



NEGATIVELY CHARGED WATER

(Blessed Water, Mana, Light Potion)



THIS PDF SUMMARIZES THE ESSENTIAL INFORMATION FOR UNDERSTANDING, MAKING, AND USING NEGATIVELY CHARGED WATER. ALL CREDIT GOES TO THE ORIGINAL AUTHOR. VIEW THE ORIGINAL INSTRUCTIONS AT wizard.talk FOR MORE INFORMATION, METHODS, FORUMS AND WAYS TO DONATE.

X (TWITTER) ACCOUNTS: x.com/NgoloTesla | [Water Wizards Community](https://www.waterwizards.com)

Negatively charged “blessed” water is distilled water that contains **extra electrons**. A typical finished batch (about 200 mL) contains roughly **2–3 trillion additional electrons**, measured as **–1.5 to –2.5 microcoulombs per liter ($\mu\text{C/L}$)**. One way to picture it is that a single bottle holds the electrical equivalent of dozens of shipping containers filled with fresh mountain or forest air, concentrated into water that can be quickly and conveniently created at home.



In nature, free electrons (**negative ions**) are abundant, especially in waterfalls. They are common near forests, oceans, rain, mountains, and after storms. Humans evolved in constant contact with this environment, and most people instinctively recognize how good it feels. However, modern life strips this charge away, as the average person spends about 90% of their lifetime indoors.

Walls, metal vents, electronics, EMFs, synthetic materials, and sealed buildings rapidly absorb negative ions, leaving indoor air electrically depleted. By the time outdoor air reaches us through ventilation systems, most of its beneficial charge is gone.

Negatively charged water offers a way to **replace that missing electrical input** in a form the body can absorb. Instead of electrons flowing in a closed loop like they do in wires, the body can temporarily **take in and redistribute charge**, especially through the skin, hair, mouth, and other water-rich tissues. When using this water, many people notice a pleasant **electrical coolness** that spreads through the body. Reported effects include feeling refreshed and renewed, calmer breathing and heart rate, increased energy and optimism, improved mood and sociability, healthier-looking skin and hair, heightened libido, and reduced appetite / sleep without fatigue. These effects tend to build gradually and last longer when the water is used **slowly, evenly, with warmth and rest**, rather than applied all at once or in excess.



This phenomenon fits within **Non-Equilibrium Thermodynamics**, which studies systems that become more ordered when energy flows through them. Living organisms operate in this non-balanced state. **Ilya Prigogine's** work on “**dissipative structures**,” which earned the 1977 Nobel Prize in Chemistry, showed that energy input can temporarily create and sustain biological order.

DEFINITIONS

Electron (e^-) – A tiny particle that carries **negative electric charge**.

Every atom in all matter contains electrons. In most materials, electrons are tightly bound, but in some materials (like metals and water), some electrons can move more freely.

Electricity is the **movement or redistribution of electrons**, not the movement of atoms.

In this protocol, negatively charged water contains **extra electrons**, not altered atoms.

- Electrons exist in everything
 - Electrons carry negative charge
 - Electrical effects come from electron movement or imbalance
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Proton (p^+) – A positively charged particle located in the nucleus of an atom. Protons do not move during normal electrical processes; they remain fixed. Electricity almost always involves **electrons moving**, not protons. Exceptions occur in nuclear reactions or high-energy particle physics, not in everyday electrical systems.

Electric Charge (Q) – Describes whether something has an equal balance of positive and negative charge, or more of one than the other. Most matter contains **both protons (positive) and electrons (negative)** at the same time. Charge depends on the **imbalance**. **Electric charge is measured in coulombs (C)**. In this protocol, the water is negatively charged because it contains an excess of electrons corresponding to a measurable negative charge Q (C).

- Equal electrons and protons → neutral
 - More electrons than protons → negatively charged
 - Fewer electrons than protons → positively charged
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Voltage (V) – The electrical “push” that encourages electrons to move. It is a difference in electrical potential, measured in **volts (V)**. Voltage alone does not mean electrons are flowing—it only means they **can** flow if a path exists. The 9V battery provides this push.

Current (I) – The actual movement of electrons, measured in **amperes (A)**. In this setup, current flows briefly during charging in the **microampere range (μA)**. While electrons move through the conductor, the energy associated with electrical current is carried by the electromagnetic field surrounding the wire.

Resistance (R) – How difficult it is for electrons to move, measured in **ohms (Ω)**. High resistance slows or prevents electron movement. In this protocol, high resistance between the two waters is essential to prevent charge leakage.

Conduction – The movement of electric charge through a material via mobile electrons. Materials that allow electrons to move easily are **conductors** (such as metals and water), while materials that strongly resist electron movement are **insulators** (such as plastic and glass). In this system, conduction is intentionally allowed *within* the metal leads and each body of water, but **blocked between the two water volumes** by the dielectric barrier. Preventing conduction between the waters is essential, because direct electron flow would immediately neutralize the stored charge.

Dielectric – A material that blocks electrons from crossing while still allowing electrical attraction across it. Plastic and glass are dielectrics. The plastic bag is the dielectric separating the two waters. By blocking electron flow while allowing an electric field to form, the dielectric is what makes charge storage (capacitance) possible.

Capacitance (C) – How much electric charge (Q) a system can store per unit voltage (V), measured in **farads (F)** or **microfarads (μF)**. It depends on surface area, distance between conductors, and the dielectric material. Higher capacitance allows more electrons to be stored. **In this setup, capacitance increases with:**

- thinner plastic
 - larger surface area
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RC Time Constant (τ) – Describes how quickly stored charge leaks away.

$\tau = R \times C$, where:

- R = resistance (Ω)
- C = capacitance (F)

Larger τ = charge lasts longer.

Microcoulomb (μC) – One millionth of a coulomb (10^{-6} C).

The finished water is estimated at **-1.5 to $-2.5 \mu\text{C}$ per liter ($\mu\text{C/L}$)**.

Microampere (μA) – One millionth of an ampere (10^{-6} A).

Charging current appears briefly in this range.

AC Impedance (Z) – Describes resistance to changing electrical signals, measured in **ohms (Ω)**.

It is the formal way to characterize charged-water behavior but is not required for this method.

MATERIALS

- **(1) "Magic Wand"** – A high voltage power source that uses a capacitor to step up the voltage from about 3 volts to 1800 volts. You can find these for sale at Amazon or any number of local stores. To create your own, see the instructions on the next page. A single **9V Battery** can also be used as a low voltage power source.



- **(1) Electrode** – In order from best to worst, the electrode material can be Diamond, Platinum, Gold, Copper or Stainless Steel. Dedicated electrodes using platinum and copper can be purchased specifically for basic electrolysis experiments like this.



- **(3) Alligator Clips** – Secure connections with insulated silicon leads. **Red = Positive (+), Black = Negative (-), Green = Grounding**



- **(1) Copper Grounding Rod** – Provides an earth-ground connection when charging water outdoors and serves as the **electron** source for the setup. 1 ft is the minimum recommended length, while 3 ft or longer is preferred for best performance.



- **(1) Grounding Plug** – Provides an earth-ground connection when charging water indoors and serves as the **electron** source for the setup. Connects to the ground path of a properly wired outlet; confirm the outlet is grounded before use.



- **Aluminum Foil** – Used as a conductive layer beneath the charging setup. Creates a large contact area that helps transfer and retain charge while remaining electrically separated from the water.



- **Plastic Wrap** – Thin **dielectric** film placed between the foil and plastic bag or beaker to reduce surface leakage from moisture and unintended conductive paths. Keep smooth, dry, and tight against the foil; tape the corners down to prevent shifting, wrinkles, or water trails.



- **Plastic Bags** – Acts as the **dielectric** between the water and conductive surface (foil). Thickness and surface area affect **capacitance (C)** and leakage rate; thicker food-grade freezer bags are generally preferred for higher-voltage methods (~1500 V), while thinner bags such as slow-cooker liners or grocery bags are better suited to lower-voltage methods (~500 V).



- **(1) Borosilicate Glass Beaker** – Used during charging and for precise measurement. Capacity is not critical; purity and wall thickness are. Thin beakers are preferred because thin glass decreases dielectric separation; smaller beakers, test tubes (~1 mm), and crystallizing dishes are often thinner and can provide a higher surface-area-to-volume ratio.



