

The Wonders of Water

Ecourse Workbook

Extreme Wellness Academy



Beautiful Water®
Filtered structured balanced blessed free

• 14 modules, 2 sections •

What to Expect



Section 1

In the first 7 modules of this course, we'll explore the various types of water that people most commonly drink.

This section will empower you to have clearer discernment when distinguishing between various options.

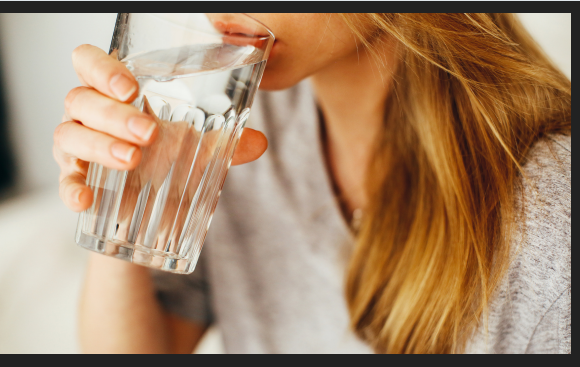


Section 2

The second 7 modules of this course will focus on how to improve whatever water source you choose.

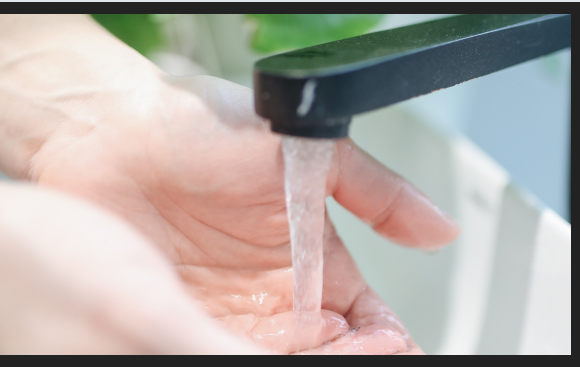
This section will teach you how to uplift water's quality by a range of factors, as well as how to optimise your own body so you can absorb more hydration.

Course Overview



01 INTRODUCTION

Welcome! Get acquainted with what you'll learn in this course.



02 TAP "WATER"

Tap liquid is the most common drink for most of the developed world. So what's in it?



03 BOTTLED WATER

There are so many brands and variations of bottled water on the shelves. What's the difference between them?



04 DISTILLED & REVERSE OSMOSIS

The most common filtration methods. Learn how drinking these can affect your body and mind.

05 **ALKALINE / IONISED WATER**

Kangen and similar brands have popularised high-pH water. Is it really all it's hyped to be?

06 **SPRING WATER**

The original source of water, straight from the Earth. Is it safe to drink?

07 **FILTRATION**

When you have to use tap water, either use a filter or become a filter.

08 **STRUCTURE**

What's the difference between "bulk" water and "crystalline" water?

09 **BALANCE**

What qualities should water possess, and in what quantities?





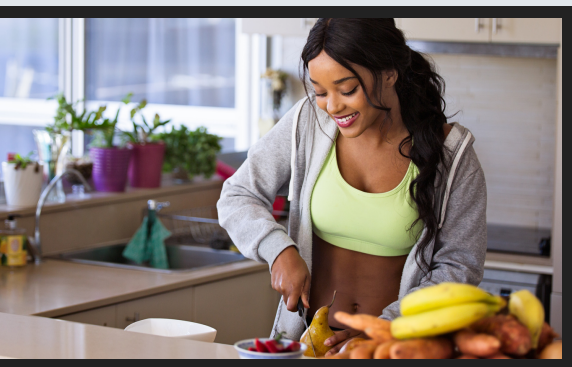
10 BLESSING

What effect does prayer, intention, and sound vibration have on water?



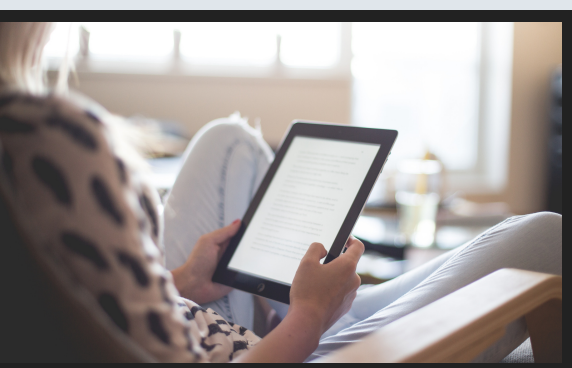
11 FREE

In a world where we're accustomed to paying for water, why does sharing it for free matter?



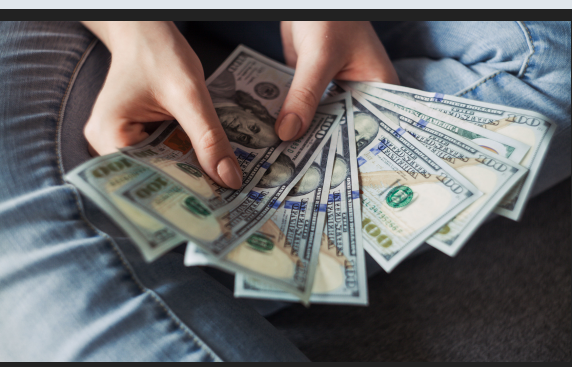
12 LIFESTYLE FACTORS FOR HYDRATION

If you have dehydrating lifestyle habits, you won't be able to absorb water, regardless of how much or how high quality it is.



