



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS  
**HEALTHY TRAVELER'S GLOBAL SUMMIT**  
SPEAKER TRANSCRIPT

**Dr. Robyn Benson:** Hello everyone. Welcome to the Healthy Traveler's Summit. We are so excited as we move along learning about so many important topics when it comes to travelling. Each and every day, healthy, vibrant hormones working, your brain functioning, your moods are clear. How does that sound? Sounds like you want to travel on a regular basis if all that's in line. My name is Robyn Benson, I'm a doctor of Oriental Medicine actually for twenty three years in Sta. Fe, New Mexico, Founder of Santa Fe Soul Center for optimal health and I just want to let you know that this health care revolution that we brought into the world two years ago is this sponsor of this event and we're just thrilled to bring to you 30, 30++ experts to tell you, to share with you their best information and the topic today is water. That is one of the most important topics when it comes to global travel, whether you are travelling by a train, a plane, a bus just to know that hydration is really essential for how you feel every day. And I am joined by my fabulous co-host.

**Kevin Snow:** Hi. Kevin Snow, the Desert Shaman. I am a Shamanic practitioner and intuitive that works in Sta. Fe at Sta. Fe Soul and has been a part of this amazing self-care revolution and now this Healthy Traveler's Summit which is incredible to be a part of. I also have done extensive traveling and I'm looking forward to learning what we have to learn today about hydration. I've certainly been one of the ones in the line at the airport with my big bottle of water that they take away. Darn it. So, definitely excited to learn about again structured water and how we can stay hydrated during our travels.

**Dr. Robyn Benson:** And yes. And I can't think of a better person to introduce you to especially with this topic than other than Patrick Durkin. I want to welcome you Patrick.

**Patrick Durkin:** Thank you so much, Robyn, Kevin. It's a pleasure to be with you and as always to connect with your audience and be talking about water, how wonderful. Thank you.

**Dr. Robyn Benson:** Yes. Honestly, your love and passion for educating the world on hydration really moves me. I've known you for a couple of years now and I know that we wanted to dedicate a whole ... at least one or two of our talks to this important topic because so many of us lived dehydrated whether we're traveling or not but I guess we are traveling through life, aren't we? That metaphor of traveling through life is part of the Healthy Traveler's Summit so, we're going to educate you all today on how important it is to drink water by none other than Patrick Durkin and I just want to tell you a little about his history. In 2008, Patrick began an odyssey to understand

water, create better hydration solutions and offer an alternative to plastic water bottles and the unnecessary waste they produce. To this end, Patrick has founded the wellness enterprise and is the creator of water magic which teaches people about health, hydration and spiritual fulfillment. He's dedicated his life to understanding the role of water in health hydration and even spiritual fulfillment, so thank you again for being here. Your bio is long, so but we want to just get into, hearing about your story, how did you get into water as it's your life, it's your life. It's your passion. It's your business. It's how you keep your four kids healthy every day, so give us a little snatch on into your life.

Patrick Durkin:

Yes. I found my life was about competition and money and so I competed as a financial advisor and made a lot of money and I found out it wasn't very satisfying and the transition process to figuring out that the next thing I would do in my life was about water started with the awareness that the plastic bottles that people are using are just senseless in the amount of waste that they create and the amount of expense and just the overall burden they are on people on the planet. And so, I was the chairman of the recycling committee in my town and I began to examine what would it take for us to have an alternative to plastic bottles so that our town didn't have plastic bottles, like people could be driving around, they would carry containers that looked like these or whatever their favorites are, a reusable container and businesses and schools and other locations would offer water for free to those people. That was my vision and what ended up happening was the recycling committee wanted to focus on recycling, not a project that would actually end the demand for the plastic bottles and my financial advisor partners were supportive of this passion of mine but there wasn't such an obvious fit between my spending all of this energy on this bottle project versus doing my work and so it became clear that I was more interested and more passionate about water than I was about either of those. So, on I went and I started the Wellness Enterprise and what shocked me was that as I went down the road, learning more and more about plastic bottles, I started to get really interested in water quality and I found out that the energy of water is measurable, so that the health and vitality of our bodies is dependent on the energy of the water that we're drinking and 99.5% of us are drinking water that's virtually dead and so, as I learned that, I thought that's a pretty compelling answer to plastic bottles. If I can provide people with water with energy in it, more energy, people will be listening to that, so that's the road I followed.