- **Distilled Water** – Low ion content increases **resistance (R)**, reduces leakage, improves charge retention, and minimizes unintended chemicals.



- **(1) Borosilicate Flask** – Used for storage, the capacity is not critical. Thick borosilicate glass slows charge loss; comes with an all-glass stopper that slows down evaporation and avoids plastics/rubber that can leach chemicals or create conductive paths. Supports ~1 month shelf life.



- **(1) Glass Dropper Bottle (optional)** – Portable and convenient for storing and dispensing small amounts of charged water while minimizing repeated exposure of the main storage container.



- **(1) Glass Funnel (optional)** – Used for transferring finished water while minimizing charge loss and contamination; glass is inert and non-conductive.



- **(1) Electrical Gloves (optional)** – Insulated rubber gloves or thick winter gloves. Minimizes the chances of a potentially fatal electrical current arcing across your chest. Look for gloves rated Class 0 High Voltage or better.



- **(1) Glass Pipette (optional)** – Transfers charged water without having to disconnect your setup. Minimizes contamination and unnecessary exposure to air. Glass is chemically inert and non-conductive.



- **(2) Ring Terminals (optional)** – Insulated heat shrink wire connectors used to provide a more stable and aesthetic surface to attach the alligator clips to your "Magic Wand". Look for Red 22-16 AWG. See the instructions on the next page.



- **Multimeter (optional)** – Used to measure:
 - Resistance (R, Ω) – bag insulation
 - Current ($I, \mu A$) – charging pulse
 - Capacitance (C, F or μF) – storage capability



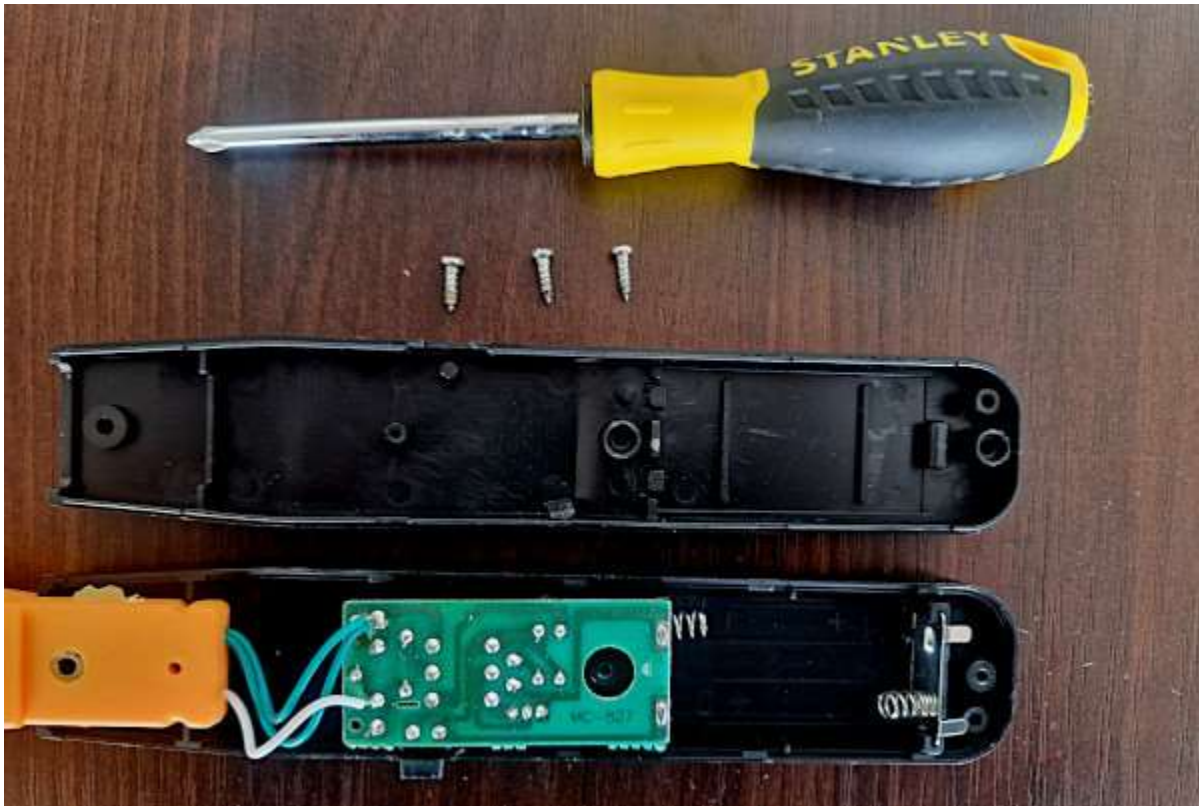
MAKING THE "MAGIC WAND"



Here it is, our high voltage power source. It was built to kill mosquitoes, yet we will use it for the inverse purpose, to heal mankind. You can find these for sale at Amazon or any number of local stores. It might cost \$10-\$25 or something like that. Every single one that I have seen looks the same on the inside, except some have 2 x AA batteries and some use a rechargeable USB lithium battery; but the high voltage stuff always seems to be the same.

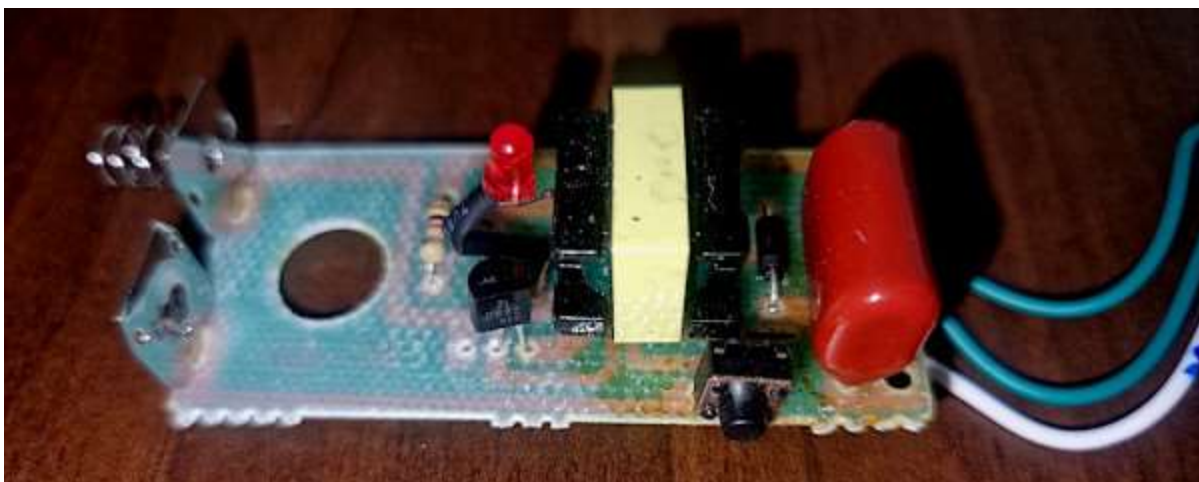


We'll start by using a screwdriver to remove these three screws. Your model might be slightly different, don't let that stop you, get it open and try to keep most of it intact while doing so.