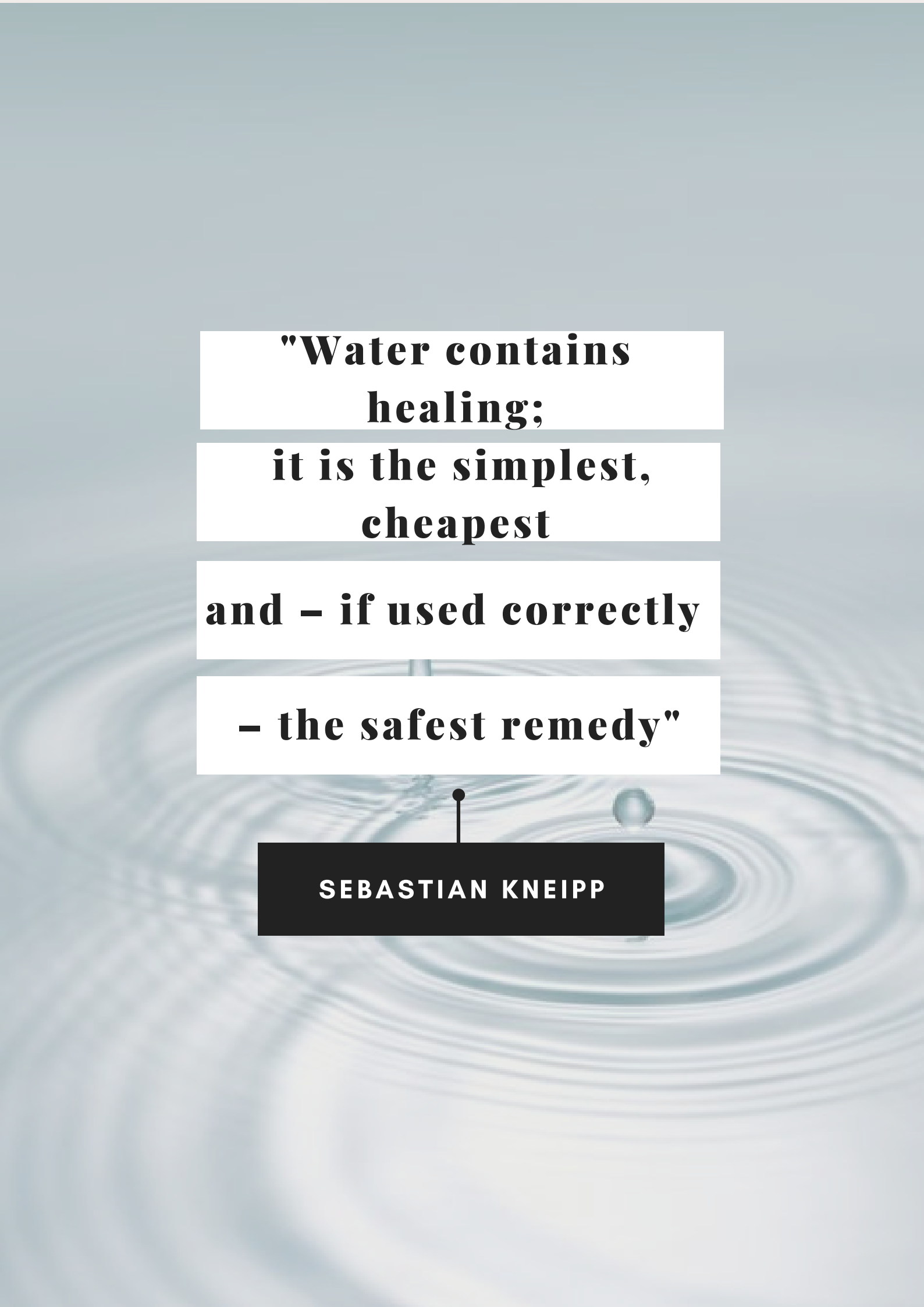
13 NEXT STEPS & RESOURCES

Where do we go from here? How do we access some of the books & tools discussed?



14 BONUS AFFILIATE TRAINING

For anyone interested in the generous commission program from Extreme Wellness Filters, learn how to sell them soulfully.

The background of the entire image is a close-up, high-resolution photograph of water ripples. The ripples are concentric circles of varying sizes, creating a textured, wavy pattern across the entire frame. The colors are muted blues, greys, and whites, giving it a serene and natural feel.

**"Water contains
healing;
it is the simplest,
cheapest
and – if used correctly
– the safest remedy"**

A solid black rectangular box is positioned at the bottom center of the image. It contains the text 'SEBASTIAN KNEIPP' in a white, bold, sans-serif font. Above the box, there are two small black dots, one on the left and one on the right, connected by a thin vertical line, resembling a stylized signature or a decorative element.

SEBASTIAN KNEIPP

meet the team

Extreme Wellness Academy Crew



Isabel Friend
**WATER ADVOCATE &
TEACHER**

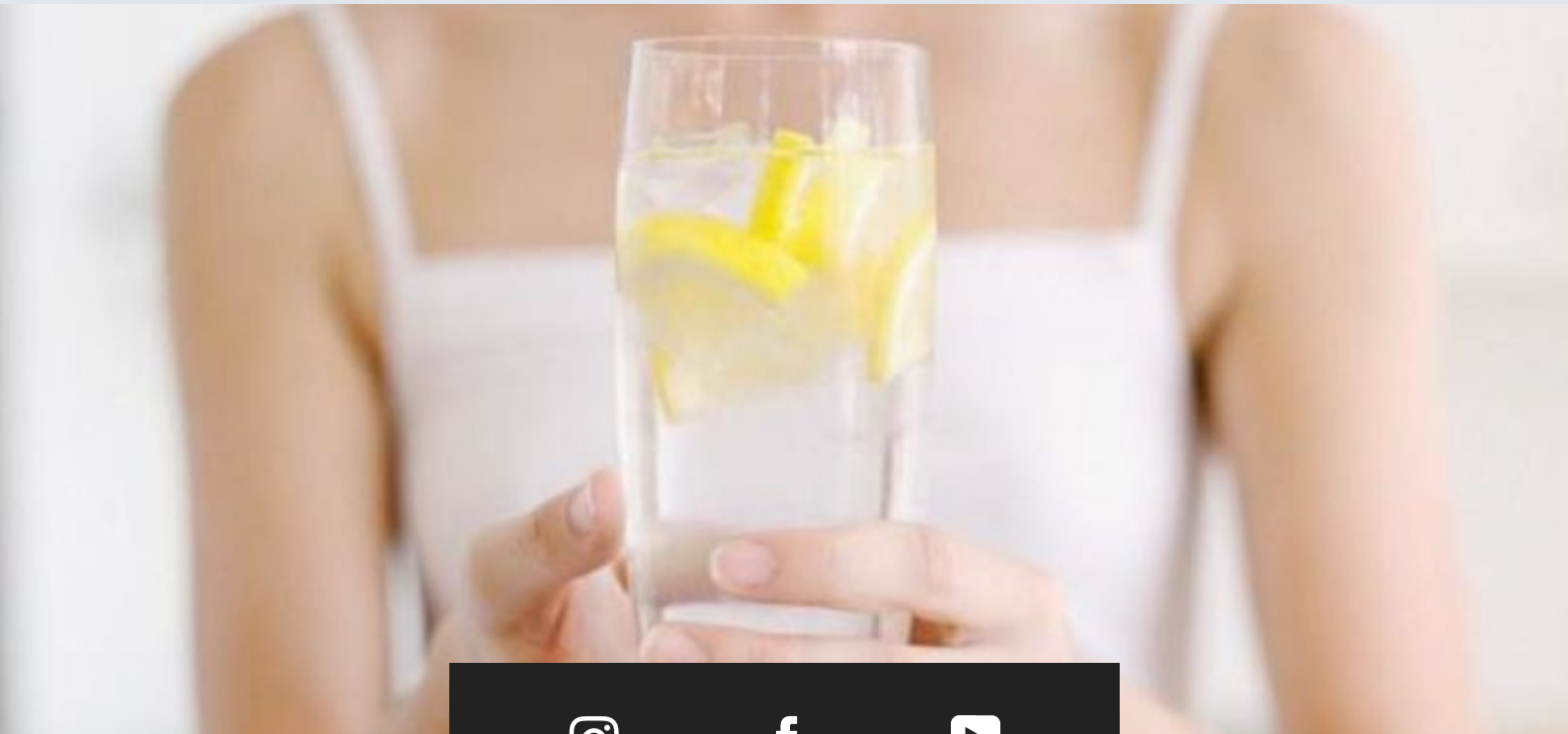
Isabel is honoured to guide you in this journey to mastering your hydration. She has spent over a decade studying water.



