

Introducing for the first time in India

Light Water (Deuterium Depleted Water)

One of the biggest discoveries of the 21st century for treating / curing all modern-day diseases, for pro-youthing and longevity!

INTRODUCTION

Deuterium is a heavy isotope of Hydrogen. As we know, 1 water molecule contains 2 Hydrogen atoms and 1 Oxygen atom (H₂O). However, there is also Deuterium present instead of Hydrogen in water molecules (D₂O instead of H₂O).

Deuterium in our drinking water is generally measured in ppm-D (parts per million of Deuterium). Water found in most inhabited regions of the World (including India) contains 150-155 ppm-D.

The Deuterium content in natural water varies across the planet – ‘melted glacier water’ from Antarctic ice (90 ppm-D), to ‘closed reservoir water’ in the Sahara Desert (180 ppm-D). It is said that the Deuterium content in water is lower near the poles and higher at the equator. The Vienna standard (VSMOW-2) indicates that average Deuterium content in the water is 155.76 ppm-D across the World.

The average Deuterium content in water has increased over time. This has been determined by Isotope Hydrology studies, as under–

10,000 - 100,000 years back	80 to 90 ppm-D
500 - 1,000 years back	100 to 110 ppm-D
100 – 200 years back	120 to 130 ppm-D
Present levels in India	150 to 155 ppm-D

Studies indicate that there is a direct relationship between increased Deuterium levels in water and increased CO₂ levels in air. Around 500 years ago, the CO₂ content in the air was 280 ppm, as compared to 420 ppm now.

Along with drinking water, humans also consume Deuterium from other forms of hydrogen and water, i.e., vapors while breathing, cereals and pulses, coffee, tea, milk, juices, alcohol, fruits, vegetables, cooking water, oils and fats, meat, fish, eggs, etc., all of which have 150 -155 ppm-D (Deuterium).

WHAT IS LIGHT WATER?

‘Light Water’ (Deuterium Depleted Water / DDW) is a term given to a unique composition of drinking water, in which the natural Deuterium content is at least 33% less than the average level of 155 ppm-D.

By weight, 99.97% of our drinking waters contain lighter isotopes (¹H₂¹⁶O) and 0.03% contain heavier isotopes (D₂¹⁶O, D₂¹⁷O, D₂¹⁸O, ¹HD¹⁶O, ¹HD¹⁷O, ¹HD¹⁸O). By volume, our drinking water is contaminated with 150 - 155 ppm-D (Deuterium).

At ‘Light Water Healthcare Limited’, we supply Light Water with reduced levels of Deuterium - 100 ppm-D, 75 ppm-D, 50 ppm-D, and 25 ppm-D. The present global production of Light Water is barely sufficient to maintain the desired Deuterium level (less than 120 ppm-D) of around 50,000 people.

WATER CONTENT IN HUMAN BODY CELLS -

Around 99% of molecules in human body cells are water molecules. The estimated molecular contents of a typical 20-micrometer human cell are as under –

Molecule	Percent of Mass	Molecular weight (daltons)	Molecules	Percent of molecules
Water	65*	18*	1.74 × 10 ¹⁴	98.73*
Other inorganics	1.5	N/A	1.31 × 10 ¹²	0.74
Lipids	12	N/A	8.4 × 10 ¹¹	0.475
Other organics	0.4	N/A	7.7 × 10 ¹⁰	0.044
Protein	20	N/A	1.9 × 10 ¹⁰	0.011
RNA	1.0	N/A	5 × 10 ⁷	3 × 10 ⁻⁵
DNA	0.1	1×10 ¹¹	46*	3 × 10 ⁻¹¹

Note: *The amount of water is highly dependent on body composition and amount of fat; it varies substantially with age, sex, and adiposity.

https://en.wikipedia.org/wiki/Composition_of_the_human_body

HOW DEUTERIUM DESTROYS OUR BODY...

