



## DEUTERIUM DEPLETED WATER: WHAT IS IT AND WHY IS IT IMPORTANT?

Water might be the most important molecule on earth. Without it we wouldn't be able to survive. The average human is made up of 60% water and our heart, brain and lungs contain even more! One of the most important strategies we can employ to be healthy is to stay hydrated. Did you know that there is actually something in water that can cause us to age more rapidly? Water is made up of two hydrogen molecules and one oxygen molecule. Its chemical formula is well known as  $H_2O$ . Harold C. Urey and colleagues discovered and verified that there is another form of hydrogen circulating around our planet. It is called deuterium and contains an extra neutron in its nucleus making it approximately 33% heavier than "regular" hydrogen. Deuterium can also combine with oxygen to create water molecules. Deuterium water is therefore referred to as heavy water due to the increase in mass of the hydrogens that make up the water.

The amount of deuterium compared to regular hydrogen molecules on earth is small which explains why it was overlooked for such a long time. The effects of deuterium on the health of mice was studied and found to be significant. Studies from Yale University from 1933 to 1939 showed that deuterium was not good for sustaining life. Interestingly, deuterium water was the key ingredient that allowed for the creation of the atomic bomb, which as we know is also not good for sustaining life. All water contains some amount of deuterium which we are able to clear but the ability to do this can become less robust as we age and with vitamin D deficiency.

Deuterium Depleted Water is water with less than the normal concentration of deuterium. This water can be produced but it also can be found in certain glaciers. A study done in Russia showed that the highest population of centenarians (people who have lived to be 100 or older) were people whose water supply came from an area that contained deuterium depleted water. Deuterium depleted water actually can stop the growth of cancer cells and can slow down tumor progression. Drinking deuterium depleted water lowers the deuterium levels in the body over time which can also help with mitochondrial function, metabolism and even potentially weight maintenance.

There are lifestyle adjustments that we can make to lower the deuterium levels in our bodies as well. A low-carb diet with a lot of green vegetables besides spinach (which is high in deuterium), coupled with the consumption of 100% grass-fed animals products can lower the deuterium levels in our bodies. Foods like wheat, corn and potatoes contain the highest concentrations of deuterium so it would make sense that animals fed these foods also have accumulated a lot of deuterium which we then consume by consuming these animals. Making sure that the animal products we eat are grass-fed and grass-finished is therefore, very important. Fasting is another way that we can lower deuterium levels in the body. A dry fast (no water) is the most effective variation. Fasting lowers levels because you cut out a source of deuterium for a period of time allowing the body to clear more of it while not taking any in. Please do not undertake fasting for more than 24 hours without the help of a health care provider. Another way to lower deuterium levels in the body is by drinking deuterium depleted water. Studies show that compared to a low-deuterium diet, drinking deuterium depleted water causes a faster decrease in deuterium levels in the body.



## DEUTERIUM DEPLETED WATER: WHAT IS IT AND WHY IS IT IMPORTANT? (CONT.)

To purchase Deuterium Depleted water, use the link: <https://a69frpt.pages.infusionsoft.net/?subscribeEmail=drc@naturalhealthandhealing.net> to receive a discount on your first order!

Resources:

[https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science\\_center\\_objects=0#qt-science\\_center\\_objects](https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=0#qt-science_center_objects)

<https://www.sciencedirect.com/science/article/pii/S0306987715004399#:~:text=Deuterium%20depleted%20water%20inhibits%20cancer%20cell%20growth%20as%20well%20as%20tumor%20progression.&text=Hydratases%20and%20isomerases%20of%20the,intermediates%20and%20subsequently%20stabilize%20DNA.>

[https://medium.com/@corey\\_nelson/what-you-need-to-know-about-deuterium-fatigue-cancer-metabolic-issues-82c8f6748e34](https://medium.com/@corey_nelson/what-you-need-to-know-about-deuterium-fatigue-cancer-metabolic-issues-82c8f6748e34)

<https://www.sciencedirect.com/science/article/pii/S0306987715004399#:~:text=Deuterium%20depleted%20water%20inhibits%20cancer%20cell%20growth%20as%20well%20as%20tumor%20progression.&text=Hydratases%20and%20isomerases%20of%20the,intermediates%20and%20subsequently%20stabilize%20DNA.>

<https://www.nourishmeorganics.com.au/blogs/the-ultimate-guides/the-ultimate-guide-to-deuterium-depletion#5-benefits>