

Quantum Age Water Stirwands™

Water Meets Its Perfect Match

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Stirwand Basics

1. Do all the Stirwands do the same thing for water?

Yes, Stirwands naturally balance the water chemistry, allowing water to do its job, whether in you, your kids, your pets, your health drinks, your bath, your fish tank or pond, flower vase or garden, pool or spa, laundry, carpet cleaner or soaking coffee pot or pan, septic tank – or used in bathing and rinsing your hair. Stirred water is more hydrating, more energized and can do a better job of cleaning.

The human clinical trials prove Stirwands significantly increase hydration and oxygenation when used in the water you drink (drinking the correct amount) in just 14 days, and reduce cellular toxins 18%+ in 90 days (versus no significant increase in the control group). Each wand has different enhancing energies beyond that main purpose. All but the Zen Master are recommended for day time use. The Zen Master is recommended for evening use due to its calming and relaxing energies. Many drink "Zen" water before and hold a Zen Master while meditating. The Basic or 24/7 Stirwand (blue-violet in color), the one used in the clinical studies, is for everyday or nighttime use and stress relief.

There are two, which are fine for any water, but that are designed for specific purposes:

The Gardener Stirwand is designed for plants and is also ideal for fish tanks or ponds (fresh or salt water, pools and spas, one per tank or one per 500 gallons). This wand can help preserve fresh fruits & veggies, too. If you have real plants in your fish tank, use the Gardener. If not, we recommend using the Olympian. Please refer to our **Executive Summary** for more details on the benefits in agriculture and aquaculture. For larger ponds, contact us for an estimate of the number of Stirwands needed.

The Gourmet is designed for enhancing the flavor in food & beverages. Simply place the wand on, in or next to for approximately 30 seconds, or to taste. Popular for coffee, soups, and inexpensive wine. Ok in your water, especially for some that may be highly sensitive and more matched for its lower energy. Not recommended for beer, unless you like flat beer.

Note: While there is no harm to either the water or you in doing so, and while it might look cool with the different colors, it's recommended that you use only one type of Stirwand at a time, ie, putting an Olympian, an Illuminator and a Guardian Stirwand in the same water glass or bottle will only serve to potential negate the effects of the individual energies, not increase the hydration benefits. Perfectly OK to use one, and then switch to another, depending on your mood or task at hand.

2. Why are there 8 Stirwands, and how do they differ?

We started with 4 Stirwands: the Basic or 24/7 for general use day or night, the Zen Master or "calming" wand for night time use, the Gardener for revitalizing plants, fresh fruits and vegetables and for use in fish tanks and ponds and the Gourmet for food & beverage enhancement. The others, Olympian, Illuminator, Warm Heart and Guardian, were added as we received requests for a variety of energy enhancements. Each has its own unique blend of high-matrix minerals. While you can use any of them in the water you drink or use, or for any

of the uses discussed in this document, the Gardener is even better for plants and ponds, and the Gourmet is best for food and beverages.

The 8 Stirwands:



Blue Violet - 24/7 Stirwand - For everyday use and stress relief. All hours.

Turquoise - Olympian Stirwand - For optimizing athletic performance. Day time use.

Purple - Zen Master Stirwand - For relaxation, meditation & calming. Evening use.

Rose - Warm Heart Stirwand - For opening the heart chakra. Day time use.

Orange - Guardian Stirwand - For stabilizing, grounding and strengthening. Day time use.

Yellow - Illuminator Stirwand - For stimulating mental clarity & inspiration. Day time use.

Amber - Gardener Stirwand - For enhancing the vitality of flowers, house & garden plants, fresh fruits & vegetables and for healthier, happier fish in tanks or ponds.

Clear - Gourmet Stirwand - For enhancing flavor in food & beverages. Not recommended for beer or expensive wine. Simply put in, under or on top of food or beverage selection for approximately 30 seconds or to taste.

3. How long will my Stirwand last?

No one believed us when we said they'd last forever with reasonable care. So Quantum Age Water offers a 5 year manufacturer's warranty. If you don't lose them, or place in microwave or dishwasher, they might outlast you. Wash with a mild soap only.

4. Is stirring the water necessary?

No, you can either stir the water, from a glass to a gallon, for 20 seconds, or just leave the wand in the water. It will not overcharge the water, nor shorten the life of the wand.

If the container is larger than a gallon, like say a water cooler, either stir longer or just leave the Stirwand in the container, just as you would simply drop in fish tanks or place in ponds, watering troughs, etc. A single Stirwand is enough for up to 500 gallons.