Harold Urey was awarded the Nobel Prize in Chemistry for the discovery of Deuterium in the 1930’s. It was not until 2006 that there were significant breakthroughs in explaining the mechanism that causes human health to deteriorate due to increased Deuterium levels in the body.

Increased Deuterium content adversely affects the human body in two major ways –

- Distorts human DNA.
- Alters mitochondrial activity and hence energy production – leads to as many as 275 types of mitochondrial diseases.

a. Distortion of DNA –

Molecules bind to one another via hydrogen bonds to create the base pair that forms the building block of the DNA double helix, and hence contribute to the folded structure of both DNA and RNA.

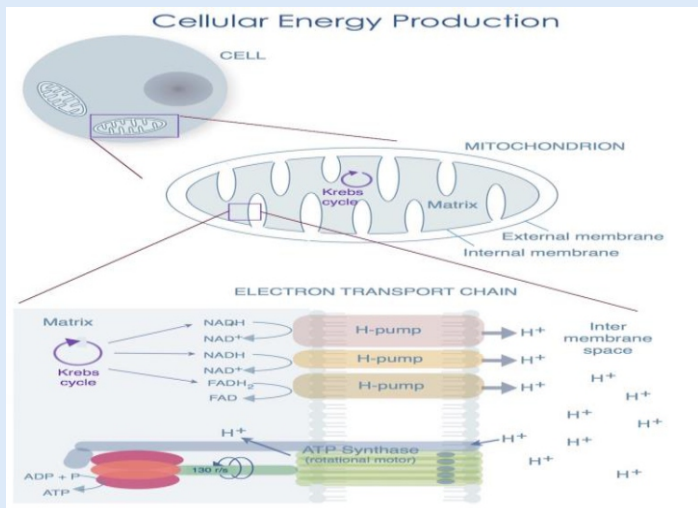
Human DNA consists of 3 billion bases. Deuterium occupies 1 in every 300 base pairs of DNA. Hence, there are 10 million atoms of Deuterium in the genome, occupying the positions intended for protium.



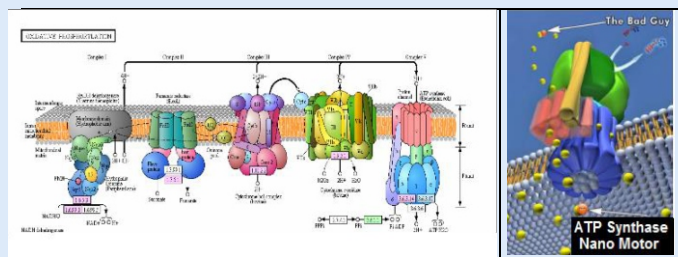
This added mass of Deuterium in place of protium causes distortions in the optimal DNA shape.

b. Alteration of Mitochondrial activity –

Mitochondria is an organelle that is present in each cell within our body. It has a function of generating the chemical energy that powers the cell by producing an organic compound called ATP.



Within the mitochondria, there are nanoscopic motors that rotate at around 9,000 RPM. The rotation speed of these motors determines how efficiently our cells can generate and use energy. These nano-motors are designed to accept hydrogen ions as the fuel.



The presence of Deuterium (in place of hydrogen) slows down the spinning of nano-motors. They turn by the force of hydrogen, but when a proton comes paired with an added neutron (Deuterium atom), the nano-motors jam and stutter, decreasing ATP production and damaging the mitochondria. Hence, the body's ability to generate energy is significantly reduced. The Institute of Human Ecology and Environmental Health in Russia calculated that Deuterium can damage up to 10,000 nano-motors per second. This is the main cause of ageing, as discovered by Dr. A. Olgun in 2007.

There is 4 – 15 times more Deuterium in our body than many other important health indicators!