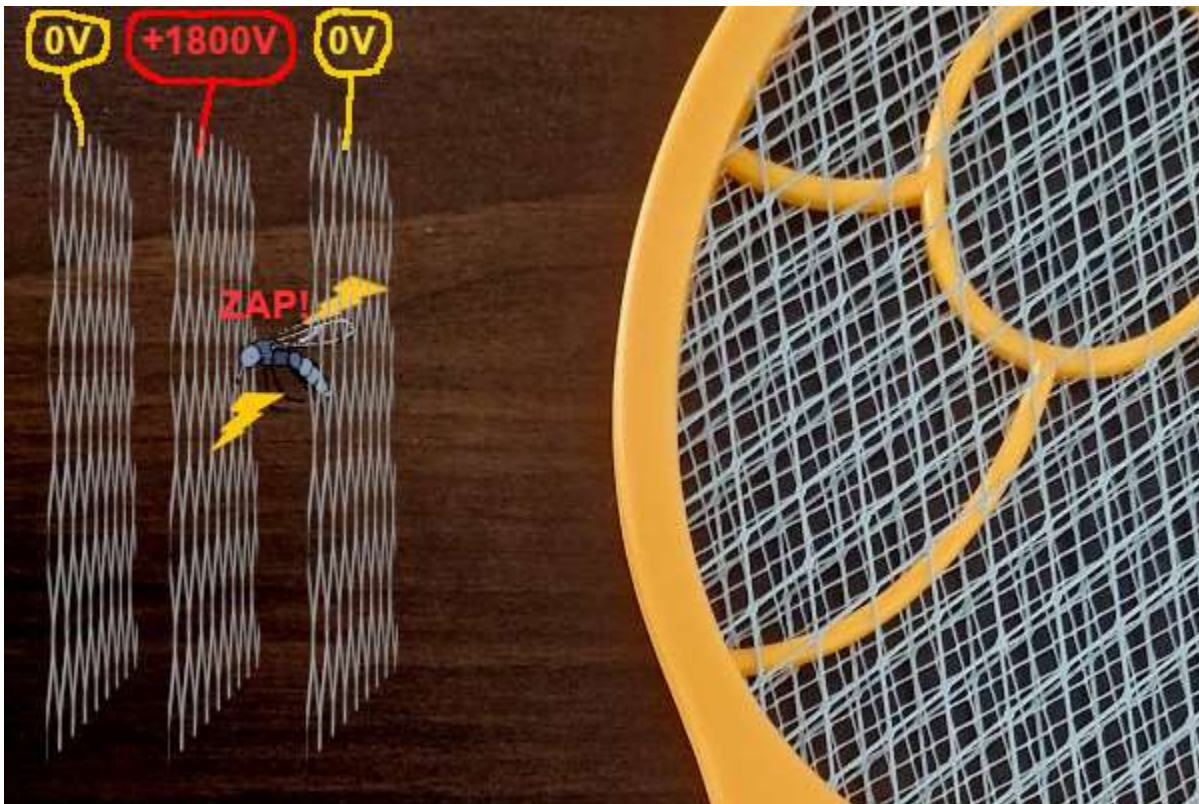
This is a good time and place to reflect on the danger of high voltage. I will summarize how the device normally works, and if you cannot understand this explanation, then I think it is best if you ask someone else to follow this guide and charge water for you.

Inside, we have a 2 x AA battery holder, connected through a power switch (and power LED) to a simple circuit that steps up the voltage from 3 volt to 1800 volt. If we look at the photo below, the red little thing on the far right is a capacitor, that gets charged up to 1800 volts. You can think of it as a tiny battery with very very high voltage. The electrical equivalent of dynamite. One side of it is positive, and one side of it is negative.



The green cables are connected to the negative side of the capacitor, and the white cable is connected to the positive side of the capacitor. If you look at the "tennis racket" part of the device, you will see that there are three metal grid layers. The outer grids on both sides are connected to the negative side of the capacitor, and the metal grid in the middle is connected to the positive voltage. There is a few millimeters of air between each metal grid, so no current is able to flow between them, despite the substantial voltage differential.

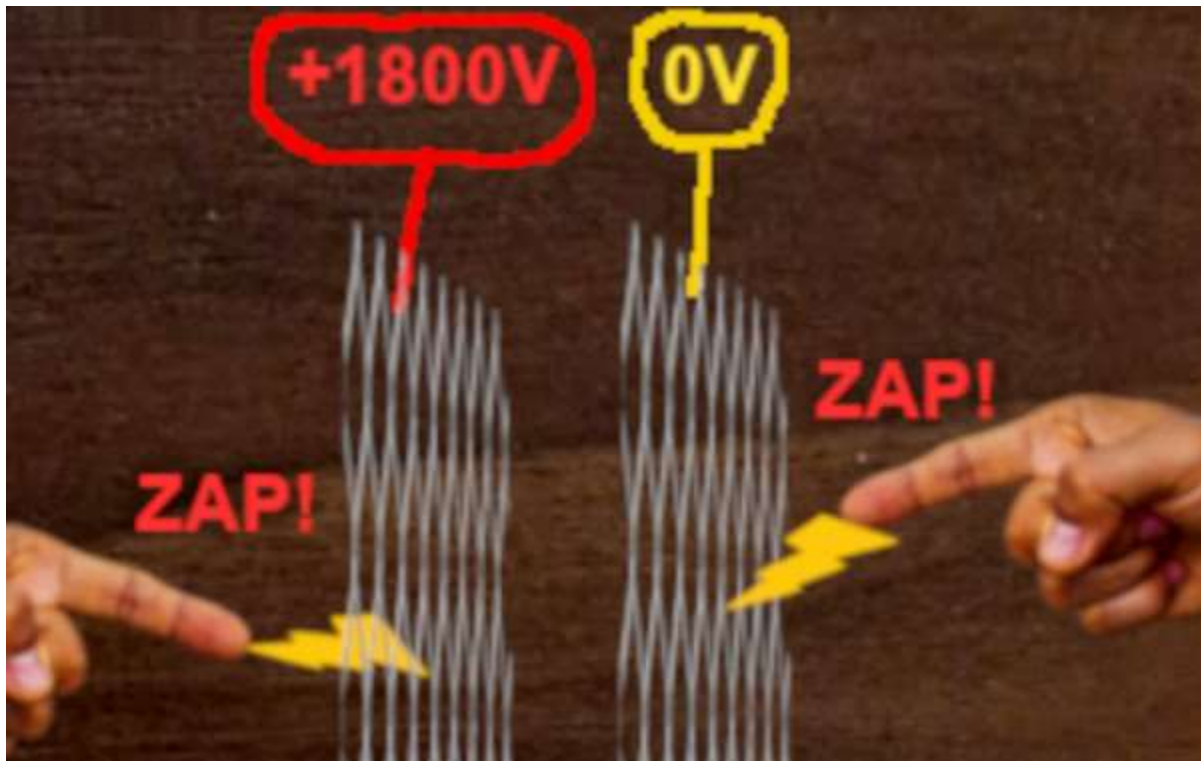
However, when a mosquito flies through the grid, they'll touch a positive and a negative grid..... ZAP.



Now, if you would stick your finger in there, you would zap your finger, and it would hurt. Yet, there is no risk of dying, because only your finger would be affected.



However, if you were to touch the positive voltage with one hand, and the negative voltage with your other hand, then you have a serious problem on your hands because the shortest path for the current to flow is through your chest, which is potentially fatal since your heart is there.



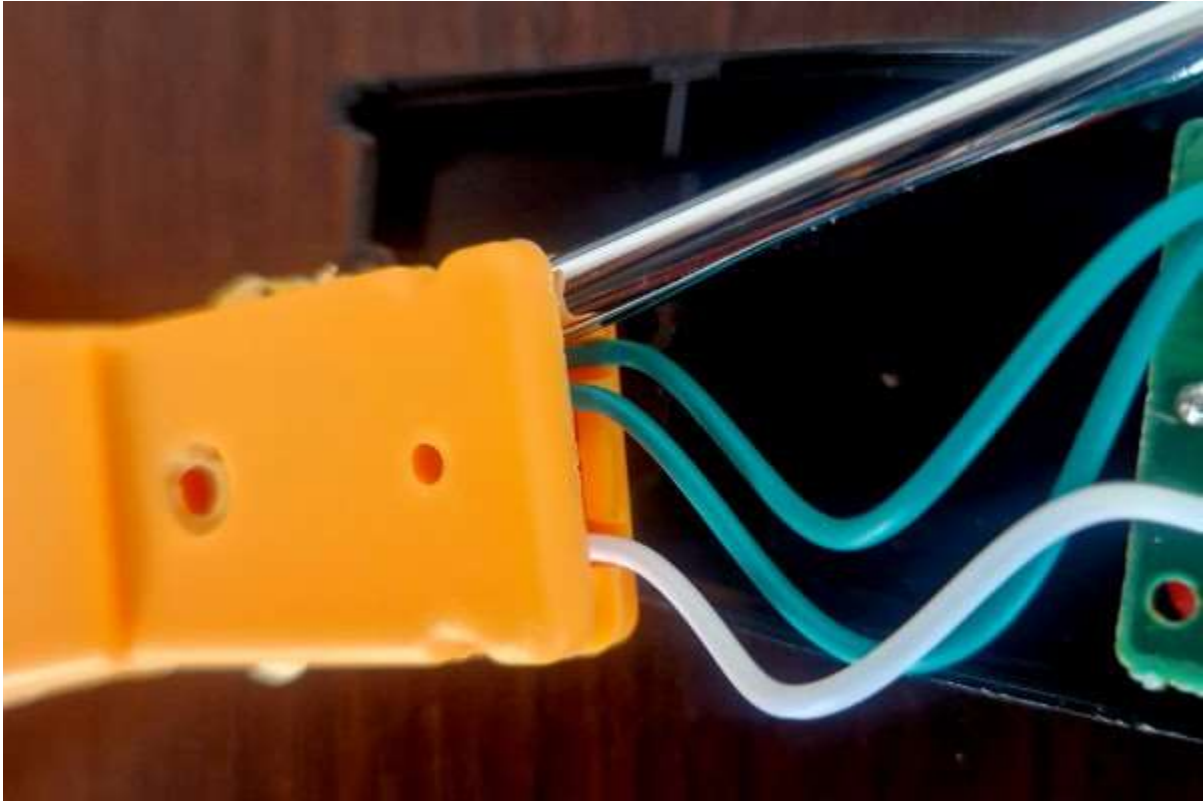
If you think of how the mosquito zapper is built, with three metal grids, it's almost impossible to shock yourself like this, because you would have to touch the inner grid without touching any of the outer grids with that hand. This is one layer of protection, but the most important one is that the maximum current that the circuit can deliver is less than a hundredth of the minimum lethal current, hundreds of milliamperes DC can kill you, the maximum that this can deliver is 2-3 mA or thereabouts.

