

Columns

The four phases of water

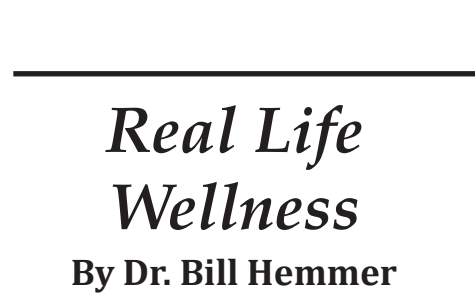
I have spent my entire life believing there is only three phases of a substance. My Physics class taught me there is a liquid, solid and gas state to everything. But new research has discovered water can morph into a fourth state for a very brief time.

This state has been called different things over the last 10 years. I first heard it described as EZ water. In this state, water becomes an electrically active substance that becomes a key part of your overall health. Another description I have recently heard make even more sense to me. This description paints the picture of the fourth phase of water as a gel state. In this state, water becomes like a battery inside your cell

membranes.

Each of your 70 trillion cells right now contains this gel-like water inside of it, but this gel state of water is extremely fragile. If the cell is injured or attacked in any way, the water inside the cell reverts to its liquid state and loses its ability to transfer energy in the same way that the gel water does. Plus if the water inside your cells remains in the liquid state, it will begin to seep out of the cell and the cell will eventually die.

Anyone who has spent any time with me understands hydration is a huge topic of my conversation when it comes to building and maintaining a healthy lifestyle. So, this new piece of information about



Real Life Wellness

By Dr. Bill Hemmer

how to hydrate more effectively has quickly spread throughout my practice community. But, for those who haven't been in lately to hear about it, I'm going to describe how you can make your own EZ or gel water at home, to increase your cell hydration, in turn, you will help yourself stay healthy.



First, I need to explain how water gets into this fourth state. When water twists and turns through biological systems, such as, flowing down a river, going over a waterfall or dropping from the sky as rain, small parts of this water become biologically charged.

So, nature makes EZ or Gel water in small amounts all the

time. When we have the opportunity to drink from these types of biological systems we absorb this EZ or Gel water and use it to hydrate your body. Even if this water is filtered, the electrical activity of this water will remain in a small degree.

However, most of us do not have the ability to drink water from biologically active environments. We must rely on our municipal water supply. But the good news is you can make tap water biologically active by adding just two things to it. If you don't want to use tap water, spring water is probably your best source of water to start with.

To make a portion of your water into EZ or Gel water, get

a lemon or a lime, cut it in half and squeeze the juice and any pulp that decides to come with it, into your cold glass of water. Then take a pinch of Sea Salt and add it in. An eighth of a teaspoon is plenty. What you have just created is a glass of energized water!

I use one lime a day, so I do this drink twice daily into 20 ounces of water. Try it and I would love to hear what happens after a week or two. You can always email me at drbillhemmer@hotmail.com.

Next week, I'm digging really deep, literally! I'm going to talk about the health of our soil and how important it is to our future on this planet.

Pizza Rounds a favorite, easy Super Bowl recipe

Are you still looking for something special to make for the Super Bowl game? I have a make-ahead recipe that is a family favorite. Whenever I make these Pizza Rounds, they get eaten up in a hurry. I got this recipe from my sister years ago. You can make these a day ahead of time or early in the day of serving. Or you can make them and freeze until you need them.

1 lb hamburger
1/2 tsp garlic salt
1 1/2 tsp oregano
1 tsp Worcestershire sauce
1 lb. Velveeta, cubed
party rye bread

In a large skillet, brown the sausage and hamburger until cooked through. Drain. Add the garlic salt, oregano and Worcestershire sauce. Mix well. Add Velveeta and heat through on low heat until the cheese is melted, stirring frequently.

Spread the party rye bread out on a large baking sheet

pan. (I use a jelly roll pan). Spread the meat mixture evenly on the bread. Bake for 10 to 15 minutes at 425 degrees, until hot and lightly browned. (if frozen, add several more minutes to cooking time.)

Serve immediately. If you are a fan of chips and salsa like I am, you will like this next one. I first had this Black Bean Salsa when a friend brought it to my house for a Super Bowl game, and I could not stop eating it! It was so addictive!



Let's Cook

By Linda Hoskins



1 tsp garlic, minced
1/4 tsp cumin
juice of 1 lime
salt and pepper to taste

Mix all in a large bowl. Taste it and add more salt and/or pepper to suit your taste. Refrigerate for several hours before serving.

If you have a recipe to share, please send it to letscook!@heraldpubs.com or mail to Mascoutah Herald, PO Box C, Mascoutah IL 62258. Thanks and Happy Cooking!

1/4 cup finely chopped red onion
1/2 cup chopped red pepper
3/4 cup corn, cooked
1 cup thick and chunky salsa
1/4 cup cilantro, chopped

Black Bean Salsa

15 oz. can black beans, rinsed and drained

Pizza Rounds

1 lb. spicy sausage

The pitfalls of planning an anniversary trip

John and I have a big wedding anniversary coming up, our 35th, and we have been wanting to plan a trip to celebrate. We have been in the planning stage really since last year, but have not finalized anything.

