

Shameless Self Promotion

The Magic of Stir Wands

By Kathy Fitzpatrick

I received the 24/7 stir wand as a gift. Blue-Violet in Color, this Wand is for everyday use and stress relief. It is hydrating and oxygenating. For water, stir approximately 10 seconds per 8 ounces. For beverages, stir to taste. Will not over-charge any food or beverage. Use any time. For better results leave the wand in for longer lengths of time.

I wasn't sure what to expect but was very pleasantly surprised to find my filtered water tasted better, thicker somehow and even though i was drinking the same amount as always could tell my body was more hydrated b/c my eyes were watering and they're typically a bit dry, especially in the morning.

There are many different kinds of wands; gourmet, garden, Zen Master, Olympian, Warm Heart and Guardian. Each performs in a slightly different manner.

The changes i noticed were subtle, it took a day or two to notice the change in the taste of water and another couple for the water to "feel" thicker and a bit longer yet to notice that yes, i was more hydrated. If you want to notice the effects immediately a good way to try is the Gourmet, the other wands take a couple of week commitment of drinking at least 64oz of water each day. They are a bit pricey but the results are well worth it. Plus the stirwand will last a lifetime. Stirwands can be purchased direct from this <http://www.globallight.net>

Other than being a happy, satisfied customer i have no other ties with them. For more information please check out the following links. kat

[Understanding hydration](#)

[Randomized clinical control for the stirwand](#)

[Stirwand blood oxygen levels](#)

[Stability testing](#)

[Oxymeter testing](#)

[Invitro testing](#)

[Stirwands, Quantum mechanics and the High Matrix](#)

Note: Stirwand descriptions and use suggestions are subjective and are not intended to represent scientific fact except for the hydration and oxygenation claims for which there is scientific proof in the links above.