Regardless, I strongly recommend that you treat this with the greatest respect, and that you act as if it was potentially fatal, which this could only be if you ignite something explosive with a spark from it. I have shocked myself on mosquito zappers a few times, and it HURTS.

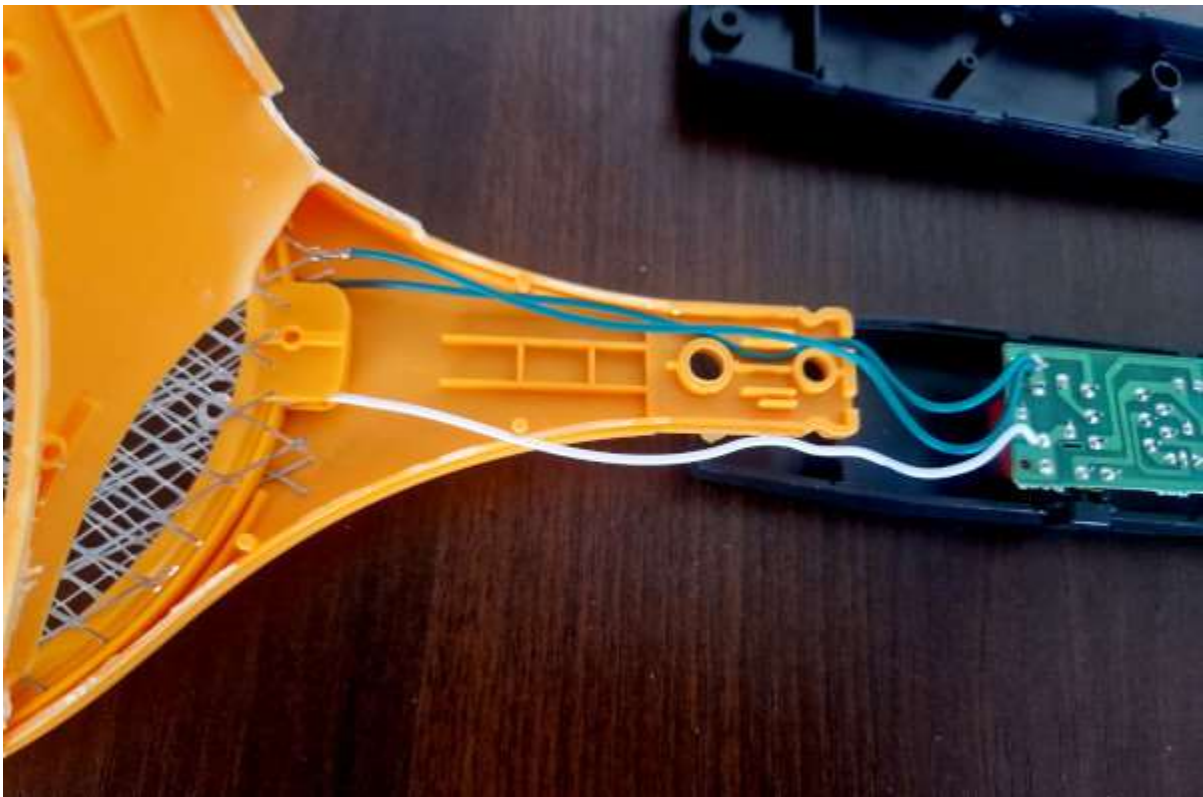
Don't be careless, you do NOT want that!

Rule number one of high voltage safety is that you always keep one hand behind your back. This reduces the risk of a current across your chest. It's very wizardly, and by doing it, you are constantly reminded to think before you move. Almost all electrical shocks happen when you're careless, rushed, when you move your hands while you think, instead of thinking first and moving later. When you play chess, if you touch a piece, you must move it, it's this kind of discipline that you need when dealing with electricity.

The next step is to bend open the yellow plastic casing.



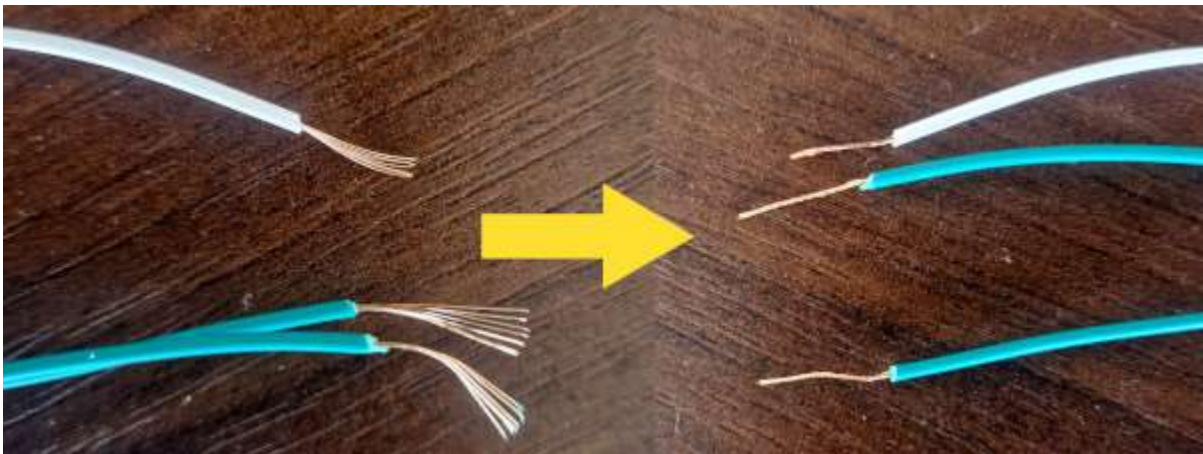
It's nice to use a screwdriver to open it a little. The plastic isn't strong, easy to bend.



The next step is to take some scissors and cut off the wires, near where they connect to the metal grids. It's likely that the color of the cables you see are different from the green/white ones here. It doesn't matter, just cut them off.

