(NU) - It is the most taken-for-granted natural resource we have -- and we use and abuse it until we don’t have it. Some tend to think of it as our birthright, while others think of it as a gift. It is water, and it is turning out to be more complex than once thought.

To understand this necessary component to life, we must understand its chemical properties and how it works in and with our bodies.

The water molecule is made up of two hydrogen atoms and one oxygen atom to form the oft-quoted H₂O molecule. However, what you may not know is that water comes in clusters of molecules (rather than single molecules), and tap water contains very large clusters of up to 13 molecules. It is as if 13 groups of water are essentially holding hands.

What this means for your body is that you will feel fuller longer after drinking a glass of tap water, because of the amount of water molecules that need to be processed for hydration.

However, if you drink micro-clustered water, or water that contains only five or six molecule clusters, the water will be that much more hydrating, soluble and permeating for the cells and the body. In essence, it’s a system that delivers wetter water so that more of the nutrients will be absorbed into the cells at a faster rate.

Sound confusing? Think of micro-clustered water as a handful of Bb’s compared to a softball. If you throw the softball at a chain-link fence, it won’t pass through. However, if you throw the Bb’s at the fence, they pass through seamlessly. Micro-clustered water is like that. It permeates your cells much like the Bb’s through the fence, hydrating your body within seconds of drinking, leaving you less bloated and more completely hydrated.

By drinking water that contains fewer molecules, or micro-clustered, alkaline, ionized water such as Alkame Water, you can hydrate your body more quickly and effectively, enhance energy levels, improve your overall aerobic capacity and health and prevent premature aging. Additionally, antioxidants are a benefit of micro-clustering, which have been proven to boost the immune system.

The benefits of clustered water were upheld by an independent study conducted by the Chinese Health Care Science and Technology Society, which found that 60 percent of people who drank clustered water had their cellular hydration level increase tenfold.

For more information on micro-clustered water and the health benefits it can provide, visit www.alkamewater.com.