If you leave the wand in your water bottle, just be careful of your teeth. The Stirwands are very sturdy. Kids are often attracted to the Stirwands - don't let them chew on them.

If stirring, obviously, the end containing the minerals goes in the water. The minerals do NOT leave the container – it's the energy of the minerals that does the magic.

Water related questions

5. What kind of water should I drink?

That is entirely up to you. Water used in our studies was purified water, and Stirwands will balance any potable water. Many find using a simple filter at the tap, or purchasing water in bulk, along with using their Stirwand meets their needs perfectly. Most hydration and detoxification claims made about various waters or water treatment systems are not substantiated by clinical studies. Quantum Age Water has invested in extensive human clinical trials on the Stirwands, studies performed by one of the top research labs in the country, Fenestra Research in Las Vegas. The Stirwand technology is proven to balance the chemistry in virtually any

potable water. The savings potential is huge, in terms of both money and the environment, by reducing the exorbitantly high volume of plastic bottles purchased and thrown away.

6. How much water do I need to drink?

The standard amount of water recommended for an individual to consume daily is ½ ounce per lb. of body weight. This was the standard used in all of our clinical trials. Note that Fenestra Research Labs reports that of nearly 40,000 people tested over a 7 year period, all drinking this amount of water, 94% were still dehydrated. The Stirwand technology makes the water you drink count.

7. Doesn't drinking more water naturally increase hydration?

Fenestra Research studied nearly 40,000 people in a 7 year period, all drinking enough water, and found that **a whopping 94% of them were still dehydrated.** We're drinking more water, spending more money on the water we drink, yet still dehydrated. Finally, there is a simple, natural and safe solution. **It's not the source of water, or how much it costs that counts – it's the balance of it before you drink it.**

Stirwands increase baseline hydration 28.5% (30 days).

Stirwands increase baseline blood oxygen 10.25% (14 days).

Stirwands decrease total body toxins 18.2% (within 90 days – the placebo group had NO significant change in cellular detoxification)

For optimal benefits, drink the amount of water you need (half your body weight in ounces, daily) and make every ounce of it stirred water.

8. Do Stirwands change the pH of the water?

No, the Stirwands are not designed to change the pH level as clinical studies show the pH level is not a factor in increasing hydration. What the Stirwands do is stabilize the existing pH, which is a critical factor in hydration. The Stirwand technology focuses only on the required balance of water chemistry for meeting the criteria set forth by Nobel Prize science of how the human cell hydrates and oxygenates, and Fenestra Research's 8 parameters of water that are key to hydration. Please refer to our **Executive Summary** for further discussion of these parameters.

9. Will the Stirwands change the taste of water?

Most comment their stirred water is very smooth and that it tastes better. For some, this makes drinking enough water a pleasure rather than a chore. Some report even their kids are drinking more water.

Experiencing and using Stirwands

10. Will I feel a difference drinking "stirred" water?

If you drink the right amount of stirred water, ½ ounce per lb of body weight per day, you'll experience what was reported in the clinicals in terms of increased hydration and oxygen levels in 14 days, and decreased cellular toxins within 90 days. By then, hopefully, it's a habit, and you won't drink anything but stirred water. Your skin, the largest organ of the body, will thank you, for sure. What you might feel will depend on which Stirwand you're using, and what your condition is physically. If you haven't been drinking water, and then start drinking enough, that alone can make a difference - using the Stirwand even more so, in terms of body functions, energy and even brain function.

Some of the Stirwands are fairly high energy, the Olympian for example, so some can feel the energy effect within a few minutes of drinking the water. Some can feel the energy benefits from just holding a Stirwand. When properly hydrated and oxygenated, the body just functions better. You can read the partial list of all the things hydration affects, in either the brochure or attached to this document. Appreciate, too, the benefits of continued consumption of the proper amount of stirred water, namely, that you'll maintain therapeutic hydration levels, consistently saturating every cell with oxygen to optimize the action of the body's many cleansing systems. **Cellular toxins were reduced 18% in our 90-day study.**

Many find they must have more than one Stirwand, not only for convenience, but because there is no reason to drink or use water that is not stirred. Always carry one with you.

11. Are Stirwands safe for pets & kids?

Yes absolutely – use for all their water and the Gourmet for all their food. We've had reports of the Warm Heart, for opening the heart chakra, seeming to make pets friendlier, and the 24/7 seeming to de-stress them. We recommend the 24/7 for most, and the Zen Master is ideal for evening use.

