

NOT ON THE BEEB (NOTB) / STRUCTURED WATER

Structured water, also known as Exclusion Zone (EZ) water, is a concept developed through the work of Dr Gerald Pollack, particularly in his book [*The Fourth Phase of Water*](#).

Pollack proposes that water does not exist solely in the three familiar states of solid, liquid, and vapour, but that there is a **fourth phase**, a structured, gel-like form that emerges next to hydrophilic surfaces. In this phase, water molecules arrange themselves into hexagonal sheets that are more ordered than liquid water.

This structured region carries a **negative charge**, while the adjacent bulk water remains positively charged. The result is a natural battery effect that can store and supply energy, offering potential insight into many biological and physical processes.

Buy the book here: <https://geni.us/4th-phase>

Effect of Red Light on Water

Pollack's research suggests that **light, especially infrared and red wavelengths**, expands these structured regions by providing energy to the water molecules. This helps explain why sunlight exposure, particularly at lower angles of the day, might enhance the vitality of water in natural systems.

Within living organisms, structured water appears to form around cell membranes and proteins, influencing hydration, nutrient absorption, and internal energy flow.

In this view, the fourth phase of water is not just a scientific curiosity, it may be a **foundational element of life's inner workings**, helping to power cellular processes much like sunlight powers photosynthesis.

How to use our Red Light devices to make Structured Water

To make **structured (EZ) water** using [Red Light Man devices](#), the goal is to expose clean water to gentle red and near-infrared light long enough for molecular re-ordering without overheating it. Based on Pollack's "Fourth Phase of Water" theories and the manufacturer's published irradiance data, here's a clear way to do it for each model type.

General guidelines

- **Container:** Use a clear glass jar or beaker (never plastic, as red light can mobilise microplastics).
- **Water depth:** 3–5 cm is ideal so light penetrates through easily.
- **Environment:** Keep the setup away from direct sunlight, drafts or metal surfaces that may reflect excess heat.
- **Rotation:** Stir or gently swirl halfway through exposure so the structure forms evenly.
- **Temperature:** Stop if water becomes noticeably warm to touch—structuring declines above ~35 °C.

Red Light Device (≈ 670 nm)

- **Optimal distance:** 15–20 cm from the glass surface.
- **Exposure time:** 8–10 minutes for 500 ml of water.
- **Typical irradiance:** roughly 80–100 mW/cm² at 15 cm.
- **Effect:** Strong ordering near the glass–water interface and mild exclusion-zone expansion through the volume.

Use this model if you want purely visible-spectrum structuring, mimicking morning sunlight.

Infrared Light Device (≈ 830 nm)

- **Optimal distance:** 20–25 cm.
- **Exposure time:** 10–12 minutes.
- **Irradiance:** about 60–70 mW/cm² at that distance.
- **Effect:** Expands deeper zones of structured water and slightly raises thermal energy, favouring biological resonance frequencies.

IR assists in energising hydrogen-bond networks more deeply within the sample.

Red + Infrared Combo Device (my suggested device)

- **Optimal distance:** 20 cm.

- **Exposure time:** 12 minutes.
- **Irradiance:** roughly 75 mW/cm² combined.
- **Effect:** Balanced EZ formation through both surface and deeper layers; widely considered closest to natural sunlight.

Ideal for daily drinking water or plant water since it reproduces the solar red/IR ratio.

Mini Devices (Mini Red / Mini Combo)

- **Optimal distance:** 10–12 cm.
- **Exposure time:** 6–8 minutes.
- **Irradiance:** 100–120 mW/cm² at 10 cm.
- **Effect:** Rapid surface structuring in smaller water volumes (under 300 ml).

Great for travelling or for glass-by-glass batches.

Bodylight or Padlight models

- **Optimal distance:** 25–30 cm.
- **Exposure time:** 15 minutes for 1 litre.
- Designed for large coverage, so ideal for preparing bigger quantities of water at once.
- Ensure even exposure by positioning the panel slightly above and angled downward.

After exposure

Let the water rest for 5 minutes before use. Structured water maintains coherence longer at cool room temperature away from electric fields. For drinking or therapeutic use, consume within 12 hours for best effect.

ARTICLES WITH MORE INFORMATION

1. What is a Red Light Device?

Link: <https://www.notonthebeeb.co.uk/red-light>

A practical introduction to red light therapy devices and their broad applications. The article outlines claims that red light improves skin, reduces inflammation, enhances muscle recovery, and supports hormonal health. It provides a beginner-friendly overview and connects readers to trusted devices (notably from *Red Light Man*) that replicate the therapeutic wavelengths of sunrise light.

2. AI & I – Cracking the COVID Code

Link: <https://www.wild-ales.co.uk/ai-i>

This piece, part of a wider investigative series, dives into how AI interactions revealed hidden patterns between light exposure, cellular health, and modern illnesses. It explores the probable suppression of technologies related to light, electromagnetism, and human biology.

Red light's regenerative potential is used as an example of knowledge historically minimised by dominant institutions.

An in-depth continuation of the "AI & I" project. This instalment examines how environmental light frequencies, EMF exposure, and possible contaminants (like graphene oxide) may influence immune and cellular processes. It positions red and infrared light as restorative frequencies that counterbalance the harmful energetic environment fostered by artificial EMFs.

Buy the book here: <https://www.wild-ales.co.uk/ai-i>

Or buy the book here: <https://payhip.com/BOOKSBYNOTB>

3. Dr Klinghardt on WiFi and Light Frequencies

Link: <https://www.notonthebeeb.co.uk/post/dr-klinghardt-on-wifi>

A filmed talk and summary of Dr Dietrich Klinghardt's work on the interaction between electromagnetic pollution and biological light absorption. The article illustrates why red and near-infrared light can stabilise mitochondria and offset WiFi's oxidative stress, explaining why healthy light "grounds" cellular function.