Dr. Marc Cohen
**EXTREME WELLNESS
EXPERT**

Marc is Founder of the Extreme Wellness Institute and the mastermind behind Beautiful Water filters.

About Extreme Wellness & Beautiful Water



**Extreme Wellness is a state of mind.
It's the pursuit of extreme comfort
in any situation.**

"While researching lifestyle approaches to health I have become increasingly aware of the ten toxic truths, and the need for people to reduce their toxic intake. Over the years many people have asked: What is the best water filter? My standard answer has been "it complicated and depends on the water you start with, what you want to remove and your budget". I've now spent years researching different water filter systems and technologies and have now developed what I believe are the best water filters on the market. Beautiful Water Systems ey are sacred water vessels that produce water that is filtered, structured, balanced, blessed and flows free. These systems are are built for maximal reliability, flow rate and removal of toxic substances and produce water that is naturally softened, alkalised and free from microbial contaminants and chemical pollutants. Beautiful Water Systems simplify water filtration by removing bad stuff from both bathing and drinking water. Once you have started bathing, washing cooking and drinking with Beautiful Water you will not want to go back." ~Dr. Marc Cohen

“

**"Aging is merely a
phenomenon of
our bodies becoming
gradually drier."**

DR. ISH AHARI YUMI, MD

¹Introduction



**Why does it
matter what
water you
drink?**

A blank lined notebook page with a pencil. The page is white with horizontal lines. A pencil is lying on the top line. The background is a light blue gradient.



#2

Tap "Water"

What's in Municipal Plumbing?

WHAT'S COVERED IN THIS SECTION:

- The effects of Chlorine, THMs (trihalomethanes), and other additives on overall health & specifically the microbiome.
- The presence of pharmaceutical medications in tap water.
- How to find out how many contaminants are in your city's tap liquid supply.

TAKEAWAYS FOR THIS SECTION:

- Just because it 'looks' like water, doesn't mean it's only H₂O, or that it will hydrate you.
- Tap liquid is designed to survive pipes. It's not designed to nourish bodies.
- If you must drink or shower in tap liquid, then you **MUST** get a filter.

Tap Liquid Worksheet

Reflect & Consider

#1

WHAT'S IN YOUR LOCAL TAP WATER?

Visit <https://www.ewg.org/tapwater/> to find out...

#2

WHAT DO YOU THINK MAY BE LONG-TERM EFFECTS

of consuming the chemical and pharmaceutical cocktails in tapwater?

#3

WHAT'S YOUR EXPERIENCE

of the flavor and effects of tap water? Or of how you and your skin feel after bathing in it?

#4

HOW CAN WE RAISE AWARENESS & AFFECT CHANGE

Plumbing methods are clearly outdated. What are ways we can prioritize their evolution for public health and safety?



#3

Bottled Water

aka filtered tap water made into 'plastic tea'

WHAT'S COVERED IN THIS SECTION:

- The effects of plastic toxicity in the human body and in the environment.
- The differences between bottled waters: 'purified' water, 'spring' water, 'alkaline' water, 'baby' water (with extra Flouride) etc.
-

TAKEAWAYS FOR THIS SECTION:

- Plastic is affecting us far more than we realise.
- Bottled 'spring water' is not actually from springs.
- Extractive bottled water companies don't produce water. They produce plastic.

● Bottled Water Worksheet ●

Reflect & Consider

Why would bottled water companies want to advertise their product as 'fresh spring water' when it isn't?

Do you feel safer drinking bottled water or tap water?

If you could redesign the bottled water industry, how would you change it?

List some of the effects of plastic toxicity in bodies and environments.



Reverse

Osmosis

&

Distilled

**aka 'purified'
water**

#4

WHAT'S COVERED IN THIS SECTION:

- By what process is the water purified, and what are the differences and similarities between these two methods?
- What are 'Total Dissolved Solids' (TDS) and why do they matter?
- How 'purity' creates 'aggressive solvents'.

TAKEAWAYS FOR THIS SECTION:

- RO and distilled water can cumulatively dehydrate you.
- We don't want to drink processed water, just like we don't want to eat processed food. We want water in it's whole, natural state.

• RO & Distilled Worksheet •

Reflect & Consider

#1

Why do you think RO & Distilled water are perceived to be healthiest?

#2

What are some health consequences of minerals being stripped from the body?

#3

How would you remineralize this processed water?

#4

What did the WHO say about drinking RO & distilled water?

#5

What's an aggressive solvent?

#6

Why is ionic charge important to water?

#5

Alkaline Ionised

aka Kangen

(and similar brands)



WHAT'S COVERED IN THIS SECTION:

- What are the different ways that water can be made alkaline.
- What's the difference between high pH and alkalinity.
- The health benefits and drawbacks of alkaline, ionised water.
- Debunking false claims

TAKEAWAYS FOR THIS SECTION:

- You can receive the same health benefits of alkaline water by drinking hydrogen rich water, but without the health consequences of high pH.
- The only way to neutralise acids in the body is with buffers, like bicarbonates.
- Ionisers do NOT create structured water because they rip apart hydrogen bonds.





Alkaline Ionised Worksheet

Reflect & Consider

Why do you think the Alkaline / Ionised water movement has gained so much momentum?

How would you make water (safely) more alkaline, without ionising it?

What are some of the harmful effects of acidosis (being overly acidic)?