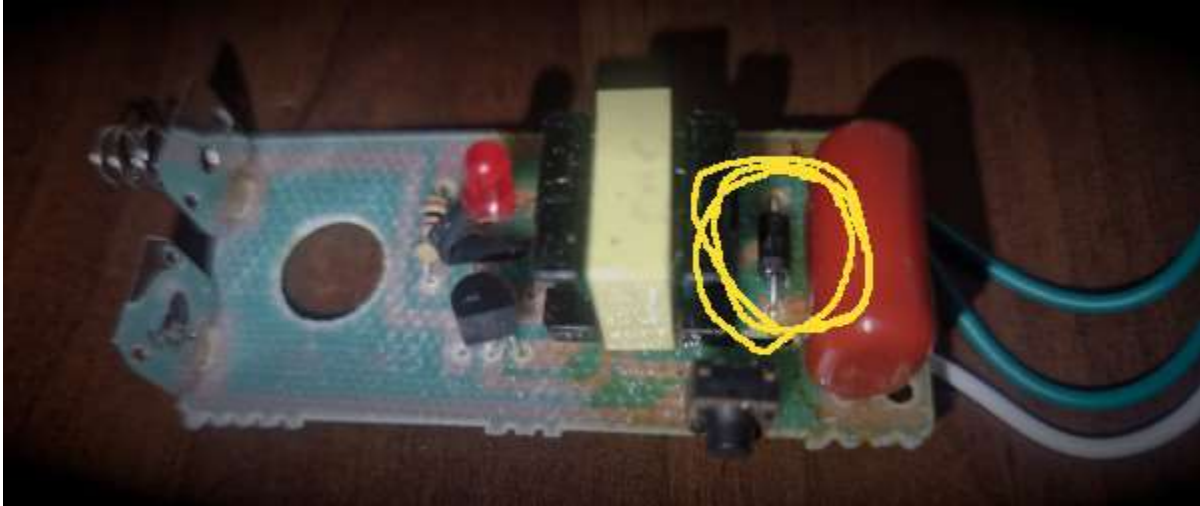


Next, strip the plastic from the last inch or so, from all the wires, and then twist all the copper strands together nicely.



It's time to lift the circuit board out from the plastic casing. It's loose, so you can just take it out.

We need to make sure we are absolutely certain that we know which side is positive and which side is negative. On some versions of this very common \$1 circuit board, they have written (+) and (-) next to the high voltage wires that goes to the metal grids. If the cables are black and red, that is also a certain indication, as black means negative and red means positive. In the likely case that none of these indications are seen, we need to look closer at the components.

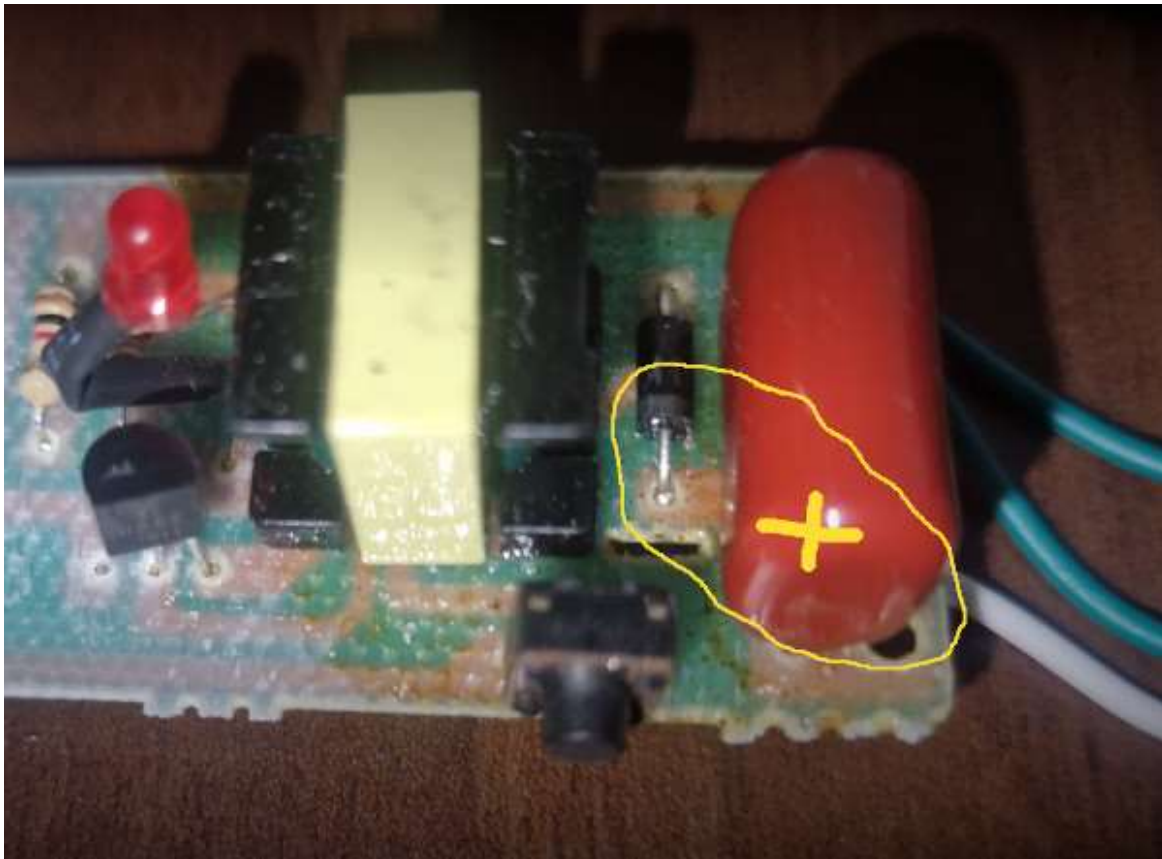


Specifically, the component above, which is a diode, it will reliably tell us which side is positive and which is negative. The diode may have different colors. This doesn't matter; the important part of the diode is the little line on one end.



The diode above has this "line" on the right side. If you look at the circuit board, you will see that the "line"-side of the diode is connected to one side of the red capacitor. This is the positive side!

Another way to check which side is which is to set a multimeter to **DC voltage: V $\overline{\text{---}}$** put the black probe on one side, and touch the red probe to the other side, and press and hold the ZAP button. If the number is positive, the red side is positive. If the number is negative, the red side is negative. If it reads close to zero, there is little or no difference between the two sides.



Above, you can see that the white cable is the positive side, since it is connected to the diode's "line"-side. Before we get a chance to get them mixed up, we tape some labels on them. Good and bad, however you wish to portray that. Positive is BAD. Negative is GOOD.



Put the circuit board back in the black plastic casing, secure the three screws, and might as well put in two AA batteries at this point, too.



Our power source is complete! This is where the real fun begins, you can now charge water with it. Simply connect the positive side to ground and the foil, and the negative side to the water. It is very easy to shock yourself with this; since you have connected the positive side to the ground, you may assume that at any given point, you are directly connected to the positive side of the circuit. Which means that anytime you even think of going near anything connected to the negative side while you press the button to activate the voltage, you are going to get a painful shock. It hurts, but it does not happen randomly, you can always avoid it by being patient and thinking before you do anything.



Ring terminals can be added to the exposed positive and negative ends of the "Magic Wand" to create cleaner, more secure connection points. This makes attaching multiple alligator clips easier, keeps connections more consistent, reduces loose wires, and avoids repeatedly wrapping and tightening exposed wire ends. Not required, but it makes the setup cleaner and easier to use. Look for Red 22-16 AWG.



METHOD I (Low Voltage) - INSTRUCTIONS

NOTE - This method works best when everything is kept dry. Water on the outside of the bag, foil, or nearby surfaces can give the charge an easier path to escape. The bag and foil setup can keep more of the charge in the water, allowing stronger and more noticeable overall effects. Charging smaller amounts of water may feel stronger because the same charge is concentrated into less water, and repeating the process multiple times increases the potency. If results become inconsistent, try replacing the bag or allowing the setup to fully neutralize. Make sure the bag sits flat with good contact against the foil, since uneven contact can reduce consistency.

STEP 1 – Fill the thin Plastic Bag with Distilled Water.

STEP 2 – Connect the positive 9V Battery terminal (+) to a sheet of Aluminum Foil using the red Alligator Clip.