Dr. Robyn Benson:

Okay. Okay. So, Patrick, tell us what it means exactly when you say that 99% of water is dead.

Patrick Durkin:

Actually, that's an important one. I had no idea that water had energy. What do you mean water has energy and then I found out there's a technology called gas discharge visualization. It's evolved over the last 200 years and in 1995 or so, a Russian scientist, Doctor Konstantin Korotkov came forth with the GDV machine for measuring the energy that's coming off of water or a human being or something like that and from studying people like Victor Strasburger who was a naturalist to within forestry 100 years ago, I learned that there is this property of energy and

water and that when we put water through a long straight pipe after 300 feet, 300 feet is nothing. After 300 feet, the energy of the water is gone, so we take natural water that's flowing in nature, we put it into a pipe and 300 feet later, the energy is gone. And of course what that means is every faucet you've ever turned on had water that traveled straight for 300 feet and so what we've learned is, you have to bring back the natural vitality to the water at the point that you consume it. So that's the one aspect of it. The other aspect of it is a lot of people drink bottled water and bottled water is siphoned out of the ground, is taken into a man-made profiteering plant, right? The only reason bottled water plants exist is so that big companies can make money off of the fear that they generate about us being scared of water and they bottle it in plastic containers, they ship it burning carbon fuels and we all know water has memory, right, we've seen the work of Doctor Emoto, we can talk about that a little bit more the way that water has memory. And so either one of the two sources that people are getting is energy depleted and we're sold this myth that the thing that we're supposed to do is use traditional filtration as a way that make water safe. Well, guess what? There's another \$80 billion a year industry selling all of these water filters that we don't really see it and think about it, but all those filters end up in landfills too and they last forever so we're just piling trash as high as the sky with these filters that are not addressing the essential issue of water which is the energy and vitality of it is measurable and that's what makes a difference in our bodies.

Kevin Snow: And speaking about that, us actually getting hydrated and we're talking about traveling and how dehydrating that is, whether you're in a car, an airplane or whatever and some of us are really drinking a lot of water, but we're not getting hydrated. Can you speak a little bit to that as far as what really is hydration and how does that work?

Patrick Durkin: Yes. Well, travel itself is a dehydrating experience. It is a change of circumstances, we underestimate the importance of it, but moving your body from point A to point B whether it's in a car for a couple of hours or on a plane or even a longer trip, all of those are dehydrating events and so the first thing to recognize is that hydration is really important to how you're going to feel when you get where you're going like there's nothing worse than taking a long trip, arriving in a city being all excited to go and explore and having no energy, so you end up taking a nap and resting and you might spend your first half day or day and a half just recuperating from the travel or what if you kept up with your health and vitality as you travel? So the first thing to do is recognize you need an extra attention to your hydration habits on the day that you travel. Now this is going to push people's buttons a little bit because it is uncomfortable to have to tend to it and have to go pee all of the time and that is part of it, so on days when I travel, I start in the morning as I do most days with a specific attention to getting water into my body right away, so because I'm a fairly good water drinker, this is about a 20-ounce bottle, I'll drink definitely one of these in the first 15 minutes when I'm awake and if it's a travel day, I'm going to go through two. And of course, that means I am going to be aware of when bathrooms are available and when they're not. But I'm going to be drinking another one of those, let's say I'm driving to the airport. I'm going

to be drinking another one of those on the way to the airport and as soon as I head into the terminal, the first thing that I'm going to do is go to the bathroom. It's just ... it is part of it. But then you're going to go through the security line, they're going to take your water away whatever it is that you have which is the silliest thing, right? I can have a plastic bottle on one side of security and it's some sort of threat? And then I can go through and pay five bucks for the same bottle on the other side of the security and now it's no longer a threat?

