

## Online Extras

### The Dynamic Nature of Water Part II by Evan Folds

MaximumYield – USA Edition, April 2009



The new frontier of indoor gardening is the realm of subtle energies. Water takes center stage in this new conversation as it is the medium by which subtle energies are communicated to living systems. The way in which we physically treat water determines its ability to accomplish its vital tasks. For instance, if we allow water to take a natural vortexial form it is more capable of communicating these subtle energies than if we were to industrialize it or send it through straight shooting water pipes.

We have never actually seen a water molecule, but its structure determines the ability of it to physically enter living cells. Cells drink water through aquaporins, or specific protein channels in cells. They were discovered in 1998 by Peter Agre, who was given the Nobel Prize in Chemistry in 2003. Aquaporins have been found in all living organisms and serve to regulate the flow of water and are used for cellular processes, which, above all, is where health happens. Without paying attention to the hydration potential of our plants, how can we be confident that we are maximizing the success in our gardens?

The same goes for human hydration; do you drink half of your weight in ounces of water daily? Most

don't, yet this is the recommended amount for proper hydration. The problem is, even people that drink this amount of water daily are generally dehydrated. The fragile state of water has been crushed by modern industrialization, meaning our cells can no longer access the proper amount. Rather than hydrating our cells, water is merely irrigating our kidneys.

***“The fragile state of water has been crushed by modern industrialization, meaning our cells can no longer access the proper amount.”***

It is hard to find any mention of the subtle nature of water in the indoor gardening community, yet we use water more directly than most. We recirculate it, consider its purity and filter it and use it to deliver our nutrients and foliar sprays. Some of us even carry large portions of it from the store to provide a clean source. When have we ever stopped to consider the state and structure of the water we are delivering to our plants? We even work with this aspect of water directly when using wetting agents, which break down the surface tension of the liquids we are spraying on our plants, but we do not take the next step and apply this concept throughout. It is the most important element to our garden, yet we treat it as a commodity.

There is not a process inside of a plant that occurs without water. Hydration is arguably the most important factor to living life, yet we completely ignore it. Seek out ways to enhance your gardens hydration potential today!