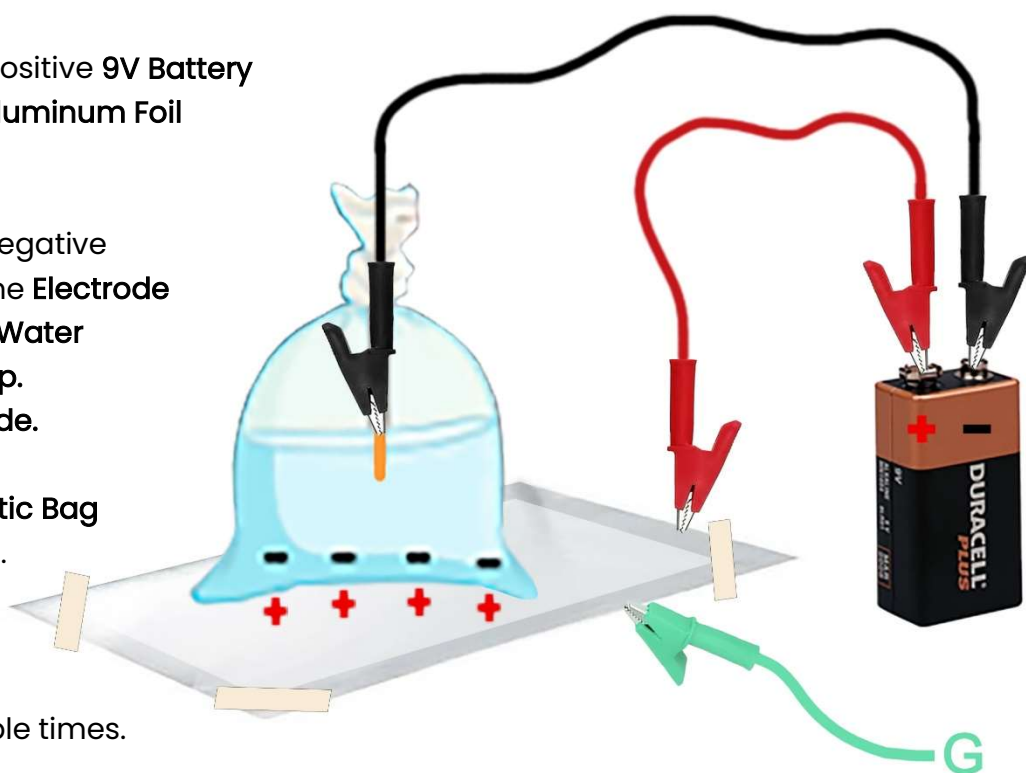
STEP 3 – Connect the negative 9V Battery terminal (–) to the Electrode and insert into the Distilled Water using the black Alligator Clip. ONLY submerge the Electrode.

STEP 4 – Place the Plastic Bag on top of the Aluminum Foil. If necessary, place a sheet of Plastic Wrap on top of the Aluminum Foil if charging the water multiple times.

STEP 5 – Connect the Aluminum Foil to Ground. You can place it directly on the ground using a Grounding Rod, outdoors, or use a Grounding Plug when indoors. For best results, choose vegetated soil over sand or bare dirt. Saturate the area, let it soak in, and drive the rod as deep as possible.

STEP 6 – Disconnect the 9V Battery from the water after 5 seconds.

STEP 7 – Lift the bag of water and either pour or use the Glass Pipette to transfer the finished water into the Borosilicate Flask with the glass stopper. Exposure to air allows charge equalization as positive charges in the environment are attracted to the excess electrons in the water. Sealing quickly slows this and preserves the result, supporting ~1 month shelf life.



METHOD 2 (High Voltage) - INSTRUCTIONS

NOTE – This method can push more charge into water than a 9V battery. Using 1500+ volts provide roughly ~167× greater charge potential. Borosilicate glass beakers are used because they handle high voltage more reliably. Thin grocery bags may fail at 1500+ volts, while thicker freezer bags or multiple tightly layered bags may work better. For consistent results, perform this method indoors in a dry environment and avoid high humidity, since moisture near the foil, plastic wrap, glass, or work surface can weaken charge retention. Treat high voltage with respect. Keep one hand behind your back while power is active to reduce the chance of a path across your chest.

STEP 1 – Fill the **Borosilicate Glass Beaker** with a small amount of **Distilled Water**.

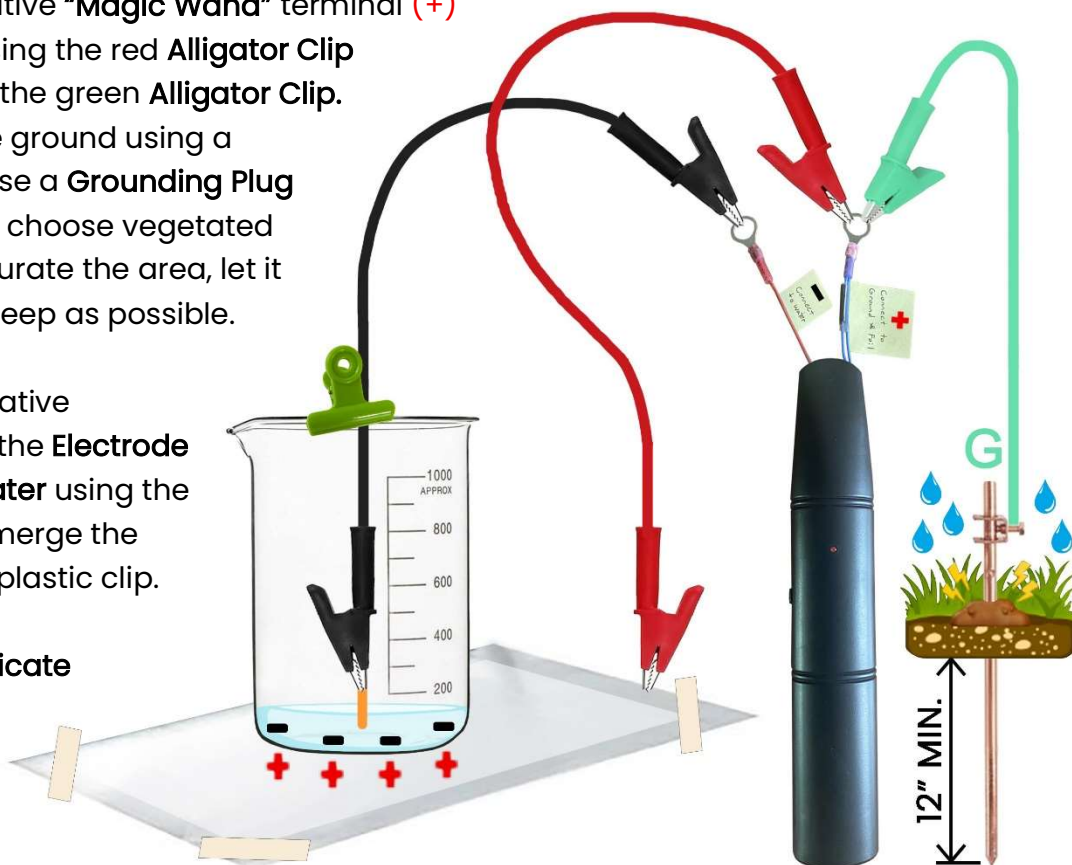
STEP 2 – Connect the positive “**Magic Wand**” terminal (+)

to a sheet of **Aluminum Foil** using the red **Alligator Clip** and connect to Ground using the green **Alligator Clip**.

You can place it directly in the ground using a **Grounding Rod**, outdoors, or use a **Grounding Plug** when indoors. For best results, choose vegetated soil over sand or bare dirt. Saturate the area, let it soak in, and drive the rod as deep as possible.

STEP 3 – Connect the negative “**Magic Wand**” terminal (–) to the **Electrode** and insert into the **Distilled Water** using the black **Alligator Clip**. ONLY submerge the **Electrode** and secure using a plastic clip.

STEP 4 – Place the **Borosilicate Glass Beaker** on top of the **Aluminum Foil** with a sheet of **Plastic Wrap** in between the glass and the foil.



STEP 5 – Put on your **Electrical Gloves** and with one hand behind your back, press the ZAP button on the “**Magic Wand**” for 5 seconds. Release the button and wait 20 seconds for the “**Magic Wand**” to discharge its voltage. DO NOT PUT THE MAGIC WAND DOWN OR MOVE IT.

STEP 6 – Disconnect the red (+) **Alligator Clip** from the foil, then remove the black (–) **Alligator Clip** with the **Electrode**. Lift the beaker away from the foil and either pour or use the **Glass Pipette** to transfer the finished water into the **Borosilicate Flask** with the glass stopper. Supports ~1 month shelf life. Keep the outside of the beaker dry before repeating the process.