That is absurd, so thankfully we have this really lightweight, portable device. It weighs 10 ounces. It has a funnel in the top and a nice point at the bottom and you just pour water into it right into your container, so I go over the water fountains, of course, they only give us water fountains in most airports, although they're starting to have hydration stations now, but let's say it's the worst scenario. It's a water fountain. I go over to the fountain and I'll tilt this under that low pressure keeping my pinkie on the bottom of it and I'll fill it up and then I'll dump it into my water bottle, so I'll fill up with energized water as soon as I get through security and then of course, I want to drink that before I get on the plane and I want to continue with this. So, every time they come by with the cart, I ask for more water and if they have the bigger containers, that's great but even though I don't like plastic bottles, I still care more about our health and our vitality than any single day of habit around the plastic bottles so, if they're going by with the cart, I'm going to grab a couple of bottles and stick them in the seat in front of me and then I'm going to pour them through my container, into my container and through my portable device and so the important thing that I've had when we're traveling is we have to be aware that our energetic body is getting pulled back and really it's a big experience, travel, that's why jet lag is such a thing and what I found is that since I started tending to this, I hit the ground running a lot more when I get somewhere, so awareness and just staying with it and I like to travel fast on a highway, right? I'd like to like leave here and I have to go 180 miles from home. I'd like to get there in three hours. And what I've noticed is, I have to stop now and so I stop and I don't buy any of that crappy food that's at their place wherever I am stopping, I just go to the bathroom and stretch my legs and oh my gosh, do my hamstrings thank me for this new habit of mine of getting out of the car and breaking up this three-hour trip, so the quality of my life is better, I might get there 5 or 10 minutes later, I feel pretty good about that.

Kevin Snow: Yes. Absolutely. And I really think that ... I mean, this topic is so important to this main topic of travel and the thing that I think most people want to know is how do I not get sick? Right, so I mean, let's kind of touch into that and building the ... we talked a little with Norman Shealy about building the immune system so, how can this concept of hydration help us to not get sick when we're traveling?

Patrick Durkin: Well, so let's talk about fuel for a minute because whenever you're traveling, there's fuel involved, right? And if you have the wrong fuel, like picture if you put the wrong fuel into your car, if it's really wrong fuel, your car won't go and if it's slightly wrong fuel like the wrong octane, it will

knock, right? Think about that knocking as being like the runny nose, as being like a cough, right? If we don't have the right fuel in our body, then we're going to have runny noses, coughs, those turn into full-blown colds and fevers and what not and it has everything to do with the fuel. So if you look at travel in general, your food choices are horrendous and your hydration choices are even worse. You cannot hydrate yourself with a soda. You cannot hydrate yourself with a coffee or a tea. Those are actually dehydrant. I'm not saying don't drink coffee or tea, you may if you want to, but do that when you're home, when your immune system's in good shape. When everything else is balanced, choose that for yourself and that's fine but when you're on the road, if you don't want to get sick, then it's of the utmost importance that you focus on what really gives your body energy and vitality. We've done studies of white blood cell analysis. And I love that because the nutritionist that did the study, she said, you know what I love about this is that blood never lies and so she showed me ... we brought, we had a conference and we asked people as they arrived, have you ever consumed structured water before? This is the type of energized water we're talking about today and we found a dozen people who said no. We took them upstairs. We took a little drop of their blood, showed it to them under the microscope then we said we have equipped the hotel with structured water, so all we want you to do is live your normal experience. Drink water like you normally do, eat as you normally do, just participate in these events, like your normal habits and then in 48 hours, we're going to bring you back up here. And the results were so compelling that Geri who has been looking at people's blood under a microscope for 10 years and she's a nutritionist, so the usual outcome of her examinations is to prescribe a nutritional therapy. She said that structured water in 48 hours is more supportive of the body than the best 30 days of nutritional therapy she'd ever seen. So, don't think it's an accident that 70% of the earth's crust is water, approximately 70% of you and me and everybody listening is water. Water is of the utmost importance, so if we tend to the water first, let's just start there. It's so simple, it's like a freebie. We're given this freebie like take care of the water first and we've got people like looking over here and looking over here and looking over here. All the different stuff but let's just start with the water and then we'll strengthen our immune systems; we'll strengthen our cellular vitality. We'll have more energy and we'll be healthier.

Kevin Snow: Yes. Robyn, we've done...