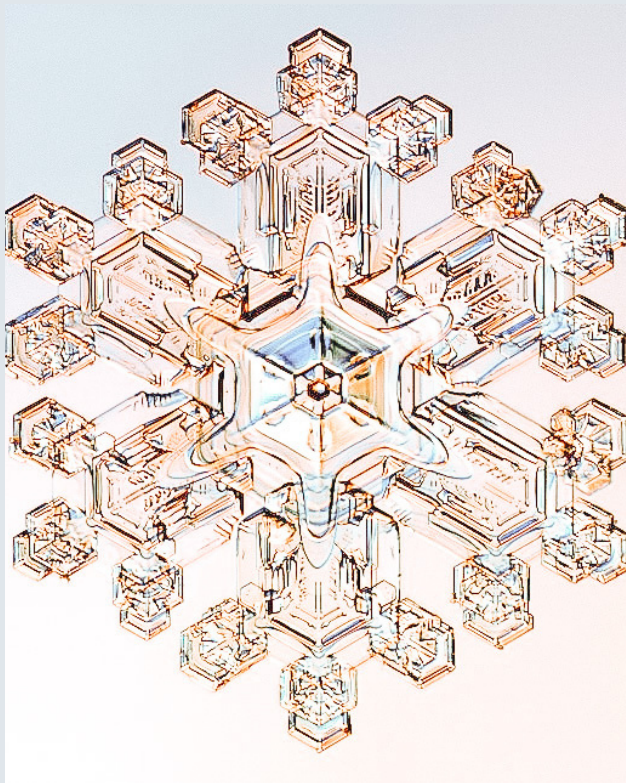
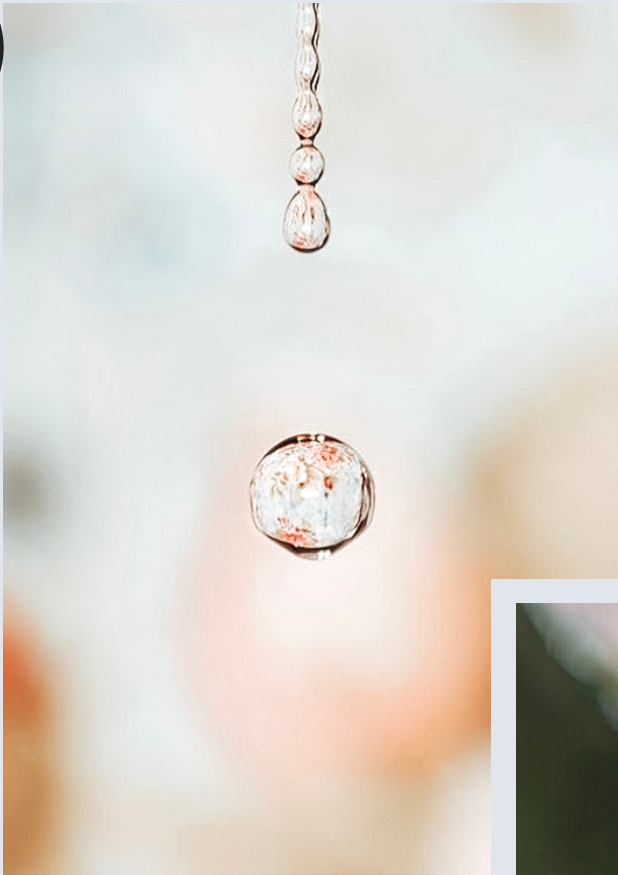
What are some of the harmful effects of alkalosis (being overly alkaline)?

Why do ioniser affiliates claim their water is structured? (Hint: They use ORP meters to back this claim)

How do you know that the water is not actually structured?

#6

Spring Water



WHAT'S COVERED IN THIS SECTION:

- Where to find the highest quality drinking water available.
- The ethical aspects of sourcing our bloodstream.
- How the earth filters, structures, balances, blesses, and gives water for free.



TAKEAWAYS FOR THIS SECTION:

- Tools for locating and testing your closest spring.
- Tips for best practices for harvesting wild water.
- The water we drink is more important than the food we eat.
- Links to large bottles, totes, etc. that you will need before you start foraging water.



Spring Water Worksheet

Reflect & Consider

WHERE IS YOUR CLOSEST SPRING?

Check www.findaspring.com to locate it.

ARE THERE ANY FRACKING SITES NEARBY?

Check www.fracktracker.org to find out.

HOW DO YOU FEEL ABOUT HARVESTING WILD WATER?

Have you done it before? Does it seem daunting? Strange? Exciting?

Compelling? Archaic? Cutting Edge? Revolutionary? Inconvenient? Sacred?



#7

Filtration

Get a filter, or become one.

WHAT'S COVERED IN THIS SECTION:

- What are the most common types of filtration? What are their benefits and drawbacks?
- How does nature filter water?
- How does [the Extreme Water Filter](#) do it?
- How can you filter water yourself?

TAKEAWAYS FOR THIS SECTION:

- Filtration is nuanced and varied.
- Copying nature makes it simpler and more effective.

