

## SHUNGITE WATER GUIDE: EVERYTHING YOU NEED TO KNOW

*Shungite is a famous water filtering instrument. Clean and safe water is a staple of our life. But drinking shungite water is going beyond just clear water to healthy water. Let's look into a matter.*

Clean water is one of the most vital resources. **Up to 70% of human body is made of water.** All systems need water for proper functioning. And in modern extremely polluted world water purification has become a matter of concern. Although before water from rivers and lakes is delivered to our homes it is filtrated in **urban water-supply systems** we can hardly say that it is safe to drink. As you may know, these systems use chlorine and different other artificial substances to “purify” the water. It changes water micro-mineral balance and creates toxic disinfection byproducts that can be even more **dangerous for our health.** Therefore, nowadays the majority of people resort to additional water filtration methods. As a result, shungite, charcoal and other porous materials has become extremely popular. They affect both physical and chemical contamination, kill bacteria, remove bad taste and odors.

[Shungite stone](#), found in the Republic of Karelia, Russia, has unique chemical composition (high proportion of carbon) and physical characteristics (sorption, antibacterial and catalytic properties). **Carbon nature** of this stone and its **porous structure** result in extremely high filtering capacity. **Shungite absorbs and holds up to 95% of polluting elements** including heavy metals, fluoride, chlorine, pesticides, radon and harmful microorganisms. The amount of organic chemicals and man-made substances in shungite water is close to zero.

Besides, shungite powerful **bipolar properties** lead to the ability of the stone to adhere to useful organic elements maintaining **optimal micro-mineral composition of shungite water.** As a result of filtration shungite water is filled with oxygen, calcium, magnesium and a number of other mineral components essential to our health and beauty. **Energized** and **mineralized** shungite water is associated with better functions of cells and tissues as it contains natural antioxidants neutralizing free radicals.





## Shungite water with balanced pH

Another major advantage of water filtration with shungite stones is that it helps to **balance pH level** of tap water. As you may know, water we consume shouldn't be too acidic (with pH level of less than 6.5) or overly alkaline (measuring greater than an 8 on the pH scale).

After the first stage of filtration, pH of shungite water is about 5.5, so it is considered to be acidic. **Acidic shungite water** can be extremely helpful and are widely used for therapeutic purposes. It is applied externally to cure acne, spots, cuts and other skin-related problems. Drinking acidic shungite water helps to treat chronic respiratory issues, headaches, aches in joints and muscles as well as the problems with the digestive system.

At the same time shungite-infused water have high concentration of silicates and trace minerals that are vital for the **healthy alkaline pH water**. These elements need some time to get into the water and balance its pH value (make it about 7-7.5 on the pH scale). Therefore, if you'd like to get healthy shungite water on a regular basis without pH imbalance, we'd recommend doing the following:

### 3 easy steps to clear and healthy shungite water

1. Wash shungite stones carefully under running water to get rid of dust, different premises and dirt on the surface of the stones;
2. Infuse 150-200 grams of [regular shungite](#) (30-50% of carbon) or 50-70 [elite shungite](#) (up to 98% of carbon) per one liter of tap or initially filtrated water;
3. Leave shungite-infused water in dark place for at least 24 hours and then drink it fresh adding more water to the jar as you drink it.

### Shungite water benefits

Following these instructions you will get not just clear and fresh, but really healthy shungite water applied for a number of **therapeutic purposes**. First of all, shungite water vitalizes leukocyte cells and **improves overall immune system**. It is recommended to drink shungite water on a regular basis if you suffer from problems with digestive system. Besides, it is used to treat common colds, different respiratory diseases, headaches, as well as aches in joints and muscles.

Shungite water contains biologically active **C60 fullerenes** that are extremely valuable for our health. Numerous studies have shown that high antioxidant activity of this molecules and their ability to block specific cells may be used in the near future in **anticancer therapy**. Fullerenes are able to penetrate into tumor cells and block their proliferation. Thus, it enhances value of shungite water.

Moreover, shungite crystal water is perfect for detoxification. **Shungite detox water** is great to bring along with you in a bottle and sip all day. It removes the toxins from your body, speeds up metabolism, fills you with vitamins and minerals. Shungite water may be your additional protection from diabetes and cardiovascular diseases.

Apart from improving your health shungite water may be valuable for your beauty. Shungite stones have powerful **antibacterial** and **antioxidant properties**. Therefore, external use of shungite water helps to cure acne, spots, inflammations, as well as cuts and burns and other skin-related problems. Being **efficient refresher** and natural source of fullerenes shungite water counter “free radicals” damaging skin cells and causing such signs of aging as wrinkles, dark circles, dry and dull skin. Daily washing with shungite water will improve skin elasticity, treat skin redness, and make it smoother and firmer.

Shungite water has **comprehensive calming effect**. That’s why it is used in spa and wellness centers for healing baths. It helps to relieve stress and fatigue, boost your immunity and fill you with energy. If you’d like to relax after a long day just infuse 400-500 grams of healing shungite stones in hot water and wait for about 10-15 minutes. Then just slip into a warm and relaxing shungite bath, concentrate on your body and feel safe and secure. Shungite water will moisturize the tissues, restore pH balance of your skin, relax tense muscles, and bring you the feel of comfort.



### Choosing right shungite water stones sets

To make clear and healthy shungite water available for everyone Karelian Heritage’s experts created different [shungite stones sets](#) for every need and budget. **Both elite (type I) and regular (type III) shungite in their raw non-polished form are suitable**. The only difference between them in case of water purification is the amount of carbon. [Regular shungite](#) contains about 30-50% of carbon, while the percentage



of carbon in [noble shungite](#) is higher and may account for 95-98%. Therefore, elite shungite is considered more efficient and you will need fewer stones for the same amount of water. Besides, elite shungite makes more mineralized and energized shungite water.

The **size of shungite water stones** in the set does not affect the efficiency and quality of filtration as well. What really matters is the size of set itself. In case of smaller shungite stones, you will need just more pieces to get the same filtration capacity. To put it simply, [200 grams elite shungite set](#) containing 10 pieces of 20 grams noble shungite nuggets is equal to [200 grams elite shungite set](#) of 40 pieces each of 5 grams. So, just pick up the shungite stones set you prefer.

Choosing shungite for water purification, you should remember that shungite pyramids, spheres and other **shaped products are not suitable for making shungite water**. Shaping, polishing and other manufacturing techniques reduce the filtering capacity of stones. Only [raw shungite](#) provides the highest level of filtration and mineralization.



As you may know, shungite water stones may be repeatedly used for water purification, but only if you **clean and re-charge them on a regular basis**. In order to get rid of different premises and restore the original filtering capacity of shungite stones surfaces, you should make acidic water by mixing a liter of warm water with one tablespoon of lemon acid or vinegar and put the stones in the mixture for a couple of hours. Then, you may clean shungite stones carefully under running water and place them in full sunshine for about three hours turning once. Solar energy will re-charge the stones and you will be able to go back to the original instructions. With time if you think shungite water does not bring any benefits anymore, it is better to change the stones. We would recommend to get new shungite water stones at least once a year.

In essence, shungite water is an ideal option for you if you care about your health and are eager to experience the properties of shungite. It is your **access to crystal clear healthy water** that is extremely valuable in modern-day world.