12. What if I add to or do other things to my water?

Make stirring the water the last thing you do before you drink it. If you're making tea, boil the water, stir it (safe in hot water or beverages), then make your tea. You might want to place the Gourmet Stirwand next to the tea bag for 30 seconds, or just place the Gourmet wand in your tea cup.

Clinical studies used only purified water. Nothing was added, so we cannot say what effect adding lemon or anything else to your water might have.

13. Is the Zen Master the only Stirwand I can use in a bath?

The brochure makes that suggestion for the Zen Master due to its calming and relaxing energies. Any Stirwand is fine, and will help the water do a better job of cleaning, surround you with the particular energy of the wand, and help keep the tub cleaner, too. Just drop it in the tub and leave for the duration of the bath.

Some can feel the various energies of each Stirwand just by holding the wand. Healing practitioners have commented on the calming effect clients get from just holding the Zen Master, and the healing benefits of placing a Stirwand on a cut, insect bite or mouth pain. Often, the Olympian is preferred for that.

For people who are “high-energy”, they might want to switch from whatever Stirwand(s) they use during the day to the Zen Master or 24/7 by late afternoon or early evening.

14. Are there other uses for Stirwands and stirred water?

Stirwands allow water to do its job better. Water is the best solvent available – it just needs help to restore its potential, whether in our bodies or when used in cleaning. Detergents or surfactants are added to water to help it do a better job of cleaning. Surfactants are added to fertilizers to allow plant leaves to more easily absorb the solution. Stirred water is the best surfactant in the world, and allows you to use less detergent and other surfactants, saving both money and the environment.

Drop one in your washing machine and reduce the amount of detergent you use by one half or more, depending on how dirty the clothes are. Use any Stirwand you like – the Olympian is a good high-energy one. Will not hurt the Stirwand or machine.

Drop a Stirwand in the water when soaking a crusted pan or stained coffee pot or mug. This will dramatically minimize your cleaning time and leave them sparkling. Use in your carpet or floor cleaner, cleaning glasses or windows. Use in your bath, for a cleaner you and a cleaner tub.

Water and spray your plants with stirred water. While you can use any Stirwand, your plants will be even happier and healthier if you use the Gardener.

The Stirwand does an amazing job of dissolving your greens or protein powders in health drinks, while balancing the water.

Use stirred water for washing your face, bathing, brushing your teeth and rinsing, as a final rinse when washing your hair, as a dampening spray on dry hair – the list is endless. Use stirred water for everything and anything you use water for, on or in.

Stirred water can relieve headaches, as most headaches are often a result of dehydration.

Many also find the energies of Stirwands assist in healing and pain relief when placed on a cut, bruise, sprain, mouth pain or insect bite.

The Stirwands make any water work better, whether in you, your kids, your pets, your health drinks, your bath, your fish tank or pond, flower vase or garden, pool or spa, your laundry, carpet cleaner or soaking coffee pot or pan or septic tank.

Purchasing Stirwands and learning more about them

15. How do I purchase Stirwands, and how much are they?

Suggested retail is \$89.95 each. Visit the Purchase Stirwands page to purchase from one of our authorized distributors.

16. How do Stirwands work?

Based on natural energy. The high-matrix minerals are not being added to the water. The minerals are enclosed in medical grade polymers – nothing leaves the wand, nothing enters it. It's all based on energy, not mechanically or artificially altering water.

The Stirwand naturally and non-invasively restores the balance needed in water so that it can hydrate and oxygenate cells to their fullest potential by making the energy and contents of the water molecule fully available to the cell's aquaporins. Stirwand technology actually drops the specific gravity of the water, allowing single water molecules to move into and through the aquaporin channels. Critical factors in water that are important for hydration are *aligned and stabilized* by the exclusive blend of minerals. These factors include resistivity, conductivity, surface tension, specific gravity, pH and correct charge. Clinical trials prove that drinking water balanced naturally with Stirwand technology is as vital a source of oxygen for our cells as is breathing oxygen through our lungs. See our **Executive Summary** which summarizes all of the clinical trials, the science behind the technology, the importance of hydration, agriculture and aquaculture applications and more. Read the "**White Paper**" by Exavier Phoenix for a discussion of high-matrix minerals.