In Blood Serum Plasma	
• Calcium	2.24 – 2.74 mmol/l
• Magnesium	0.75 – 1.2 mmol/l
• Potassium	3.5 – 5.1 mmol/l
• Glucose	3.3 – 5.1 mmol/l
• Deuterium	12 -14 mmol/l

For comparison, Deuterium levels in our body are 5 times higher than our calcium levels, 15 times higher than magnesium levels, 4 times higher than potassium levels, and 4 times higher than glucose levels.

HEALTH BENEFITS OF DRINKING LIGHT WATER -

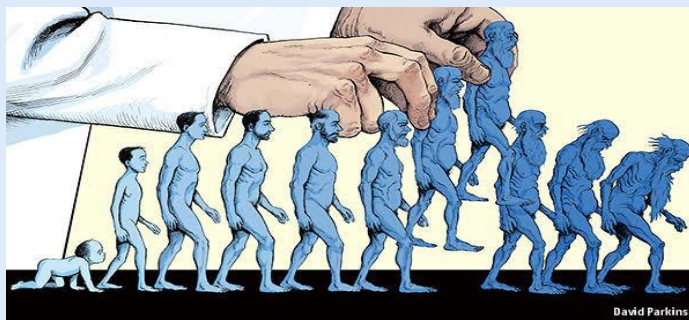
Reduced Deuterium levels in the human body will lead to specific improvements in various organ functions and diseases. Many studies have been conducted on animals and humans over the last decade, and the results are extremely promising. Significant benefits have been observed for the following –

- Longevity
- Mental and physical well-being
- Cancer treatment
- Diabetes and other metabolic disturbances - treatment
- Hypertension and coronary heart diseases - treatment



a. Longevity -

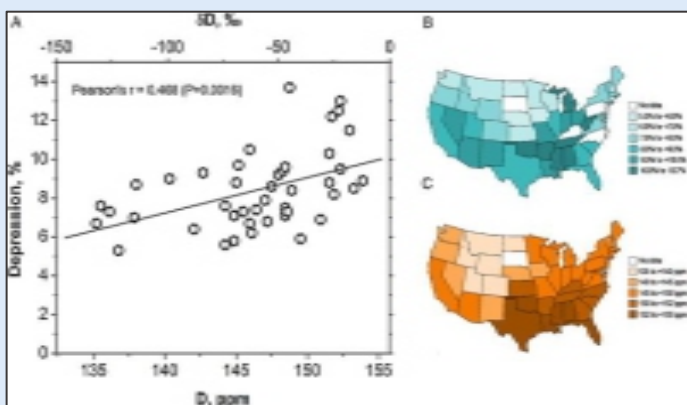
When the Hunza people of Northern Pakistan were investigated for their increased longevity (upto 145 years) and lack of illness, it was determined by Russian scientists that the Deuterium content of their water (from the glaciers of Mt. Ultrar) was about 133 ppm-D, a deviation of 14% from the 155 ppm-D global standard.



While the average number of centenarians in all of the Soviet Union was less than 10 per million, there was a striking number of centenarians in Siberia – 324 per million people. The Deuterium content in Siberian water is 135-140 ppm-D.

The Deuterium content in the melt waters of Gomukh (snout of Gangotri Glacier) is 135 ppm-D.

b. Mental and physical well – being -



A research conducted by a large group of international scientists, including from the University of Oxford, has been published in 2014. The above figure shows the USA map indicating the regions of reported depression (blue map) and the regions of Deuterium content in the drinking water (orange map). A strong co-relation between Deuterium levels and depression has been observed.

c. Cancer treatment -

A notable Hungarian doctor and molecular biologist conducted double-blind clinical trials to study the effect of Deuterium on cancer. He showed that consuming Deuterium Depleted Water was an excellent complementary adjuvant to conventional radiation and chemotherapy. His work revealed that healthy cells respond well to reduced amounts of Deuterium in water, but cells with chromosomal mutations (cancer) are more responsive to reduced Deuterium levels.