There is a lot to think about when planning a trip, especially when you are like John and I. We don't travel very often. OK, that is a huge understatement. If it wasn't for John driving to work every day, I bet we wouldn't leave the county but once or twice a year. We just don't travel or have a reason to do so.

Why not? Well, I get carsick, for one reason. Several of the kids do, too, so taking family vacations has always been an adventure, and not a pleasant one at that. When the kids



Holding It All Together

By Amy McCollom

were smaller, we would go to theme parks within a day's driving distance.

So where would be a good place to get away for a celebration for us? A romantic tropical island, maybe? A resort on the beach, perhaps? A condo in the middle of the city surrounded by events and venues? A secluded cabin in the woods? Perhaps we should take a cruise and party the night away with hundreds of

other guests onboard a giant sea vessel. So many options!!

Well, as we have gotten older, and because we are the people we are, certain kinds of venues just won't be a good fit for us.

1. I have trouble walking long distances because of knee pain and foot issues, so any place where a lot of walking is involved is a no-go.

2. We are not drinkers, so a party atmosphere would not

appeal to us, nor would a loud crowd with pounding music and flashing lights. I have constant ringing in my ears and loud noises make that increasingly worse.

3. I'm afraid of sharks, and also other nasty sea creatures that can sting, bite, or otherwise harm me, so swimming in the ocean doesn't sound like fun. I also don't enjoy tiny sand-crabs crawling up my shorts as I lay on my beach towel.

4. We both have an aversion to overspending money on food and other things that we can get elsewhere at a cheaper price. We like to use our money wisely and feel splurging is wasteful and foolish. Maybe it's how we were raised or the fact we know how hard it was to get that money. We are frugal most of the time.

5. Neither one of us are frequent fliers, only having flown commercially once in our lives. Flying somewhere would be a bit scary for us, and a cost we can't agree is worth it. Besides, I get homesick after 2 days, so going too far would make me really anxious.

6. There really isn't any ONE place we are dying to see. We would be taking a big trip because, well, that's what people do for big anniversaries, we are told. Is this just a fear of missing out? Or are we really missing out on something? We have watched YouTube videos of all the places we have thought about going, and seen what there is to offer there. And that was free, comfortable, and from our own sofa in our living room.

7. Lastly, I watched a movie on Hulu called The Last Tourist and it opened my eyes to the dirty truth of what tourism really is, and how and who it affects the world around us. It is a very good movie, and I sug-

gest everyone should watch it. It will make you think, and hopefully change, if you need to.

When I first mentioned going on a trip to my husband, he paused, and then said, "It just feels wrong, going on a fancy trip when there is so much poverty in the world." I hate to admit it, but that angered me. Don't I deserve a nice trip like everybody else?!! Now I am ashamed that was my feeling at the time. John is a good man, with a big kind heart, and that is why our marriage has been so good for the last 35 years.

Whether we go to the ends of the earth, or sleep in a tent in the middle of a field and stare up at the stars, as long as I am enjoying it with John, that is all that matters. I think we will find a place that is just right for us, and not too far from home. Knowing what you don't want is just as important as knowing what you do want, maybe even more. Good words to live by.

Newlywed Game can be hard on a marriage

I've started watching old episodes of The Newlywed Game, the TV show where recently married couples are asked silly and often hypothetical questions about each other in a bid to win a tropical cruise or a washer and dryer.

It was an after-school show during my teen years and was a little risqué for its frequent questions about sex, which was referred to as "making whoopee," which may have given me an unrealistic and tilted idea of what martial life was like.

Back then, at least in middle America, we didn't talk about such things. I'm sure my parents had no clue that I was learning more about intimate relationships from Host Bob Eubanks than I was from them.

I always thought it would be fun to go on such a show. The questions and answers evoked a lot of laughs, especially when one spouse would smack the other one with the large answer card. That seems

less fun now.

Now when I watch the show, I think how I would hate to be on it. Some of the questions are so loaded that I would refuse to answer them. When any answer you give will only embarrass or anger your spouse, that's a risk not worth taking. The show reportedly led to numerous divorces; some of the prizes probably outlived the nuptials.

Some of the questions are multiple-choice where the only answer for me would be "none of the above." Like, if you needed a "plus-one" for an event and your wife was unable to attend, which one of her friends would you invite?

None of the above, Bob. If I can't go alone, I guess I'm not going.

Another recent question was, what part of your body would your wife say is more like a woman's than a man's? How do you answer that? I'm not fem-phobic but there is no part of my physique that



Ramblin' Man

By David Porter

would look good on a woman. It doesn't look too good on a man.

If the question was modified a bit, maybe it would work. Like: what part of your body would your wife say looks more like a monkey than a man? That question has endless possibilities.

Still, I like to watch the show with my wife and discuss what our answers would be. It's a fun, casual exercise to get to know each other better. Half the time, though, we both come up empty-handed.

Discussing the questions in the privacy of our home is

relatively safe. But in front of a national audience? Ooh-boy. Which wrong answer will result in the least amount of bloodshed?

My wife and I have been married for about a decade. I think we know pretty much all there is to know about each other. One thing is for sure, though; we both know enough to never go on a gameshow like that.

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Good Riddance, Rodents.

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