

# NORDENAU REPORT



**LifeSupportWater**

1992 - Present



**NOBSWATER**

# Preface

**Can you really change 70% of who you are** just by one simple change in your life?  
ABSOLUTELY.

We've watched people have their lives changed all over the world by simply switching to drinking Life Support Water. The name says it all. It's designed to **support** life... YOUR LIFE.

So we offer this summary report about some of the research done on Life Support Water. It's known by several other names such as Reduced Water, Electrolyzed Reduced Water, Hydrogen-Enriched Electrolyzed Reduced Water, etc.

**This report is not about a cure... for anything.** It's a summary of scientific research that can guide you in your quest to optimize your own health. Every one of us is different and uniquely special. However, we have much more in common than some might think.

Regardless of where you live, you are a being made of around 70% water and 30% solids. I know it doesn't look like that when you look in the mirror, but that's the way IT IS. **We're far more about how IT IS than how people "think" it is.** The research is nothing more than an attempt to discover the way IT IS.

When people started reporting on the amazing health changes (both physical and mental) they received from drinking Life Support Water, they got a typical human response: some laughed, some mocked... and some believed.

The cool thing about scientific research is that facts may come out whether someone believes them or not. In fact, just to get **the scientists** past their own skepticism, Professor Gallmeier told them:

**“He who doesn’t believe in miracles is not a realist. He who doesn’t notice that something exists and could be seen by everyone, or simply doesn’t want to see a phenomenon because this phenomenon is not explainable at the moment; he departs from the rule of science.**

**The medical scientists are allowed to wonder, to raise the questions, to write down their assured scientific observations, to create the hypothesis in order to test them at last within the scope of the established scientific methods.**

**We as medical scientists are under an obligation to perceive and analyse each phenomenon of our daily clinical practice.”**

After years of research, even the researchers had to state:

**"The results are far-reaching but not nearly sufficient to risk any therapeutic recommendation on the field of orthodox medicine."**

**"According to the current results of the researches, the Nordenau-Phenomenon is in the position to complete and support the therapy of the orthodox medicine, but not in the least to replace it." ~ Dr. med. Zbigniew Gadek (2005)**

So we offer this report as "food for thought" only and it is in no way meant to be taken as specific medical advice. You should seek medical advice for your specific needs only from a qualified health care provider that you trust. But never be afraid to ask and explore.

**YOU are ultimately responsible for your own health and wellbeing.**

Dr Paul and Colleen  
No BS Water

[NoBSWater.com](http://NoBSWater.com)

# VERY BRIEF HISTORY

Nordenau slate tunnel was a commercial operation from 1867 until shortly after WWII when it lost viability on the world market. After that it became a wine cellar as part of the Tommes Family hotel operation. A chance visit by a hotel guest into that wine cellar in 1992 revealed an "energy" that was said to have healing effects.

Rumors spread among the other guests and shortly thereafter among the whole region via friends and family. Can you imagine what would have happened if Facebook and Twitter existed back then? For years guests came to the hotel to both visit the mine and drink the water that came from within. The stories of healing or improvement were everywhere.

Soon word was out via TV and the press and the daily bombardment of visitors became the norm. Mr. Tommes wanted to give accurate information about why his old slate mine seemed to give people such help and hope. He enlisted a doctor from Frankfurt who started interviewing the patients in late 1992. It was clear that a long-term study would be needed, but it took some awkward steps to get there. Proper studies are very expensive and very lengthy and no one was willing to step into that role just yet.

Mr. Tommes felt helpless to answer the thousands of questions from guests and visitors. Instead he created a questionnaire that he put in the waiting room. The questionnaire asked how often a visitor came to Nordenau and what influence it had had on their health.

In 1997 the questionnaires were finally examined by medically trained people. It wasn't enough to validate anything scientifically, but it was enough to get the ball rolling. The first pre-clinical study was started, expecting to involve around 500 participants.

In reality, the phenomenon was so well known that there were 1000 patients and it took about 3 years. Questions were asked and surveys posed. The interesting thing about these surveys was that they were designed to minimize placebo bias within the same person. They did that by keeping their answers to previous surveys from them. Interesting thought.

The participants were surveyed when they arrived in Nordenau (Measurement 1 or M1), when they left to return home (M2) and a full three months later (M3).

Surveys were limited to 15 diagnostic terms, using a total of 47 questions.

