabetes, hypertension, osteoporosis, and many other adult degenerative diseases. Since we cannot manage the acid, we accumulate acidic wastes in our body. These wastes show up as fatty acid, uric acid (urate), sulfate, phosphate, and kidney stones.

**Table 1. pH and Oxidation Reduction Potential (ORP) of Beverages**

(Positive ORP → Oxidation & Cellular Degeneration and Aging.

Negative ORP → Anti-Oxidation & Optimal Cellular Health)

Type of Beverage	pH	Oxygen Reduction Potential
Vital Water™	9.5	-745
Arrowhead Spring Water	7.42	+275
Aquafina	5.96	+381
Perrier Water	5.28	+392
Dasani Plus	3.04	+290
Coke	2.80	+410
Pepsi	3.20	+450
Sprite	3.50	+550
Gatorade G2	3.50	+325
Red Bull	3.20	+462
Heineken Beer	4.76	+315
Smirnoff Vodka	6.20	+220
Vitamin Water	3.34	+438
Snapple Red Tea	3.67	+360
Real Alkalized Water	7.90	-25
Alive Wellness Water	3.24	+415
Starbucks Coffee	5.50	+175

In our research work, we use three principles to manage diseases:

- pH balance,
- Energize the body with external energy source (i.e., infrared), and;
- Good food (mainly alkaline food) plus supplementation (multivitamins and minerals).

### CONCLUSION

Wellness, longevity, and disease-free living depend mainly on the type of water and other beverages we drink. Human beings are approximately 70% water. God has created hot springs which are micro-clustered, hydrogen-rich, alkaline and antioxidant water, Fig 2. This is the healthiest water in the world for heightening one's immune system. As it is almost impossible to obtain natural hot spring, one can purchase an ionizer that has the same properties as hot springs, Fig. 3. Acidic beverages like Coke, Pepsi increase the acidity of the body. Because of what we eat and drink, by the age age 42 to 45, human beings start to show symptoms of diabetes, hypertension, osteoporosis, and many other adult degenerative diseases. Since we cannot manage the acid, we accumulate acidic wastes in our body. These wastes show up as fatty acid, uric acid (urate), sulfate, phosphate, and kidney stones. For better health, Dr. Warburg insists that cells need an alkaline environment. Since unhealthy cells cannot survive in the presence of high levels of oxygen, they cannot survive in an alkaline environment. Therefore, it is crucial to consume an alkaline diet or drink alkaline water with negative Oxidation Reduction Potential (ORP). Disease-free living and longevity can be achieved by drinking hot spring water or Vital Water™.

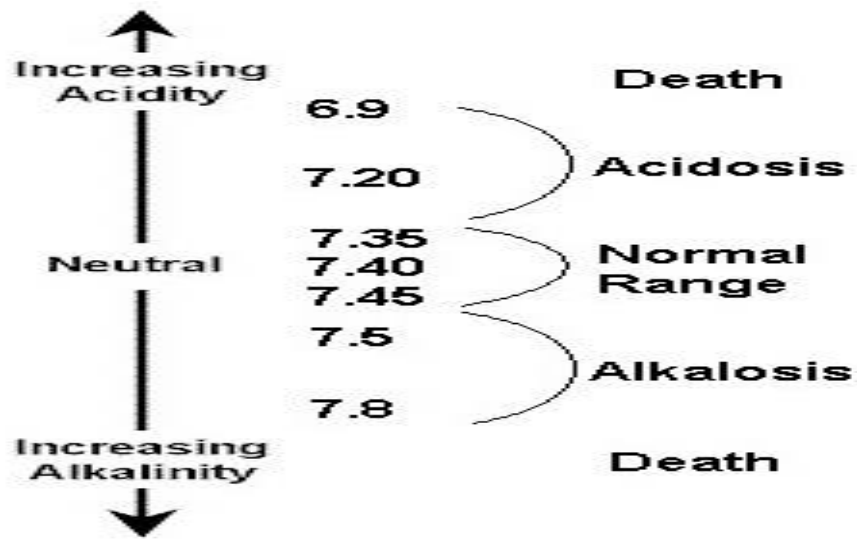


Figure 1: The Effect Of pH on Cells



Figure 2: Hot Spring Near Toronto, Ontario, Canada [4]



Fig. 3: Vital Water™. Left: Acidic water (pH 4.5) Right: Vital Water (pH 9.5)[5]

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Natural hot spring water has the same healing properties as Vital Water. Hydrogen-rich micros-clustered alkaline water has several beneficial effects on the human immune system. The Enagic Corporation's LeveLuk SD501 (Cost:3,980 US) Used by the Donyina Family. (Price Range: JR II to K8; \$2,380 to \$4,980 US with Platinum Electrodes) Distributor

ID: 1418834. Telephone #: 1-647-904-9381. Please purchase the Enagic ionizer from me, the author, as the commission received from the manufacturer is used for research studies by Dr. Kwasi Donyina and his research team at the Centre for Incurable Diseases, Toronto, Ontario, Canada.

### What Does Water do for You?

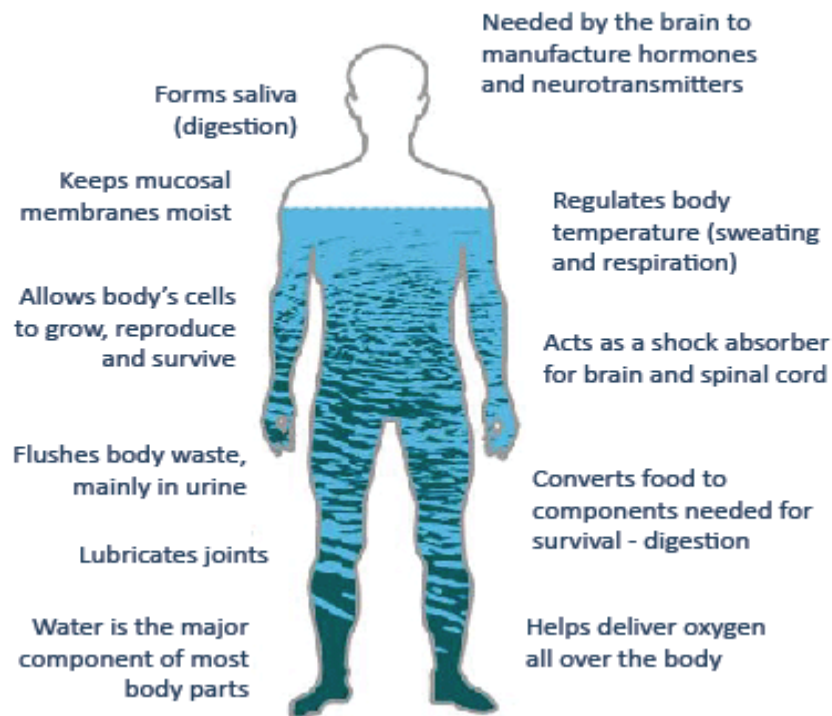


Fig.4: The Importance of Water [6]

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