Dr. Robyn Benson: So as I'm learning this particular technology, so Patrick, it happened to meet ... learn more about water a couple of years ago when I was a speaker at the [inaudible 00:18:27.2] where I learned all about this, about water, learning about structured water if you've ever heard of it, so I was one of these people who had my blood looked at and also the whole field of my body with the GDV machine and it was phenomenal, so I was like skeptical, drinking the hotel water and seeing what the field looked like before. It was like a \$20,000 machine. Then to see how it was after, I'm like, wow, like it's currently photography if such a thing was on the [inaudible 00:19:03.3] that is, so it's something like just that much more light in your body, so talking about water as being alive and seeing how

that affects your body, so it's not surprising that we feel so much better when we're not only consuming water but eating a high water content diet. So, Patrick, this is a pretty new deal like people have now been part of structured water, but I loved how you shared that, it's like how water comes off the earth naturally it's like when you see water coming down from a waterfall. The problem is it would be inexpensive if the whole world became structured in using these types of systems that it's not that easy to come by, so what are we going to do? I mean if we don't have ... were you willing to, I've mentioned this device in my book, The Health Traveler's Guide that's coming out soon. What can we do, just a day to day basis? I mean, if we're ... what do we do if we travel in India and Thailand and in places where you can't trust the source of water. What do you do?

Patrick Durkin: Well, that solution is very simple, Robyn. What we have to do is structure water at the point where we consume it and that is not going to happen from the top down. When we all structure water, it is going to render irrelevant several industries that are designed to capitalize on this issue. This device that I hold cost under \$400. It comes with a lifetime warranty and a money back guarantee and the important part of that I wanted to single out right now is the lifetime warranty. These things are really durable. I don't know of them being broken. I've sold thousands of them around the world and if they ever were to have an issue, then somebody could just exchange them for a new one, so if we took the money collectively, this is us like, this is Robyn and Kevin and Patrick and the person who's listening. This is not, "I hope my kids' school will do it." This is not, "I want the corporation to do it." This is each of us make an individual decision in this home, we provide structured water. The cost is a few hundred dollars for a one-time purchase. To look at that globally for a second, if we took the money that we spend on bottled water and water filters for 16 months, 16 months and we spent that on structured water devices, we would have a device in every home and every business in the world.

Kevin Snow: Wow.

Patrick Durkin: So that's what we do is we take control and we say we have the power to make the change and some people will get the message sooner than others. Of course, it's wonderful to install a whole house device and have the entire property radiating this energy. Some people are more transient. Some people are traveling, right? That's what this is about, so the portable device, how easy is it to pack this, right? From me, this fits me in my back pocket, if I'm wearing jeans, I put it in my back pocket, for women, they put this in a bag. I mean, they're hardly noticed, their makeup, that's more than this. We can all manage to carry a cell phone. We can carry one of these devices and that's the solution.

Kevin Snow: What is inside of that device?

Patrick Durkin: Ha, ha.

Kevin Snow: Explain it just a little bit as far as...

Patrick Durkin: All right. Now I'm going to answer this but I'm going to tell everybody who's listening. You're going to want it to be more complicated than this.

Kevin Snow: Indeed. Right.

Patrick Durkin: You're used to life being complicated and this is so simple. So, the language of creation, the universe, the energy of everything, you hear people say that this is a world of frequency and vibration and there's a language to that. The language is sacred geometry. And I'll tell you the way I know this. There's a couple of ways. One is look in nature. Look at a seashell, look at a pine cone, look at a head of broccoli, and look at a picture of a galaxy. There are ratios of the creation that are visible and those ratios are sacred geometry, so that's one way that I know that is in the teeny tiny and the super large and then the other way that I know is that music can be patterned with sacred geometry. Water can be patterned with sacred geometry, lots and lots of things, images and I know when I'm around something that is patterned with sacred geometry, I feel really good and so just like you've noticed that if you watched the nightly news and you hear about rapes and murders, you don't feel really good, you do feel really good when you have sacred geometry resonating. Inside this device, you're not going to see it well on the screen but there's a series of structures and they have patterns on them. The first pattern is the hexagon, sacred geometry and then as the water goes past the first series of hexagons and goes in between the structures, it encounters the [increasa 00:25:05.00] hydra and the [dodachi 00:25:06.02] hydra, the resonance of the highest form of consciousness and the highest form of water, together. So, water is going on this journey and a guess in there and water has memory. So, it picks up the memory of creation. It's like ... I mean, if I could be the voice of that water, it's going whee, this is awesome and then it starts spinning because this device creates a double vortex spin that means it's spinning both ways at the same time and the spin is infinitely fast, so the water resonates with sacred geometry and then it spins infinitely fast in a double vortex. The water moves from one side of the device to the other and in so doing, it resonates with creation and that's what makes everything different.