# RESULTS OF FIRST PRE-CLINICAL RESEARCH

The participants were already under the care of their doctors. They had been diagnosed and treated, but were looking for additional ways to take care of their own health challenges.

The average age of these early participants was 66 and their average stay at Nordenau was just 6.5 days.

One of the quotes from the study should really tell the story:

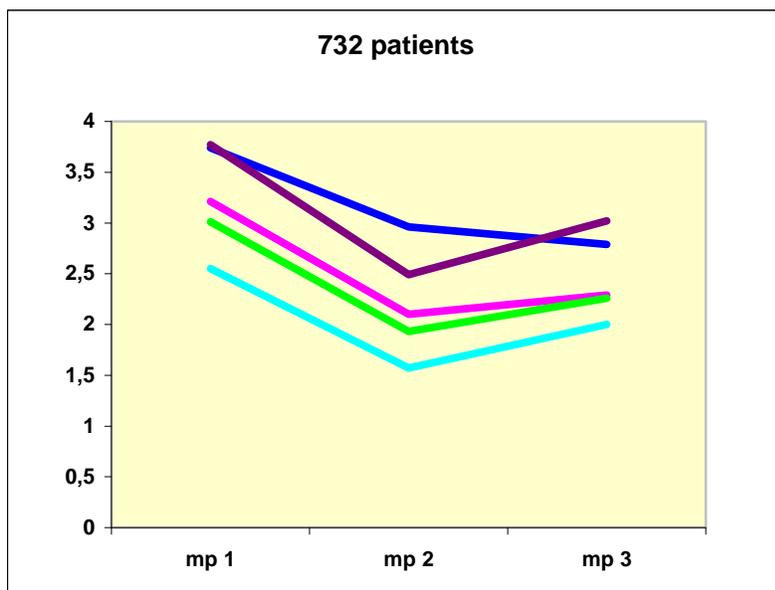
**"The people who visited the Nordenau tunnel and drank its spring water experienced relating to nearly all defined and recorded complaints a significant improvement independent of the age and personality structure of the participants.**

**This improvement showed downward tendency after the patients returned home but compared with original complaints must still be considered a visible stabilization of their health condition for a period up to three months."**

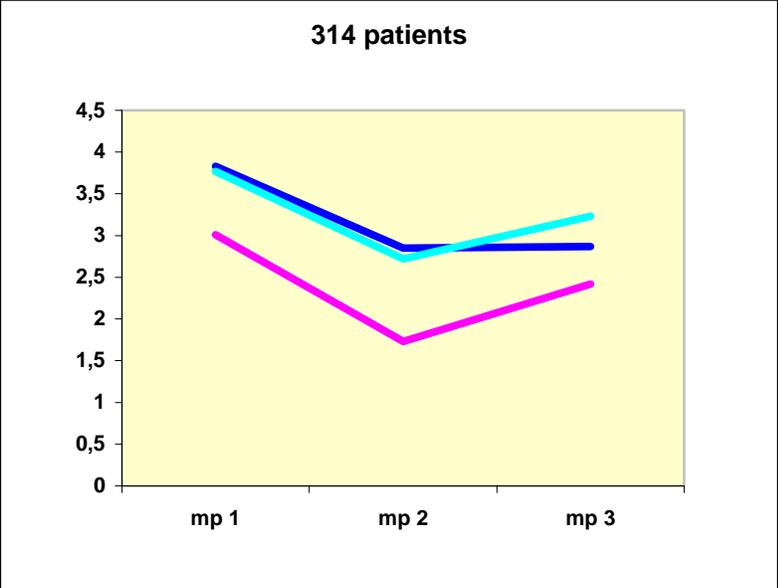
Can you think of a medication or food or anything that you take for only 6 days and then still have benefits from it 3 months later? If you thought "Life Support Water," then you would be right. Here's what they found.

It's quite fascinating that almost every condition inquired about showed a similar progress when people started visiting the Nordenau slate mine and began to drink the spring water. I've gathered several graphs of their reports so you will start to see this **pattern** very clearly. The explanation is below all of the graphs.