Filtration Worksheet

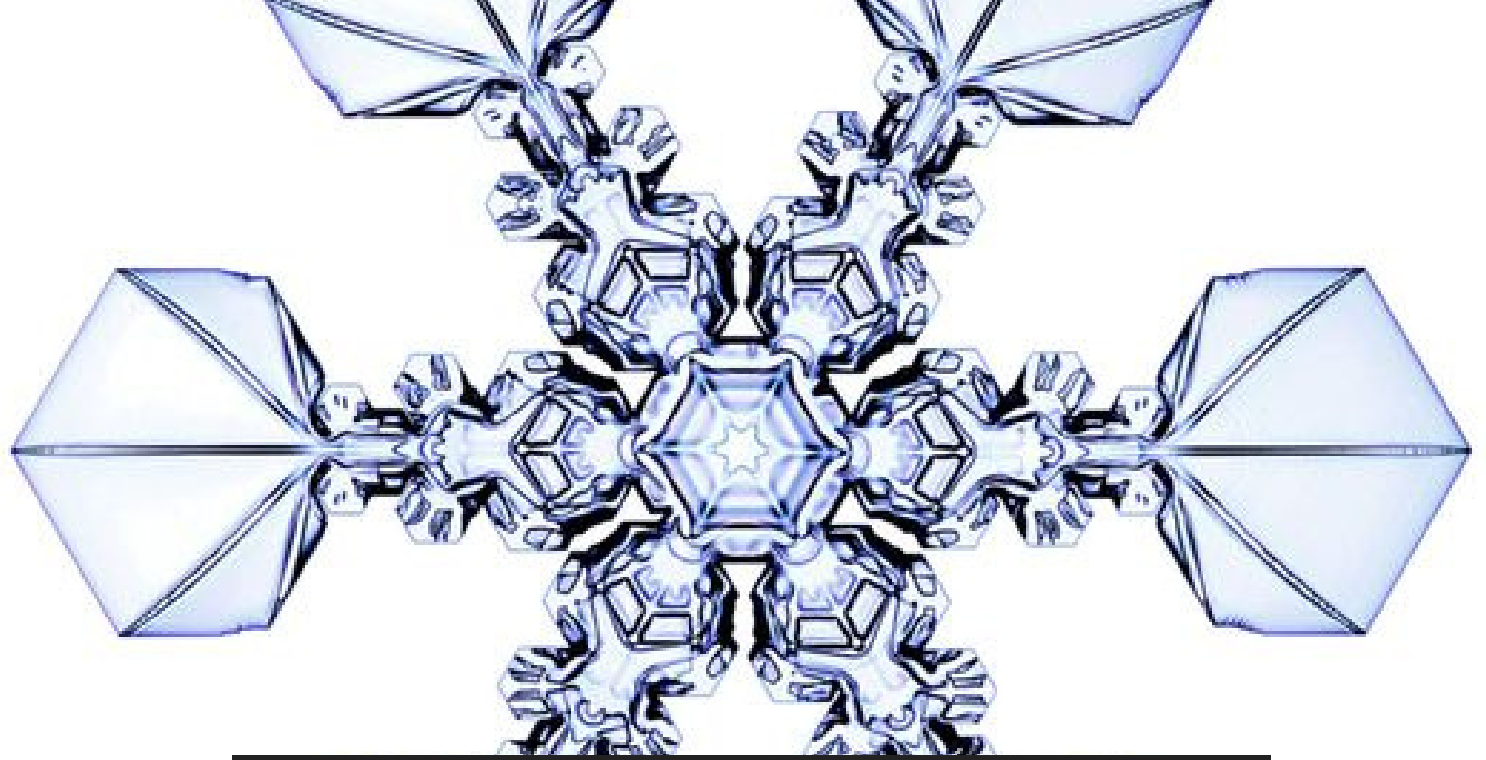
Reflect & Consider

**WHAT KIND OF WATER FILTER DO YOU CURRENTLY
USE?**

WHAT METHOD SEEMS THE MOST EFFECTIVE?

**HOW DOES THE EXTREME WELLNESS FILTER MIMIC
NATURE'S FILTRATION?**

**IF YOU WERE TO CREATE YOUR OWN FILTER, WHAT
WOULD THE LAYERS BE MADE OF?**



#8

Structuring

Water that's in a formation
stores information

WHAT'S COVERED IN THIS SECTION:

- What's the difference between structured and unstructured water?
- Why does structure matter?
- How does nature structure water?
- How does [the Extreme Wellness filter](#) structure water?
- How can you structure your own water at home?

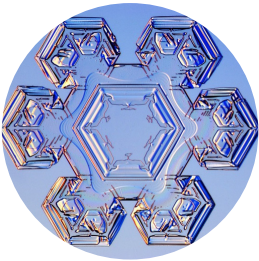
TAKEAWAYS FOR THIS SECTION:

- Water is meant to be a coherent, interconnected matrix of hydrogen-bonded molecules.
- Crystalline water hydrates us more deeply by penetrating cell membranes more easily and carrying away toxins from the body more readily.

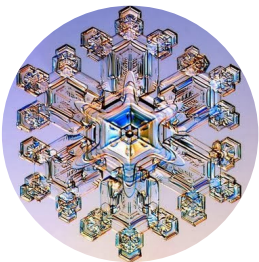


Structured Water Worksheet

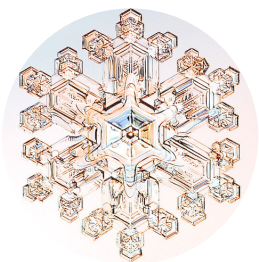
Reflect & Consider



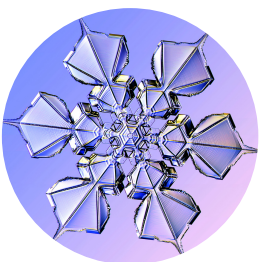
What is the difference between bulk water and crystalline water?



Why is structured water considered to be a 4th phase, distinct from solid, liquid or vapor?



How will you structure your water?



Why is it such a paradigm-shifting phenomenon?



Balancing

**Beautiful water has a
natural harmony &
equilibrium.**

WHAT'S COVERED IN THIS SECTION:

- Minerals
- Microbes
- Electromagnetism
- pH
- Hydrogen

TAKEAWAYS FOR THIS SECTION:

- How nature balances water.
- How the Extreme Wellness Filter balances water.
- How you can balance your water at home.

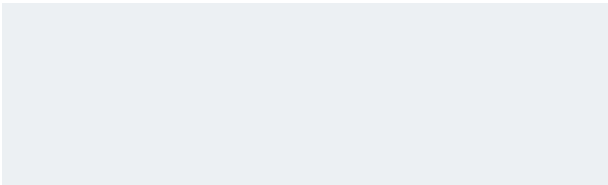


Balance Worksheet

Reflect & Consider

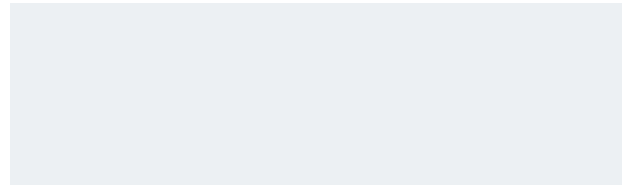
HOW DOES NATURE

give water electrical charge?



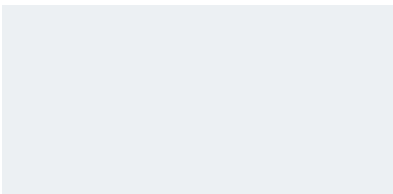
HOW DOES NATURE

give water microbial balance?



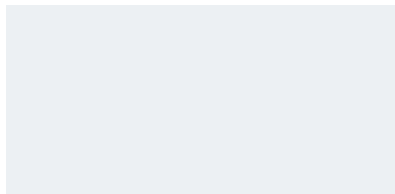
HOW DOES SHE

balance electrolytes?



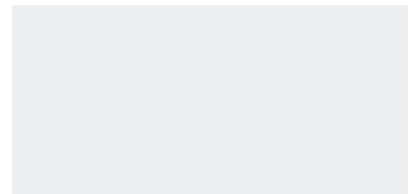
HOW DOES SHE

balance pH?