Dr. Robyn Benson: This is great information, Patrick. I just want to thank you so much for really opening up people's minds to think about water in a whole different way and it's so important for all of you there who are listening to really hear what Patrick is saying, I mean, water is something I've been studying too. [inaudible 00:26:29.7] in Health and Wellness World, we want to help our patients in every which way. And just this message of hydration and proper hydration is critical. I can't tell you how many people that unfunctioning in so many whether they have some type of disease or they have achy joints or they have visual problems, simply by getting hydrated and what Patrick is sharing is putting water in your body and your body can actually absorb that's going to change your energetic field, so we

hope that you're enjoying a lot of this incredible perks that you may have never heard in your life, this Healthy Traveler's Summit. We're hoping to stretch, expand this plastic brain for you to really think of the box, because so many of you are here because you travel on a regular basis. You may love it but you're not feeling great and this message today as one of the most important that we've heard so far is getting hydrated and I have my ... this is one of the older versions of this device, but I have to say personally using it over the last two years, we have it throughout our whole center at Santa Fe Soul and I was just at a medical conference taking it with me on a plane and using it just as you said. But what I also want to share which is cool is that you could put coffee through this, wine, any beverage and it actually becomes what they call weather I think if you say it. It becomes more absorbable to taste better. That's what blew me away.

Patrick Durkin: Yes. You know, it will structure any beverage and yes, you can definitely put anything through it. I don't drink anything besides water but if you want to drink something besides water, if you have a water bottle like this, you could just pour a little bit of your structured water into your coffee and structure your coffee that way or you can pour the beverage right through the device. It doesn't matter but it's going to alter the surface tension, that's the weather feeling that you're asking about Robyn, it's going to make it softer and that's because the surface tension changes from about 73 dynes for most beverages to 45 dynes once it's structured. It's going to make it into the cells better.

Kevin Snow: Still getting used to the technology.

Dr. Robyn Benson: I am getting used to the technology. My goodness. I love it. I love technology. So, just wanted to ask you again about the bottle industry, when you think about from drinking water that's provided in the plain and plastic bottles or coming from their coffee in airports, I mean it seems like it'd be a simple solution, Patrick, don't you think and why is it that they just don't make good quality water available? What would be your big message? So, it's more available other than I know, the individual part, that's a big part of this Healthy Traveler's Summit, it's a personal responsibility taking excellent self-care steps all along the way in travel, in your travel of day to day life.

Patrick Durkin: Yes. Well, Robyn. I'm an optimist. And I want to see a lot of change and I've given up a career that was about money to take on a career that's about something else. Now, Robyn, if you can click it that will help and thank you. And along the way to figuring out that structured water was the solution and that I wanted to share it with individuals, I went and talked to corporations. I met with superintendents and school districts. I met with deans of colleges, I met with CEO executives at Fortune 500 companies, so I made some pretty good rounds and as much as I want to tell you that there's a solution that we should be knocking on their doors with, I actually am going to stick with the personal empowerment message, because what I found was there's nothing wrong with the individuals that I



met with. There's nothing about them. It's just that they're part of a machine. They're part of an institution and it has institutional thinking and so to give you an idea. One of the superintendents that I met with said, well, what if something about this technology is not what you think it is? And 10 years from now, we find out that there's some sort of backlash with it. I've now put the school district at risk for being in the business of education based on the choice that I made about water, so even though I've spoken to field auditoriums with students and had them jumping with excitement about attention on water and the kids just love this stuff, the way to do it is through the kids, it's through the families. It's through the individuals not through the institution itself, because they don't necessarily want to take the kind of, what's not that they don't want to. It's that there are so many rules and regulations that restrict the types of things that promote wellness, right? We have things that that take care of symptoms, not that get at the root cause, so getting at the root cause which is what I'm all about means that for every one of us, we make the choice individually to integrate this in our lives and when we make that choice then it doesn't matter what the institutions do.

Kevin Snow:

That's excellent and I really think that, again, you're focusing on this personal responsibility and this really is what it takes to have a higher level of consciousness so it really is kind of like you're saying it's a loop, so we have a higher level of consciousness, we make better choices and those better choices can lead to a higher level of consciousness and I think that's definitely what we want to share with people today is that these choices that you provide this opportunity to make a better choice and people that have done the science in this, I love the science of this and I actually really enjoyed one of the stories that we talked about in our last interview about accidentally watering someone else's field with the structured water and how profound that made a difference on their crops and these other crops.