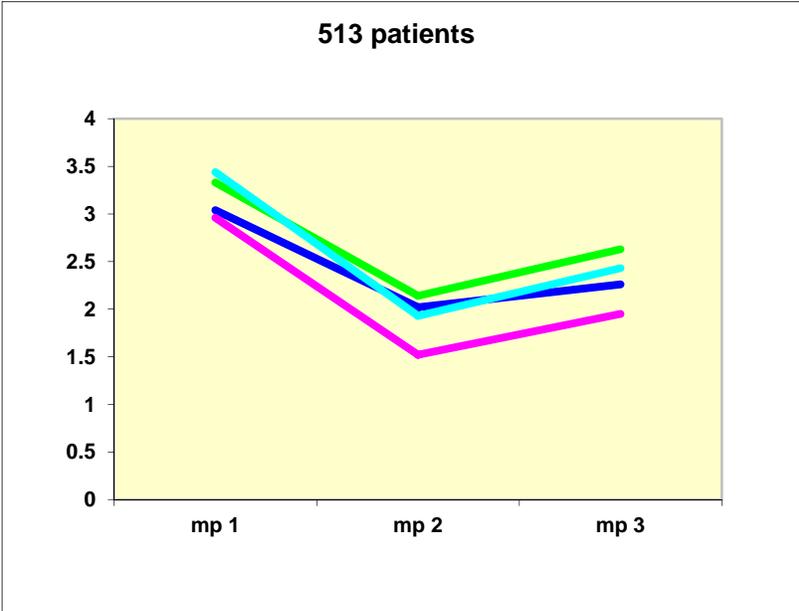
## Cardiovascular Disease



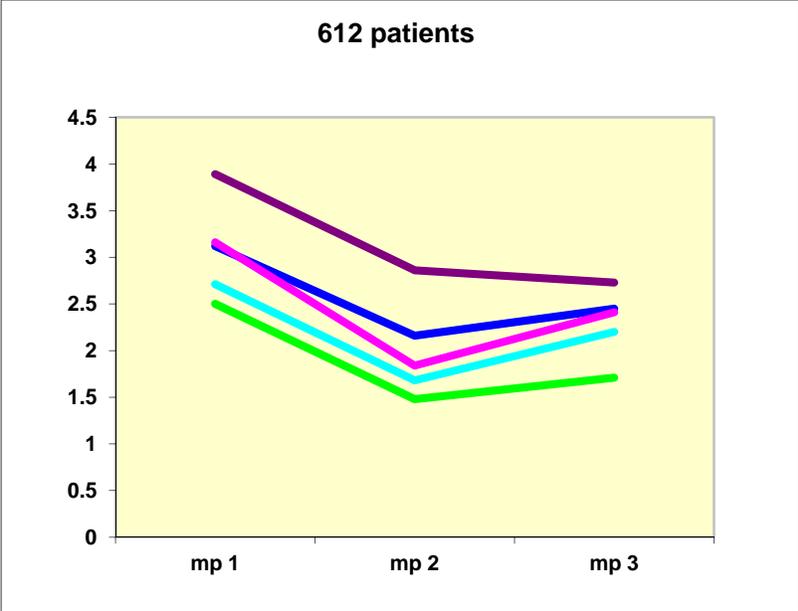
**Respiratory Diseases**



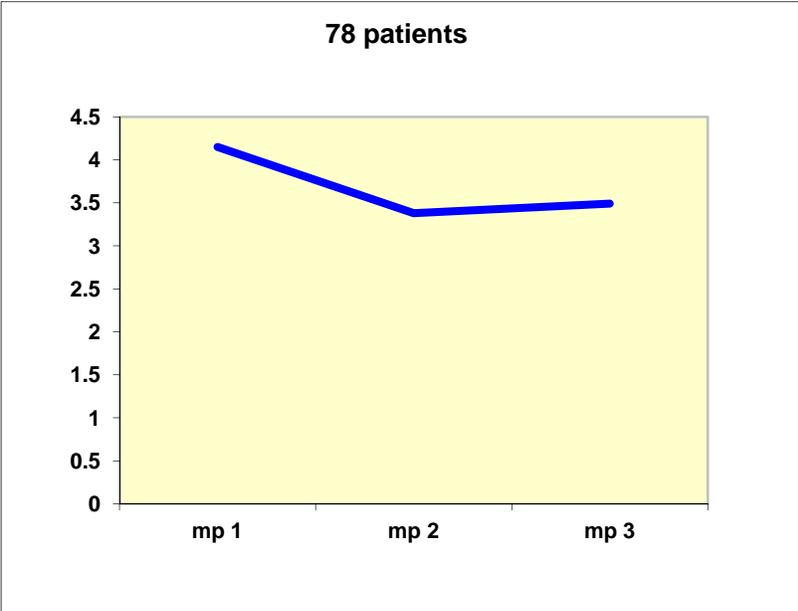
**Peripheral Circulatory Problems (Including Brain)**