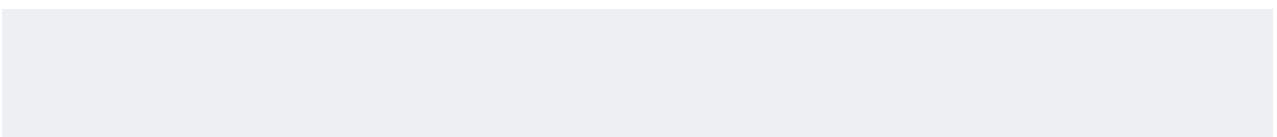
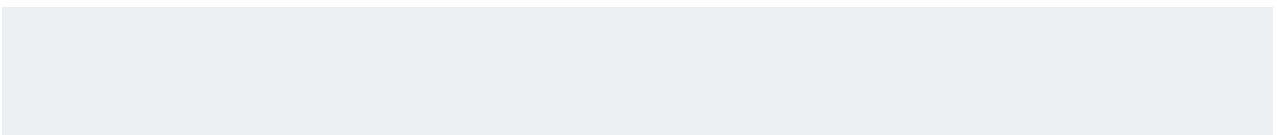
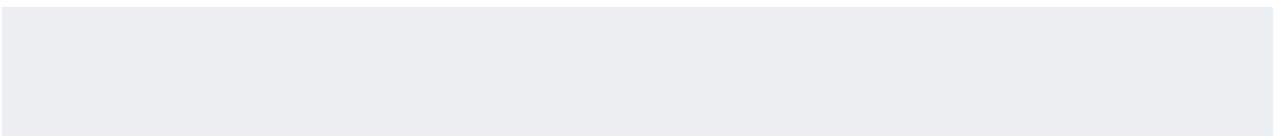
WHY

do these matter?



WHAT DO YOU CONSIDER THE 3 MOST IMPORTANT

factors to bring into balance? And how would you do so?



Blessing

water carries liquid prayers



WHAT'S COVERED IN THIS SECTION:

- What does water blessing entail?
- How does nature bless water?
- How does the Extreme Wellness Filter bless water?
- What are some ways you can bless water at home?

TAKEAWAYS FOR THIS SECTION:

- Water carries subtle vibratory stimuli.
- It imbues the patterns of frequencies into our bodies when we drink it.
- This is part of why indigenous wisdom keepers say that water is nature's primary medicine.
- If water has been divorced from nature, we must re-introduce it to natural influences, so that our bodies can vibrate in harmony with the Earth.



Blessing Checklist

Create your own blessing

INTENTION

To bless the water for health. Or for inner peace. Or dedicated to all thirsty people around the world. Or to invoke a certain deity/angel. Or

_____ (add your own)

SOUND FREQUENCY

A song. Or a spoken prayer. Or a poem. Or a beautiful piece of music. Or a sound frequency (such as solfeggio tones) Or _____ (add your own)

ELEMENT OF NATURE

Exposing the water to full moon light. Or a starlight on a moonless night. Or the Schumann resonance of the Earth. Or sunlight. Or the sounds of birdsong in a forest. Or _____ (add your own)

MOVEMENT

Water is most impressionable when it's moving. Consider shaking or stirring or vortexing your water during the blessing practice.

VISUAL STIMULI

In line with the work of Dr. Emoto and Veda Austin, print out a photo of something meaningful or sacred to you, and place your water on top of it, or tape it around the bottle/glass.

GRATITUDE

There seems a worldwide consensus that the most important factor of blessing, regardless of anything extra, is just to THANK water for the blessing of life.

_____ (add your own)

'Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground.' (Rumi) ... What is YOUR unique way?



11

Free

Even after all this time, the spring never says to the river, "you owe me."

WHAT'S COVERED IN THIS SECTION:

- What's the significance of free water?
- How does nature provide free water for all living beings?
- How does Beautiful Water support free water?
- How can you be a part of the lifecycle of free and abundant water for all beings?

TAKEAWAYS FOR THIS SECTION:

- Water is happiest when it's shared freely, without expectation or compensation. Every human being on this Earth deserves not only enough water to survive, but to thrive. And as we've seen - the key to thriving is deep hydration!
- By sharing water, you become a part of a cycle of blessing that endows people with the spirit of life itself. By sharing water for free, you align yourself with the laws of nature, which hold water as a commons - not a commodity.
- This, alone, could radically heal the world.

Free Water Checklist

How and Where to Share

DONATE

What are your favorite water charities?

SHARE

Bring high quality water to your family and community.

PAGAMENTO

As the Kogi suggest, freely give an offering to a body of water.

BE A WATER CARRIER

Have a small vial of 'wisht' waters that you cultivate.

START LOCAL

Tell your city council to cancel private water contracts and return to public water management.

BOYCOTT

Companies that commodify the source of life as a source of profit.

SUPPORT

Indigenous water protectors who are standing against fracking and pipelines.

HELP

Bring filtered, structured, balanced, blessed, free water to people who would otherwise drink shwag stagnant bulk liquid.



12

Lifestyle Factors beyond just what you drink

WHAT'S COVERED IN THIS SECTION:

- The true causes of dehydration.
- The costly effects of dehydration.
- How to prevent and treat dehydration.
- Phase Angle and how electrical conductivity equates to hydration.
- What to eat and how to move so that you can both absorb and retain more hydration.

TAKEAWAYS FOR THIS SECTION:

- Your body is a complex system of hydraulic pumps.
- Signs of dehydration are mistaken as symptoms of disease.
- Modern allopathic medicine treats thirst with medication.
- Hydration is the fountain of youth – hack your hydration and stay young and healthy far longer.

Lifestyle Cheklist

How will you Hydrate?



FASCIA & LYMPH

Don't sit still and stagnant for too long. Every so often, break up the workday by getting up and getting a move on! And help your lymphatic fluid to move by drybrushing, massaging, and slapping your skin towards lymph node sites.

HIGH QUALITY FATS

Cell membranes are made of fatty acids. If you want your cells to retain intracellular fluid, make sure you have high quality lipids in your diet.

EAT YOUR WATER

Make sure your diet is full of hydrating foods like fresh fruits and vegetables that contain structured biowater.

AVOID DIURETICS

Cut down on caffeine and alcohol. And whenever you can't avoid them, be sure to drink EXTRA water to compensate.

GET HIGH QUALITY EMF PROTECTORS

Your cells can't absorb hydration when you're in the presence of strong manmade electrical currents. Protect your biowater by getting EMF shields.



Next Steps

&

Resources

**Where to go
from here**

13

WHAT'S COVERED IN THIS SECTION:

- How to participate in the microbiome study.
- Where to access all the reading materials referenced in this course.
- Where to buy the tools to filter, structure, balance and bless your water.

TAKEAWAYS FOR THIS SECTION:

- Take baby steps.
- Start with where you are, build on what you have. No need to go full-throttle into water alchemy, but do begin putting strategies in place.
- As you gradually improve your water, notice the shifts in how you feel.