Low Deuterium content in the body resulted in several fold increase in the mean survival time (MST) of cancer patients during oncotherapy. Between 1992 and 1999, his team administered around 350 tons of Deuterium Depleted Water to approximately 1,200 patients, generating over 12,000 pages of documented records. By 2019, he had more than 2,200 successful case studies on patients receiving Deuterium Depleted Water.

A single Deuterium Depleted Water treatment was administered to 179 breast cancer patients, while 53 patients repeated the treatment. Patients who were treated with Deuterium Depleted Water at least twice had a mean survival time (MST) of 293 months (24.4 years), whereas those who received a single Deuterium Depleted Water treatment had an MST of 108 months (9 years).

Another study was conducted to test the anti-cancer effects of Deuterium Depleted Water on 129 lung cancer patients. In the entire population of lung cancer patients in Hungary between 2002 and 2005, the MST of males was 7.5 months, with a 5-year survival probability of 10%. In females, the MST was 11.3 months, with a 5-year survival probability of 20.5%. In the study (Deuterium Depleted Water) which lasted for 17 years, the MST increased to 25.8 months in males and 74.1 months in females. The 5-year survival probabilities also increased to 19% for males and 52% for females.

d. Diabetes and other metabolic disturbances – treatment -

Case studies on Light Water were conducted on 52 diabetic patients in Russia (mean age of disease = 8.2 years). The results are outlined below –

- Type 1 diabetes – there was a decrease in glycemia and glycosuria after food. Additionally, the improvement of blood rheological properties was evident in terms of plasma tolerance to heparin.

In a case study of a female patient after drinking Light Water for 30 days, glycemic curve decreased from 10.9 – 13.1 – 9.9 mM/l (before) to 7.8 – 8.1 – 7.8 mM/l (after). Glycosuria decreased from 35 to 12 g/day. There was an improvement in initially elevated level of triglycerides (1.9 mM/l to 1.1 mM/l), total cholesterol (6.8 mM/l to 4.6 mM/l) and various other related parameters.

- Type 2 diabetes - the hypoglycemic effect was evident with a decrease in all values of the glycemic curve and daily glycosuria. Also, values of fat metabolism improved - there was a decrease in body weight, body mass index and a reduction in the amount of adipose tissue. The blood rheological properties also improved, due to a decrease in the initially elevated levels of platelet aggregation and haematocrit.

In a case study of a female patient after drinking Light Water for 30 days, the weight decreased by 5.4 kgs. Glycemic curve decreased from 8.9 – 11.7 – 10.5 mM/l (before) to 5.8 – 7.1 – 6.0 mM/l (after). Glycosuria decreased from 24 to 8 g/day, which indicates a normalizing effect of water on carbohydrate metabolism. There was an improvement in the initially elevated level of triglycerides (2.75 mM/l to 1.5 mM/l), total cholesterol (7.8 mM/l to 5.8 mM/l) and various other related parameters.

A 53-year-old female was able to decrease her body Deuterium level down to 134 ppm-D and increase her resting metabolic rate (RMR) by 44% after drinking Light Water. A 60-year-old male demonstrated a 41% increase in his RMR with a Deuterium level drop to 137 ppm-D after drinking Light Water. Both of them reported that they are able to sleep a lot better and have less aches and pains since reducing Deuterium levels in the body.

Scientific investigations proved that Deuterium Depleted Water decreases serum glucose concentration. The glucose disposal significantly increased, and insulin resistance decreased in all the 11 tested patients in another study, which confirmed the pivotal role of Deuterium depletion in the improvement of physiological processes.

e. Hypertension and Heart diseases – treatment -

Data of 30 enrolled patients in an open-label human study proved that the consumption of Deuterium Depleted Water -

- Significantly decreased serum Deuterium concentration
- Significantly increased HDL concentration
- Significantly decreased serum Na^+ concentration, and blood pressure

The results from another study in some states of USA has established the reduced incidences of coronary heart diseases (22%), myocardial infarctions (16%), stroke (36%) and hypertension (21%), when the Deuterium content in drinking water was 135 - 140 ppm-D (as compared to 150 - 155 ppm-D in other states).