CHARGING MULTIPLE TIMES - INSTRUCTIONS

NOTE – To increase the potency of a single batch of water, repeat this process multiple times. This is best done with the High Voltage method using a Borosilicate Glass Beaker, since the beaker is stable and easier to lift cleanly from the Aluminum Foil between charge cycles. The Low Voltage bag method is not recommended. Use Electrical Gloves and tie a dry string to the Electrode so it can be lifted without touching it directly. Keep the string, outside of the container, foil, and surrounding surfaces dry. Do not touch exposed metal or conductive parts while voltage is active. Minor droplets can form on the inside walls when the distilled water is poured in or when the Electrode is moved in and out of the water. Ideally, keep the water collected at the bottom as much as possible, but a few stray droplets inside should not significantly affect the result.

STEP 1 – Complete **STEP 1** through **STEP 4** of **Method 2 (High Voltage)** Instructions but **DO NOT** insert the **Electrode** into the **Distilled Water** yet.

STEP 2 – Tie a **String** to the **Electrode** and put on your **Electrical Gloves**.

STEP 3 – Press and hold the ZAP button on the “**Magic Wand**.”

STEP 4 – Insert the **Electrode** into the **Distilled Water** for 5 seconds.

STEP 5 – Lift the **Electrode** out of the **Distilled Water** using the **String**. **DO NOT** release the ZAP button until the **Electrode** is fully out of the water.

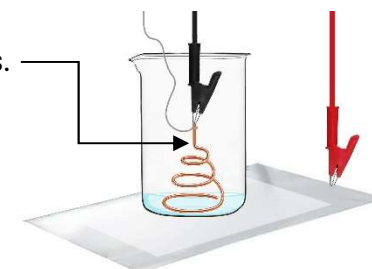
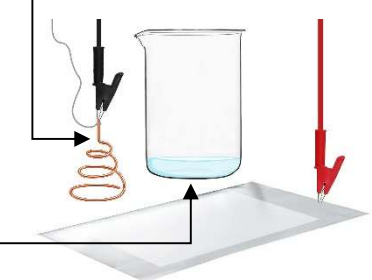
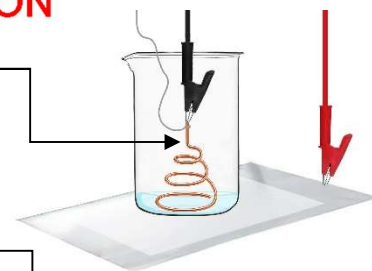
STEP 6 – Release the ZAP button and wait 5 seconds.

STEP 7 – Lift the **Borosilicate Glass Beaker** cleanly away from the **Aluminum Foil**, wait 5 seconds, then place it back down.

STEP 8 – Press and hold the ZAP button on the “**Magic Wand**” again.

STEP 9 – Insert the **Electrode** back into the **Distilled Water** for 5 seconds.

STEP 10 – Repeat **STEP 5** through **STEP 9** as many times as desired.



MAKING "CURSED" OR POSITIVELY CHARGED WATER

NOTE – “Cursed” water is positively charged water made for charge hygiene, not personal use. When making negatively charged water, we are borrowing electrons from Mother Earth and bottling that blessing for later use. The charge does not appear from nowhere; the opposite imbalance is left behind at the grounding source. If this is ignored, the working model is that the place you live, garden, or ground from may slowly become depleted of its living negative charge – not destroyed in one dramatic flash, but electrically dirtied, like a room that is never cleaned. The responsible wizard balances the exchange by making the same or slightly more positively charged water from the same grounding source, matching or slightly exceeding the volume and charging cycles used for the negative batch, then sealing it away like a chained demon, locked out of circulation so it cannot wander back into soil, roots, rain, drains, plants, animals, or natural water systems. If you cannot use the exact same grounding point, use the same general grounding source or area whenever practical, so the balancing water corresponds as closely as possible to the original exchange. This is charge hygiene: take the blessing, contain the curse.

STEP 1 – Complete all Steps of the negative water charging method of your choice. Keep the same setup and grounding point in place.

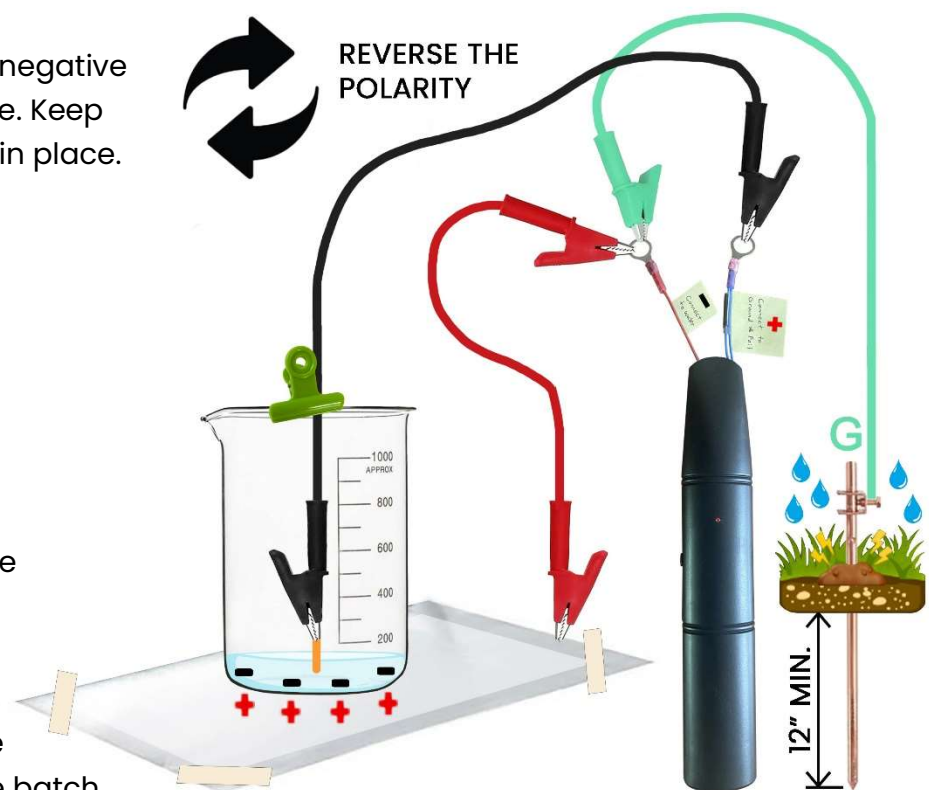
STEP 2 – Reverse the polarity. Connect the negative terminal (–) to the **Aluminum Foil** and Ground, and connect the positive terminal (+) to the **Electrode** in the **Distilled Water**.

STEP 3 – Add the same or slightly more **Distilled Water** than the negative batch being balanced.

STEP 4 – Charge the positive water using the same or slightly more charging cycles used for the negative batch.

STEP 5 – Transfer the positively charged water into a dedicated glass bottle, plastic bottle or sealed container. Clearly label it “Positively Charged / Cursed Water – Do Not Use” and seal it.

STEP 6 – Bury the sealed container at least 6 ft deep in dry, lifeless ground, away from roots, gardens, wells, drains, and natural water pathways. If burial is not practical, dispose of it with ordinary solid waste, such as landfill trash, so it stays out of living circulation.



IDENTIFICATION

A successfully charged batch does not require instruments to identify. There are consistent visual, physical, and sensory indicators that reliably distinguish charged water from ordinary distilled water. These indicators are strongest when the water is fresh, properly stored in glass, and tested with small amounts. Excessive exposure can dull perception or cause discomfort, so identification is best performed calmly and sparingly. Visual indicators are most reliable immediately after charging and before prolonged air exposure.



• **Distinct Visual Clarity and Depth** – In a clean glass container, the water often appears unusually clear and visually deep, with light reflecting or refracting differently than ordinary water. Under certain lighting, a faint blue-green tint may be visible; this color shift is subtle and should be treated as a supporting indicator rather than a primary test.