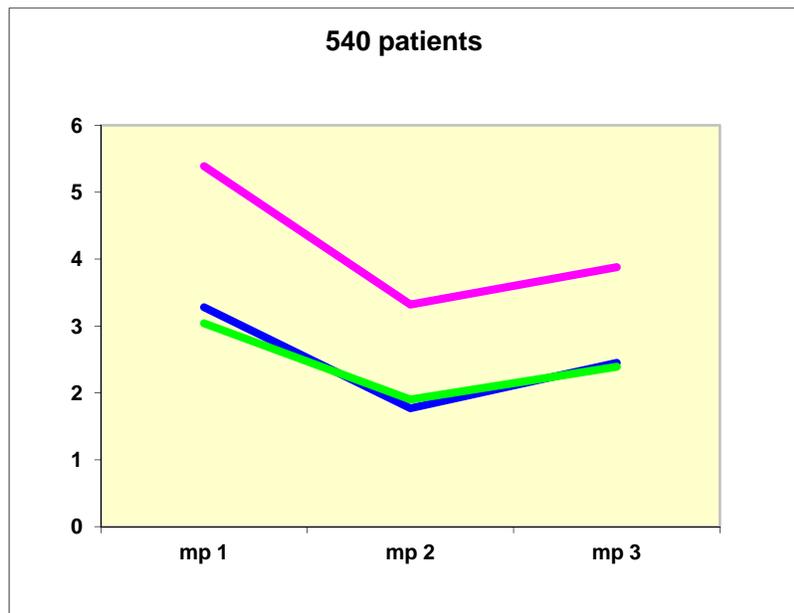
**Digestive Tract Problems**



**Stress Incontinence (Including Benign Prostatic Hypertrophy and Post-Prostatic Surgery)**



## Spinal Syndromes (Including pain, partial feeling, tingling sensations)



## THE PATTERN

Let me explain the **pattern** you've seen in all these situations. These people rated their problems at Measure Point 1 (MP1) which represented the day they arrived at Nordenau and before they started drinking the water. They then stayed and drank the water for anywhere from a couple of days or longer, with the average length of stay only 6.5 days. This was MP2.

**Notice the drastic DECREASE in symptoms everyone reported within just a few days of use of this Life Support Water.**

**MP3 was actually a full THREE MONTHS LATER** after people had returned to their homes from Nordenau. Everyone reported that their problems increased again after they stopped drinking the water, BUT note that within three full months, their symptoms were still better than before they drank the water in the first place.

It's also relevant to see the numbers of people who had the complaints. For example, there were 732 patients with cardiovascular problems. Since there were 1000 people in the total study, it's easy to see that it included 73.2% of people in the study.

The pattern of improvement in a very short time, followed by a slow return of symptoms after stopping usage of the water (but still improved over their original state), happened over and over again, regardless of the medical condition or symptoms in question.

The numbers of people involved were also quite relevant. Rather than show you every graph, let me just list the conditions and the percentage of people who had them and showed this *same pattern of improvement*.

<b>Tinnitus</b> (ringing or phantom sounds being heard)	13.5%
<b>Respiratory Illnesses</b> including allergic and inflammatory components	31.4%
<b>Cardiovascular Diseases</b>	73.2%
<b>Peripheral Circulatory Disturbance</b> (including brain)	51.3%
<b>Spinal Syndromes</b> (pain with or without loss of sensation or paraesthesia)	54.0%
<b>Digestive Tract Problems</b>	61.2%
<b>Stress Incontinence</b> (due to BPH or post-surgery) - MEN ONLY	7.8%
<b>Polyarthrosis</b> (including arthritis and other joint and rheumatic problems)	31.8%
<b>Gait Disturbance</b> due to partial paralysis (difficulty walking normally)	9.1%
<b>Skin Diseases</b> (psoriasis, eczema, rashes, prurigo)	20.3%
<b>Exhaustion</b> , tiredness, fatigue	19.3%
<b>Migraine</b>	5.9%
<b>Sleep Disturbance</b> and hyperexcitability	37.6%

## THE POINT

Did you find on that list one of the conditions that affects you or someone you love? Maybe, maybe not, but there is a point to it. The reason for this list is not always obvious to everyone. Notice that there are several diseases and conditions here that involve everything from the **brain** and **central nervous system** to the **heart** to the **lungs** to the **digestive tract** to the **joints** to the general feeling of **energy** (or lack thereof) and even **sleeping**.