Resources Checklist

I have a high quality filter

yes

no

☐☐

I have a way to structure my water

yes

no

☐☐

I have a way to mineralise my water

yes

no

☐☐

I have a way to magnetise or ionically energise my water

yes

no

☐☐

I have a strategy for microbiome balance

yes

no

☐☐

I know where my closest spring is, and have jugs and vessels for harvesting

yes

no

☐☐

I understand why water quality matters

yes

no

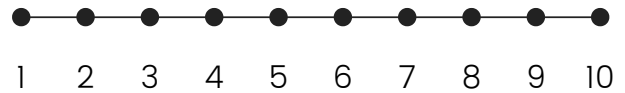
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Assessment

How confident do you feel in
implementing:

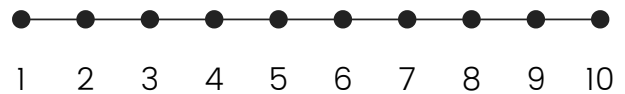
#1

FILTRATION



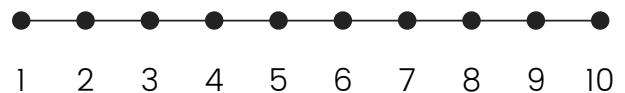
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STRUCTURE



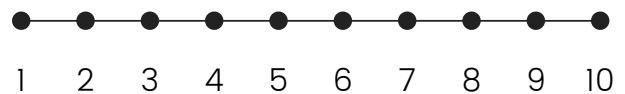
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BALANCE



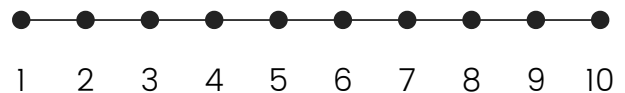
#4

BLESS



#5

FREE



1-25

BABY STEPS – Take your time in reviewing the course material and implement one technique at a time. We are here to help and to answer your questions! Feel free to reach out.

25-35

HYDRATION HACKER – You've come a long way! And you're likely already more hydrated than most people. Keep it up! It can be a lifelong process.

25-35

WATER WIZ – get at it, body of water! Go hydrate yourself and the world.

Resources & Links

(Some of these links contain affiliate codes. Isabel is grateful for you purchasing via these URLs!)

[Find Your Local Spring](#)

[Extreme Wellness Filter](#)

[Magnetic Rock \(Lodestone\)](#)

[TDS \(Total Dissolved Solids\) Meter](#)

[Magnesium Bicarbonate](#)

[Triple Implosion Vortex](#)

[In-line Magnetic Imploder](#)

[Spiral Copper Pipes](#)

[Vortexing Shower & Faucet](#)

[Portable Submersion Vortexer](#)

[Magnetic Cyclone Cup \(Portable Vortexer\)](#)

[Cascading Structured Water Unit](#)

[SomaVedic Devices](#)

[Bottled Wild Spring Water Delivery](#)

[Flower of Life Glass Jugs & Carboys](#)

[Preventa Deuterium Depleted Water](#)


















[Litewater Deuterium Depleted Water](#)

[HTWO Hydrogen Water](#)

[Dr. Perricone Hydrogen Water](#)

Resources & Links

(Some of these links contain affiliate codes. Isabel is grateful for you purchasing via these URLs!)


 <u>Hydrogen Rich Water Generator</u>	 <u>Miron Glass Bottles</u> (use coupon "WaterIsLife")
 <u>Light-Therapy Vortexer</u> (use coupon "WaterIsLife")	 <u>Cobalt Blue Glass Bottles</u>
 <u>Spring Water Carboys</u>	 <u>Hidrate Spark 3 ('Smart' Water Bottle)</u>
 <u>Carboy Carrier Handles</u>	 <u>Carboy Sleeves (for light/temperature control)</u>
 <u>Sparkling Water Generator</u>	 <u>Crystal Water Bottle</u>
 <u>Double Terminated Crystal Water Bottle</u>	 <u>Gemstone Water Infuser</u>
 <u>Crystal Water Decanter</u>	 <u>Active Hydrogen</u>
 <u>Quinton Marine Plasma</u>	 <u>Near Infrared Light</u>
 <u>Red Light Therapy Sauna</u>	 <u>High Oxygen Water</u>
 <u>Vortex Magnet Energisers</u>	 <u>EMF & 5G Protection</u>
 <u>Omniblu Ocean Minerals</u>	

Resources

(Some of these links contain affiliate codes. Isabel is grateful for you purchasing via these URLs!)

 [Camelbak Water Carriers](#)


 Fill In Your Own Water Wishlist:

 [EMF Killswitch](#)
(use coupon "WaterIsLife")

 _____

 [Magnesium Water](#)

 _____

 [Hydrogen Tablets](#)
(use coupon "WaterisLife")

 _____

 [PEMF Torroidal Field Generators](#)
(Use coupon "Waterislife")


 _____

 [Water Magnet](#)

 _____

 [Shungite](#)


 _____

 [C60 Fullerenes](#)

 _____

 [Faraday Cage EMF Protection](#)

 _____

 [Solfeggio Tuning Forks](#)
(immerse in glass of water)

 _____

 [Chi Organizer](#)

 _____



WE MUST BEGIN



**thinking like a
river
if we are to
leave a legacy
of beauty and
life**

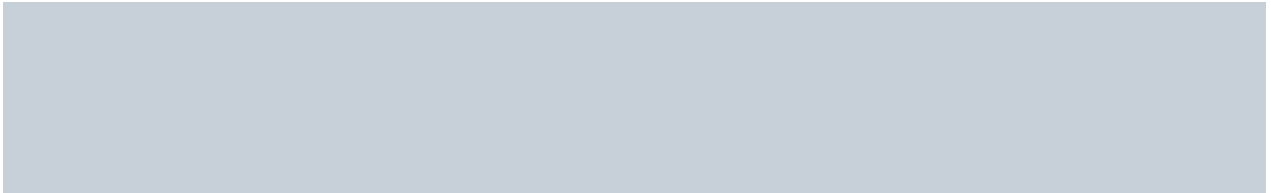
**FOR FUTURE
GENERATIONS**

~ David R. Brower

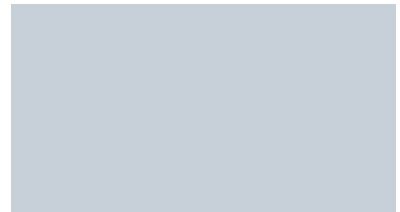
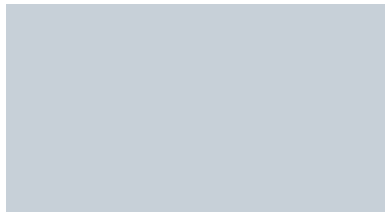
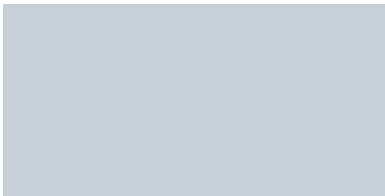
Module 14 - Bonus Training