• **Side-by-Side Shake Test** – Place two identical glasses side-by-side on a flat surface, filled with equal amounts of charged water and uncharged (tap) water. Without lifting them, rotate both glasses in small circles at the same time. Charged water often settles faster and may show smoother internal motion, stronger cohesion, or slightly thicker movement than ordinary water, sometimes moving more as a single body rather than spreading and breaking apart like regular water. This side-by-side comparison is a supporting indicator rather than a standalone proof.

• **Electrical “Cool” Sensation on Contact** – A few drops on the skin often feel distinctly cool despite being room temperature, with the sensation spreading outward rather than staying localized.

• **Unusually Fast Skin Absorption** – The water absorbs rapidly and evenly into the skin instead of sitting on the surface or beading, leaving skin hydrated rather than wet.

• **Brief Skin “Puffiness” or Plumping** – The applied area may appear slightly fuller for a short time, similar to mild swelling but without pain, irritation, or redness.

• **Rapid Calming Response** – Breathing and heart rate may slow noticeably within moments, producing a relaxed but mentally clear state rather than sedation.

• **Diminishing Sensation with Repeated Use** – Strong sensations often fade after repeated exposure. This is consistently described as acclimation rather than loss of effectiveness; subtler indicators remain reliable.

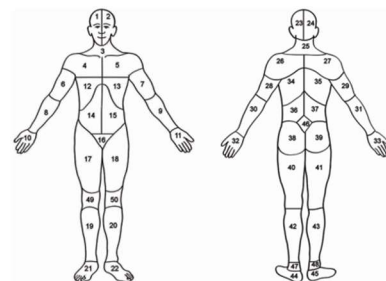
RECOMMENDED USAGE

Negatively charged water should be approached thoughtfully and conservatively. What's described here can feel powerful, and history shows that people tend to overdo things when something works well. The guidance that follows is meant to reduce unnecessary side effects, not limit exploration. **There are four basic principles we should utilize to maximize the amount of negative charge we can absorb without side effects.** Some people frame the effects as a form of "electron donation," similar to how antioxidants are discussed, but this is only a working model and not a medical mechanism.



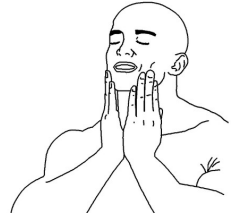
FOUR PRINCIPLES

- I. **Spread it Out Over Time** – Use small doses, wait a few minutes, then repeat if desired. If you ever feel "too cold," slightly disoriented, or off-balance, that's a sign you went too hard too fast—pause, warm up, and resume later if you choose. Many users notice a stronger perceived "need" for re-application after time spent in high-EMF environments. This is treated as environmental depletion rather than dependency. In these cases, brief topical use followed by warmth and rest is preferred over increasing dose.
- II. **Spread it Out Over Your Whole Body** – Avoid concentrating strong charge into one small area repeatedly. Even application (or diluted bath use) tends to feel smoother than "hot-spotting" one region. Applying too much charge too quickly to one area, especially the head or scalp, is repeatedly described as feeling like a "Detox," while weaker exposure over a larger area feels cleaner and more pleasant.
- III. **Keep Warm** – Charge distributes more smoothly when the body is warm. Cold constricts circulation and tends to trap charge locally, increasing discomfort. Warmth—via blankets, socks, sunlight, or warm water—helps the body spread and integrate charge rather than letting it pool in one area.
- IV. **Take Comfy Naps** – Adding charge can sometimes make you feel briefly tired before it converts into clean energy. Short, comfy naps—even just a few minutes—are described as a reset that helps the body distribute charge more effectively. Using charged water before sleep is often reported to reduce total sleep needed, as sleep appears to play a role in separating and redistributing electrical charge within the body.



PRACTICAL APPLICATIONS

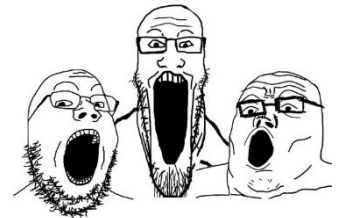
• **Face + Skin** – Use a few drops in your palm and rub evenly over the face, neck, and any areas that feel dry, tense, or stressed. The most consistent indicator of appropriate use is rapid absorption paired with a pleasant coolness that spreads gently rather than stings or shocks. Many users notice softer skin, improved tone, and a fuller or more “alive” appearance shortly after application. If sensations feel too intense, reduce the amount, spread it wider, and increase the time between applications. After a few minutes, lightly rubbing the skin with fingertips can help remove newly loosened dead skin.



• **Hair + Scalp** – For light use, wet hands with a small amount and distribute evenly through hair and across the scalp rather than targeting only problem areas. Applying strong charge only to “worst” spots is consistently reported as feeling off or unbalanced. For deeper use, a bath-style soak (or evenly saturating the hair) tends to feel cleaner and more grounding than concentrated application. Users commonly report smoother texture, reduced oiliness, and easier handling of unruly areas.



• **Teeth and Mouth** – Use lightly and patiently. A common approach is to apply a small amount to teeth (similar to wetting a toothbrush), allow brief contact, then spit it out rather than swallowing. Teeth are repeatedly described as feeling smoother, less sensitive, and gradually whiter with slow, repeated use. If teeth feel sore, pressured, or “active,” reduce frequency and intensity and think in weeks, not minutes. Swishing milk afterward is sometimes used to provide minerals.



• **Hands, Feet, and Local Soaks** – Localized soaking (especially footbaths) can feel strong because exposure is sustained and concentrated. Signs of overuse include lingering cold, discomfort, or heaviness. The most consistent corrective action is heat—warming the area to help distribute charge through the rest of the body rather than adding more. Socks, blankets, or warm water are often sufficient.



• **Full Bath** – A full bath is widely described as one of the smoothest and most forgiving ways to interact with the water. Because surface area exposure is large, the water can be weaker while still feeling effective. Many users report easier tolerance of hot water, deep relaxation, and stronger effects when entering dry and gently moving the water across the skin. Pour the charged water evenly throughout the bath, placing slightly more toward the side furthest from the drain. Treat baths as integration, not maximization—warm, comfortable, and unhurried.



• **Indoor Air, Plants, and Environment** – Allowing the water to interact with air is repeatedly described as improving the surrounding environment. A practical method is watering soil and houseplants, which many report noticeably improves indoor air quality over time. Start gently and observe changes rather than applying large amounts all at once. Plants grown from seed are often preferred, as they appear to adapt more readily. Some users have experimented with aerosol or air-based exposure, but this document does not cover or recommend inhalation methods.



• **Timing, Top-Ups, and Daily Use** – There is no fixed dosage. Many users report applying small amounts when they “feel a dip,” such as after long screen exposure, heavy Wi-Fi environments, stress, or fatigue. Others prefer regular light use rather than waiting for depletion. Strong effects tend to diminish with acclimation, which is expected; gentler, consistent use is often described as more sustainable.



• **Minerals, Food, and Balance** – As charge increases, some users report reduced hunger alongside increased nutrient utilization. Cravings for mineral-rich foods (milk, salt, soft cheeses) are common and are treated as a signal to support the body, not ignore it. Some users also report symptoms consistent with increased B-vitamin utilization during frequent or strong exposure, including low mood, reduced libido, cracked lips, or general depletion. These effects are often reversed by increasing intake of B-vitamin-rich foods or supplements (such as brewer's yeast or B-complex), after which responsiveness returns. Trace minerals appear to integrate more effectively as charge increases. If symptoms feel “too much,” backing off and rebalancing with food, warmth, rest, and micronutrient support is preferred over pushing through.



• **Drinking, Digestion, and Safety Disclaimer** – Drinking is consistently treated as the highest-risk pathway, especially with stronger water. The digestive system is described as electrically sensitive, and excessive internal charge is associated with electrolyte shifts (notably potassium) and kidney stress. If anything internal is attempted, it should be minimal, infrequent, and cautious—otherwise, keep use topical or bath-based. Because excessive internal charge is linked to potassium shifts and kidney stress, topical and bath-based use is consistently described as safer and more forgiving than ingestion.



• **Pregnancy and Kidney Disclaimer** – Sudden or excessive charge exposure is described as capable of shifting circulation and internal balance. The conservative approach during pregnancy is to avoid experimentation; if anything is used at all, it should be mild, external, and gradual. Anyone with Kidney problems is strongly advised to avoid ingesting this water, and topical application should be mild, external, and gradual.

