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Anyone who wants to delve deeper into the scientific work of Prof. Gerald Pollack described above, we recommend the German translation of his lecture from 2025, published by the German Society for Energy and Information Medicine e. V. (DGEIM). The recording was already published on our channel in December 2021 and lasts 1 hour and 15 minutes.

To the video on this channel "To understand body functions, one must understand the role of water." - Prof. Pollack

At the center of the lecture is the fourth state of matter of water discovered by Pollack, the so-called EZ water and its potential effects on health, cells and energy medicine. (EZ water = Exclusion Zone Water, scientists pronounce EZ like "easy" and therefore call it "easy water")

Selected topics from the lecture:

What is EZ water? Pollack demonstrates how this special form of water differs structurally and functionally from "normal" water.

Which substances are excluded by EZ water? (from 09:25) He demonstrates which substances are actively kept away from this zone - a property with far-reaching biological significance.

Why doesn't a gel with 95 % water drip? (from 14:14) A clear example of the special structural power of EZ water.

What happens at the interface between water and air? (from 36:45) Why do needles or paper clips remain on water surfaces? Pollack provides a deeper answer than the buzzword "surface tension".

The role of infrared light in cellular metabolism (from 44:44) EZ water responds to infrared radiation - an aspect that is significant for sauna, heat treatment and cellular well-being.

How blood continues to flow - even without a heartbeat A surprising experiment shows: blood flow is not dependent on the heart alone, (50:10)

Why heat (e.g. through sauna) supports body functions (from 01:08:00) Pollack explains how infrared energy directly affects the water matrix of cells and much more.

It's good.
to be truu.