Affiliate Marketing & Planning Your Networking

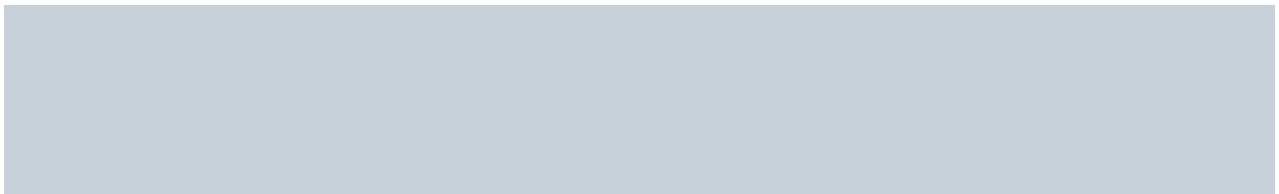
DESCRIBE THE STRATEGY OF "3 FOOTING"





LIST 3 PLACES YOU CAN CASUALLY MEET NEW PEOPLE



WHO ARE 'FRANK' IN YOUR CONTACT SPHERE?



LIST 3 BUSINESS NETWORKING OPPORTUNITIES



**WHAT ARE COMPLIMENTARY NON-COMPETING
PROFESSIONS YOU CAN ALLY WITH?**



monthly affiliate planner

IMPORTANT DATES

List your networking opportunities & meetings

MONTHLY GOALS

☐ E.G. talk to 2 people per day about water quality

sun	mon	tue	wed	thu	fri	sat
sun	mon	tue	wed	thu	fri	sat
sun	mon	tue	wed	thu	fri	sat
sun	mon	tue	wed	thu	fri	sat
sun	mon	tue	wed	thu	fri	sat

weekly affiliate planner

TOP PRIORITIES

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

AFFIRMATIONS

mon	
tue	
wed	
thu	
fri	
sat	
sun	

daily affiliate planner

7:00
8:00
9:00
10:00
11:00
12:00
1:00
2:00
3:00
4:00
5:00
6:00
7:00
8:00

GOALS

WATER



EXERCISE

NOTES

affiliate to-do list

3 PRIORITY TASKS FOR THIS WEEK

☐

☐

☐

NETWORKING TO-DO LIST

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WEEKLY ACTION STEPS

☐

☐

☐

☐

☐

affiliate goal setting

You get out what you put in

Remember, EVERYONE needs fresh, clean water DAILY. So your demographic is endless. Come from your HEART, share with enthusiasm for wellness, and aim to SERVE. Then even if you only get one new client per week, that's an extra \$2,000 AUD per month! Put in the time, and you'll reap the rewards.

GOAL#1	ACTION STEPS:
	1:
	2:
	3:
GOAL#2	ACTION STEPS:
	1:
	2:
	3:
GOAL#3	ACTION STEPS:
	1:
	2:
	3:

next level

READY TO TAKE IT ALL TO THE NEXT LEVEL?



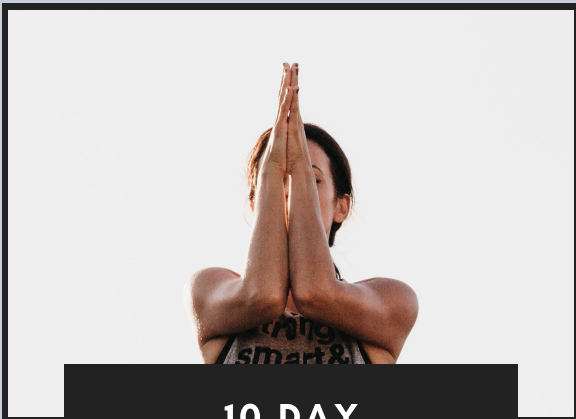
COACHING PACKAGES

Say something about it



MONTHLY COURSES

Description



10 DAY RETREAT

Et Cetera

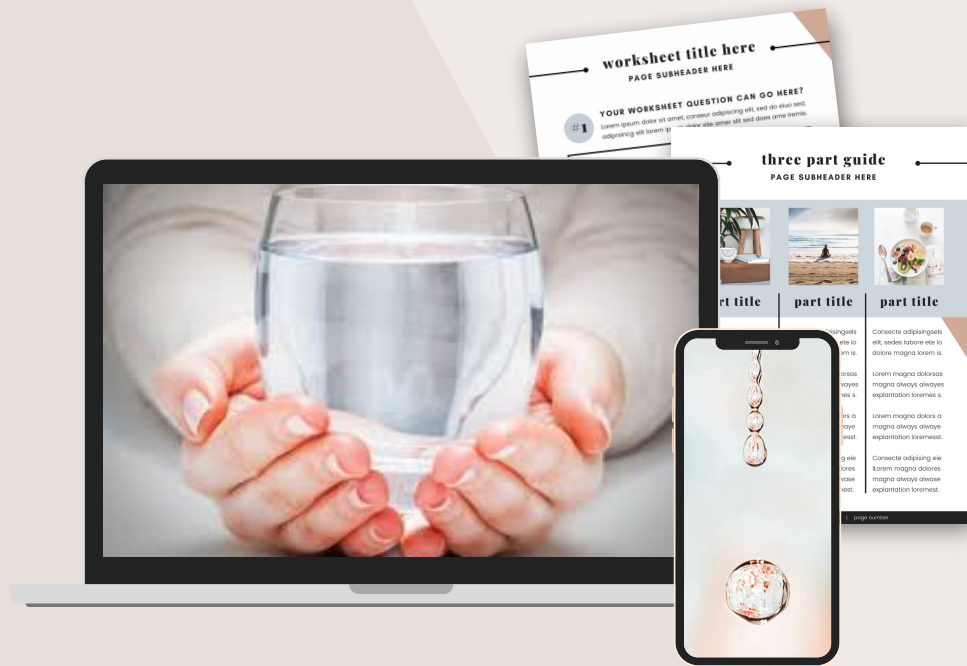


GROUP PROGRAM

Blah Blah Blah

enroll here

NEW HYDRATION ONLINE COURSE IS OPEN!



Let's tell them about the next course

Which is going to be epic and amazing

Click to Learn More

thank you



**It's been a pleasure to share my
life's passion with you. Stay
healthy, stay hydrated.**

LOVE, ISABEL

**PS, please share your
hydration journey
with us!**

We are here to support you. If you have questions, comments, recommendations, invitations, testimonials, or stories to share with us, please don't hesitate to reach out. Remember, when you tap into the wellspring of flowing waters within you, you are connected to all life.

It is through water that we are ONE.

copyright



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