Patrick Durkin:

Yes, there are people who have the benefit of ... their neighbor has a structuring device in their farm or field or just in their garden and as a result in the entrainment effect, the energy stretch, it's just like if you're going through an airport and one person is exceptionally happy or imagine you saw six 20-year old women, holding hands, skipping, singing a song as they went through the airport, right, just to make up something silly, you'd have to smile. You would be uplifted by their energy. Likewise, if you saw somebody in anger or rage or not being able to manage their emotions and just letting that out, you'd be impacted by that. Well, structured water is harmonious energy. It is the resonance of creation, so what happens is when we put that in our cells, when I choose that my heart is filled with structured water, I don't have to say a word. But when I go to the supermarket and I'm radiating that energy, I'm putting that in to the environment. Everyone is exposed to the choice that I make for my heart. So we have videos that demonstrate the way this happens in fields and I've got to tell you, when I first heard this kind of concept that I'm now sharing with you as truth, I was like I don't understand that. What do you mean the energy spreads? But I've been thinking about it now for years and speaking to thousands of people all around the globe about it and I

know that it's true now, which is why I am actually able to come up with analogies for you and give you a picture of what that might look like, because I have a deeper understanding now and so for people who are hearing this for the first time, it may be, well that sounds interesting, but I don't really get it, right? I'd like that to be true, but how do I know that that's really true?

And the way to answer that for yourself, don't take my word for it. Just experiment with it. Just watch what happens and notice your sensitivities to energies. Drink and immerse yourself in structured water and notice what happens around you. I have four kids and we've an extraordinary amount of bad weather in Boston recently and they've missed school on Monday for seven weeks in a row, and so we've a lot of long weekends at Dad's and Dad works from home and is an entrepreneur and my kids left this morning, so it's a Tuesday. They were here Friday, Saturday and Sunday and the house is clean. The dishes are all put away. There's nothing on any floors, the furniture that got moved around this weekend is put back and the systems in my business, I just got a new phone and my son programmed all the speed dials, so something I might ... looking for numbers in a spreadsheet on Friday before he came, I'm now pressing one button. And that kind of harmony is coming from my kids and I am understanding that we're relating. We're an energy together and if they think I'm going to do all the dishes, do all the driving, do all the shopping, do all the cooking, take care of my phone and all this other stuff, we are going to have an unhappy dad and therefore, unhappy kids, so we have personal responsibilities with four kids and a dad and we're all working together and so, I feel uplifted, in fact, I just sent a text right before we got on the line to my son and I said, every time I press a speed dial on my phone, I remember how brilliant you are. Thank you for making my day. And that's the radiance of structured water and this harmony with life that is spread over a couple of years now with my family.

Dr. Robyn Benson: Patrick, we have just a few minutes left. Oh my goodness. Thank you again for all this great information. Is there, think about to all the pilots and flight attendants out there, can they live and breathe this world, what is your number one recommendation?

Patrick Durkin: To have an awareness of water, right, you might not realize how absolutely easy it would be to take care of the number one most important thing related to your work and so if you could have the awareness and just start looking like how can I kick this in? How can I get myself ready before I travel? How can I drink consistently while I'm traveling? How can I have recuperation time on the other end? Just have the hydration piece, the water piece mixed in with all the other wonderful things that you're doing.

Dr. Robyn Benson: Well, thank you also for your generous gift to educate more people on it, the information that you're sharing with all of our listeners, but also the great, how do I say it, in terms of the structured water device, you have a Healthy Traveler's Summit special that you will all see on the page below,

you'll get that information just so you know that that's available to you. Again, I've been using this for, gosh, I think for like five or six years now. Personally, in my building here, my house center and also at home, so I can certainly say it's been dramatically affecting our lives. I mean, again, we have people who line up in our center in the mornings. We set up the practitioners before our practitioner's meeting last night with her water bottles, because we have the best water in town here at Sta. Fe Soul and again, we just want to share this message with everybody. Drink up. Drink your water, it's really the only beverage that our cells are really crying out for on a day to day basis and you want to absorb it, so we're going to have a lot more speakers sharing about how to make sure you get water into your cells. So again, thank you so much for being with us today, Patrick, Kevin. Awesome. Again, my fabulous co-host and we've got more incredible information to share with you on the Healthy Traveler's journey, so stay tuned. Thank you.