17. Why is hydration so important?

Quantum Age Water was founded because the founders, Exavier Phoenix and David Schneider, understand the need to restore the natural chemistry in water in order to fully activate the body's cellular aquaporin and ion channels to increase hydration, oxygenation and cellular detoxification. Hydration is a mathematical measurement of the fluid levels in the body. The more hydrated you are, the more efficiently you transport nutrients and hormones, and flush toxins. **Over 7 years of study by Fenestra Research in Las Vegas showed that of nearly 40,000 people tested, all drinking enough water, 94% were still dehydrated. Our bodies need help in balancing the water we drink so it can do its job, allowing our bodies to do theirs.**

Here are some of the reasons hydration is so important:

Water transports all substances inside the body.
Water is the main solvent for vitamins and minerals

A well-hydrated system:

- Delivers nutrients to the cells
- Delivers oxygen to the cells efficiently
- Increases blood oxygen levels
- Removes waste materials from the cells
- Helps to remove toxic material from the liver & kidneys
- Is critical for efficient function of energy-generating cycles
- Provides electrical energy for brain function
- Is required for the synthesis of neurotransmitters
- Can reduce depression, stress and anxiety
- Can restore normal sleep cycles
- Increases the efficiency of the immune system
- Is required for the production of hormones
- Can reduce PMS symptoms
- Helps to regulate ocular pressure

May reduce the risk of heart attacks & strokes
Is necessary for all digestive functions
Helps to regulate adhesion index of blood cells
Can prevent constipation
Reduces the skin's signs of aging
Aids in weight loss
Enhances joint flexibility and strength
Enhances athletic performance

Water is an essential nutrient that is involved in every function of the body.

18. What other information on Stirwands is available?

Read our **Executive Summary** and **clinical studies** and view the **blood microscopy videos** on our website. If you have additional questions, please contact us.

19. Are there any tests I can do at home with the Stirwands?

Yes – Here are several that are included in a “**White Paper**” written by Exavier Phoenix in 2006:

Test #1 Select two identical 8 oz glasses and fill with good water from the same source. Place them on a table or counter top, no less than 12 inches apart. Stir one with a 24/7 Stirwand for 20 seconds and then compare the two for variations in quality. Do this as if you were judging fine wine. Swish the water around on the pallet and hold for several seconds before swallowing. Several people may be involved with this type of test in double and triple blind formats, hence the identical glasses.

Typical results of this test: The stirred water tastes better, is less filling and more viscous, yet lighter, almost airy, to the pallet.

Test #2 Brew very strong coffee and pour into two mugs situated on a table or counter top, no less than 12 inches apart. Do not add sugar or milk. Select one mug as the “stir mug” and stir with a Gourmet wand for 30 seconds. Compare for variations in taste/quality. Second, stir the same mug as before, this time using a 24/7. Stir for 20 seconds. Compare for variations in quality. Third, stir the same mug as the previous two times using a Zen Master. Stir for an additional 20 seconds. Compare for variations in quality.

Typical results of this test: The overall quality of the coffee will be enhanced by the Gourmet Wand. It will taste richer, thicker, and less bitter. The 24/7 tends to eliminate a noticeable amount of flavor from the coffee, and the Zen Master even more. This is why the Gourmet is suggested for most flavored beverages. This test is listed only as a dramatization of the variation of the effects of these 3 Stirwands. Determine your own preferences by increasing or decreasing the amount of time you stir coffee or other beverages.

Test #3 (for those of age)

Repeat test #1, substituting liquor for water, and using the Zen Master. Use a good quality vodka, strong whiskey and/or bourbon, although quality is not paramount. Do not add anything to the liquor – no ice or any additives. Stir for 20 seconds. Compare for variations in quality.

Typical results of this test: The stirred liquors, even of the best quality, will be incredibly smooth and significantly improved.

Test #4 Stir an 8 oz glass of good quality water for 20 seconds with a Zen Master. Hold the glass of water under the nose and chin area for 30 seconds. Be alert for anomalous phenomena. Hold your palm (not fingers) 1/4 to 1/2 inch over the top of the glass for an additional 30 seconds. Again, be alert for anomalous phenomena.

Typical results of this test: For those sensitive to subtle energies, these tests will illustrate that the water has a remarkable amount of what appears to be radiant heat and/or vortex patterned energy emanating from it.

Test #5 Select good quality drinking water and stir an 8oz glass with a 24/7 Stirwand for 20 seconds. Drink the water, and repeat until you're full.

Typical results of this test: You'll be able to drink much more "stirred" water than non-stirred water, without the feeling of overload. Resulting effects are increased well being, mental acuity and physical stamina.

20. What if I have additional questions?

Please contact us.

Your Quantum Age Stirwand Dealer:



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