SUMMARY - Modern day disorders caused by high Deuterium in the drinking waters of USA -

Disorder		Prevalence (%) < 140 ppm-D vs. > 150 ppm-D Deuterium in drinking water	
		Absolute (% of population)	Relative (% of population)
Mental disorders	Psychosocial Distress	3.0 vs. 5.5%	-45%
	Depression	7.1 vs. 10.0%	-29%
Metabolic disorders	Diabetes	6.7 vs. 9.8%	-32%
	Obesity	23.7 vs. 30.0%	-21%
Cardiovascular disorders	Hypertension	25.0 vs. 31.7%	-21%
	Coronary Heart Disease	5.4 vs. 6.9%	-22%
	Stroke	2.1 vs. 3.3%	-36%
	Myocardial Infarction	3.6 vs. 4.3%	-16%
Tooth Loss	Loss of 6 or more teeth	36.4 vs. 47.6%	-23%
	Complete tooth loss	17.4 vs. 23.5%	-16%

The most common health benefits of Light Water therapy are outlined below –

a) DD Level 1 and 2 therapy, to maintain Deuterium in the body at 105 to 130 ppm-D levels (15 - 30% lower), which leads to –

- Improvement in cellular respiration and intensive cell regeneration
- Reduction of blood sugar concentration in type 2 diabetes
- Increase in stress tolerance, which leads to improvement in mental well-being
- Reduction in the negative impact of harmful substances / toxins from food and air
- Excellent help to fight against 'chronic fatigue syndrome'; reduced tiredness and body pain
- Prevention of cancer and prevention of kidney stone formation
- Compensation of negative factors of air travel (radiation, jet lag, acclimatization, other stresses)
- Improvement of skin and hair condition
- Improvement of organism reproductive functions and sperm activity
- Improved saturation of tissues with oxygen and glucose mobilization, creating favorable conditions for physical activity
- Accelerates athletes' recovery period after significant training load and competitions; improves functional condition of the body during sports activities
- Enhanced effects of medicines; reduced sleep disorders
- Significant improvement in metabolic disturbances
- Improved immunity in fighting infections / diseases / bacteria / viruses / sepsis
- Improved functioning of all the body organs; increased energy levels and general well-being

b) DD Level 3 and 4 therapy, to reduce Deuterium in the body at 80 to 105 ppm-D levels (30 – 50% lower), which leads to –

- The beneficial effects of DD level 1 and 2 will continue to reach new heights, as all the body organs will start to regenerate
- Significant suppression of proliferation of cancer cells (without affecting the growth of normal cells)
- Improved insulin sensitivity of tissues. Normalization of glucose and glycosylated hemoglobin levels by reaching lower body mass index
- Reduced hypertension, prevention of heart attacks and strokes
- Highly effective for 275 types of mitochondrial diseases
- Glow on the face (recommended by the Institute of Beauty in Russia)
- Extended life-span and pro-youthing

Health benefits of drinking Light Water (Deuterium Depleted Water) have been proven by more than 250 research papers of Russian and European scientists, published in the last 20 years. Light Water is sold in 15 countries (in at least 10 brand names), including European Union, USA, Japan and UAE, where the most stringent requirements to the quality of drinking water are applied.

Regular consumption of Light Water will significantly improve the health, without any side effects. This is the key for longevity and disease-free life!

For the supply of Light Water (Deuterium Depleted Water), please contact –



Light Water Healthcare Limited (ISO 9001 Certified Company)
No. 336/3, MCS Layout, SRK Nagar Post, Bangalore – 560077

Emails: contact@lightwater.in
contact@lightwaterhealthcare.com

URL: www.lightwater.in
www.lightwaterhealthcare.com

Your local contact –

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