In other words, **the entire body was affected POSITIVELY by this one simple change.** In every case the pattern was the same: general improvement when using the water, followed by general regression after stoppage, but still with some improvement over the starting point that lasted at least 3 months in most cases.

There is no claim of cure, as we said before, but lives were improved. Troubling symptoms lessened. People slept better and felt better.

**The point is that this water SUPPORTS LIFE** in a way that is different than other waters. It becomes what the researchers called "a universal factor" in the "significant improvement in the patient's condition"

**NO SIDE EFFECTS were reported along the way.** Something this relevant to personal health and easing of unwanted symptoms, but **WITHOUT ADDING NEW SIDE EFFECTS**, is what some consider too good to be true. But doubters exist (see Preface). So the research continued.

## MORE SCIENCE

The water from Nordenau was evaluated scientifically and shown to contain dissolved hydrogen and active hydrogen (0.1µg/l for those who want the hard science).

Nordenau water is tested regularly at Kyushu University, Fukuoka, Japan.

Much of the research is actually done comparing three different sources of Life Support Water against other types of water (mineral water, spring water, etc.). Note that most springs don't give Life Support Water.

1. Hita Tenryosui Water (another natural spring of Life Support Water)
2. Nordenau Water
3. Electrolyzed Reduced Water (from a quality water ionizer)

An interesting quote from the research stated that:

**"The Nordenau water, Hita Tenryosui water and electrolyzed reduced water have all the similar protective quality against the radical oxygen species."**

This radical oxygen species, also called Reactive Oxygen Species (ROS) is thought to be involved in several ROS-associated diseases. **Life Support Water is very protective against ROS**, whether the water comes from Nordenau, Hita Tenryosui, or a good quality ionizer.

If you wonder how universal ROS-associated diseases can be, see if something that affects you (or someone you love) appears on the following list from the research.

## ROS-ASSOCIATED DISEASES

- Atherosclerosis (hardening of the arteries or heart disease)
- Chronic polyarthritis (long-term joint inflammation and damage)
- Ulcerative colitis (and its likely cousin Crohn's Disease)
- Diabetes
- Inflammation
- Skin diseases, including effects from UV radiation
- Ischemia (restriction of blood supply causing deficiency of oxygen -- heart attack and stroke are most commonly known, but can include kidneys or any other vital organ)
- Cataract
- Cancer
- Alzheimer's Disease
- Parkinson's Disease
- Multiple Sclerosis or MS
- Pancreatitis
- Rheumatisms

## DIABETES

Considerable research has been done with Life Support Water and this particular condition. It was noted that both blood sugar and HbA1c were lowered using Nordenau water, as well as Life Support Water from other sources.

**It should be noted that TIME is a factor.** For people who only stayed at Nordenau for 3 days, there was lowering of blood sugar, but not statistically significant in the scientific sense. However, after just 6 days, the lowering of blood sugar WAS statistically significant on a scientific level.

**Are you kidding me? We now have something that can help against diabetes, with no adverse side effects, and in as little as 6 days!** Remember, we've said all along this is not about cure. It's about HELPING the orthodox treatment of diabetes.

# SUMMARY

Nordenau slate mine is just one of the natural sources of Life Support Water. When tested against another natural source AND water from a quality water ionizer, there is enough supporting material that should hopefully encourage EVERYONE to use Life Support Water.

Research must and will continue to help define WHY Life Support Water is so universal in its supporting life. However, with no harmful or unwanted side effects, we recommend this as the FIRST or primary adjunctive therapy when seeking improvement of health, lessening of unwanted symptoms, and general support of your biological life.

The majority of your brain is water. Even your thoughts must travel through water. What kind of water do you want throughout your body?

Think about it.

And if you have questions about all things water, visit us at [NoBSWater.com](http://NoBSWater.com)