PHYSICOCHEMICAL, ISOTOPIC, SPECTRAL, AND MICROBIOLOGICAL ANALYSES OF WATER FROM GLACIER MAPPA, CHILEAN ANDES

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ABSTRACT

The physicochemical and microbiological parameters of glacial water sourced from Glacier Mappa, Andes Mountains, Chile are described. The study is performed on isotopic composition in collaboration with Oleg Mosin. Glacier Mappa has located 55 km from Los Andes in the Aconcagua river basin and the sub-basin Rio Blanco. The research of glacier water Mappa has performed at 3.5 km from the source and the temperature t was 10.1 °C. The altitude above sea level is 2130 m.

The water source Glacier Mappa, Chile is characterized by microbiological indicators. Research is conducted for *Coliforms, Escherichia coli, Enterococci*, and *Clostridium perfringens*. The pathogenic micro-organisms in the samples of the glacial water from the source mentioned above are determined by the methods according to Ordinance No. 9/2001, Official State Gazette, issue 30, and decree No. 178/23.07.2004 of Council of Ministers, Bulgaria about the quality of water, intended for drinking and household purposes.

The parameters of the physicochemical composition include 18 indicators and are determined according to Ordinance No. 9/2001 (Protocol No. 12735/17.03.2016 of licensed laboratory Eurotest control, Sofia, Bulgaria).

The physicochemical and microbiological parameters of glacier water Mappa, Chile, correspond to all controlling parameters and are in accordance with Ordinance No. 9/2001 (Official State Gazette, issue 30 about the quality of water, intended for drinking and household purposes).

The natural waters consist of 99.7 mol. % of $H_2^{16}O$, which are formed by 1H and ^{16}O atoms (Jouzel, 2003; Mosin, Ignatov, 2011). The remaining 0.3 mol.% is distributed in isotope varieties (isotopomers) of water molecules, whose deuterium atoms form 6 configurations – $HD^{16}O$, $HD^{17}O$, $HD^{18}O$, $D_2^{16}O$, $D_2^{17}O$, $D_2^{18}O$, as 3 configurations are formed by isotopes of oxygen – $H_2^{16}O$, $H_2^{17}O$, $H_2^{18}O$.

Studies of International standard SMOW of isotopic shift for D were performed for D/H for water from Glacier Mappa, Chile.

The results of glacier water in Mappa, Chile show a lower content of hydrogen and oxygen isotopes. It is not confirmed the presence of pathogenic micro-organisms. The physicochemical indicators are typical for waters during the ice melting in glacier water ($Ca^{2+}6.0$; $Mg^{2+}1.0$; $Na^{+}5.0$; $K^{+}0.38$; $HCO_3^{-}73.8$ /mg. L^{-1}). Glacier water Mappa is soft with total mineralization – 100.1 mg. L^{-1} .

The water of Glacier Mappa is beneficial for health according to the indicated physicochemical, microbiological, and isotopic parameters.

Keywords: Glacier water, Glacier Mappa, Andes Mountains, Chile, physicochemical and microbiological indicators, isotopic composition.

1. INTRODUCTION

The natural waters consist of 99.7 mol. % of $H_2^{16}O$, which are formed by 1H and ^{16}O atoms. The remaining 0.3 mol.% are - HD ^{16}O , HD ^{17}O , HD ^{18}O , D $_2^{16}O$, D $_2^{17}O$, D $_2^{18}O$, H $_2^{16}O$, H $_2^{17}O$, H $_2^{18}O$ [1-4]. Jouzel provides the following data. Natural waters formed of \sim 99.7% of H $_2^{16}O$ are also constituted of other stable isotopic molecules, mainly H $_2^{18}O$ (\sim 2%), H $_2^{17}O$ (\sim 0.5%), and HD ^{16}O (\sim 0.3%) [1-4]

It is accepted that the norm for deuterium atoms in natural waters is 150 ppm [5]. The highest deuterium content in water molecules in glacial waters is measured in Greenland or 124.8 ppm [6]. The lowest is measured in the Antarctic; more precisely, it is 89.0 ppm.

One of the co-authors, Ignat Ignatov and Oleg Mosin 2016 measured the isotopic composition of glacier water in Mappa, Chile. The presence of deuterium is 91.3 ppm. The death of Oleg Mosin in 2016 prevented the results from being published earlier.

Physicochemical analyses are performed of glacier water Mappa. The water is alkaline with pH=7.85. It is particularly important that calcium (Ca²+) and sodium (Na¹+) ions have close values. For Ca²+ the value is 6.0, and for Na¹+ it is 5.0 mg.L¹-1. Research shows that the balance among the following ions Ca²+, Mg²+, Na¹+, K¹+, Zn²-+ and Mn²+ in water and food is observed in areas where people are long-living [7-9]. Magnesium (Mg²+) is a co-factor in enzymatic reactions. It also neutralizes one of the most dangerous radicals – the hydroxyl radical OH [10].

Zinc and Manganese improve the properties of antioxidant enzymes in the blood red cells [11]. China also researched the interdependence between longevity zones and metal ions in water and rice. People over the age of 90 took part in scientific studies. People over the age of 100 are classed as centenarians, and over 110 years of age – are supercentenarians (supercentenarians). Calcium had the largest positive correlation among the six metal ions we examined. Magnesium, potassium, zinc, and manganese had a weaker correlation [12]. The antioxidant effects of Zamzam water, Saudi Arabia on rats were studied [13].

The presence of a positive correlation between longevity and the number of calcium ions in water allows us to conduct a more detailed analysis. In Nova Scotia live 210 centenarians per 1 million people. Supercentenarians also live

there. The content of Ca^{2+} ions in the water is 6.8 mg L^{-1} [14]. Druzyak reports that the content of calcium ions in the water in Russia's longevity zones is 8-20 mg. L^{-1} [15]. The content of Ca^{2+} ions in Rosenlaui glacier, Swiss Alps is 8.7 mg. L^{-1} [16].

In Bulgaria for Rodopi municipality, Plovdiv Province, the northern part of Rhodope mountain – the calcium content 1400 m above sea level is 3.5 mg.L^{-1} [8,17].

In the study are applied spectral methods as follows: Non-equilibrium Energy Spectrum (NES) and Differential Non-equilibrium Energy Spectrum (DNES) [18, 19].

The results obtained for the amounts of calcium have their own explanation. Over the past 50-60 years, increasing evidence shows that water hardness affects cardiovascular disease [20-22]. The purpose of the studies of physicochemical, microbiological, and isotopic parameters, as well as NES and DNES spectral analyses, is to show the health benefits of glacier water in Mappa, Chile.

2. METHODS AND MATERIALS

We analyzed the waters of the examined springs in respect of physicochemical composition, in compliance with Ordinance No 9/2001, Official State Gazette, issue 30, and decree No. 178/23.07 004 about the quality of water intended for drinking and household purposes [23-25].

2.1. Methods for physicochemical analysis

Method for determination of color according to Rublyovska Scale – method by Bulgarian State Standard (BDS) 8451: 1977;

Method for determination of smell at 20°C – method BDS 8451: 1977 using technical device glass mercury thermometer, conditions No. 21;

Method for determination of turbidity – EN ISO 7027, technical device turbidimeter type TURB 355 IR ID No 200807088;

Method for determination of pH – BDS 3424: 1981, technical device pH meter type UB10 ID NoUB10128148;

Method for determination of oxidisability - BDS 3413: 1981;

Method for determination of chlorides - BDS 3414: 1980;

Method for determination of nitrates – Validated Laboratory Method (VLM) – NO₃ – No. 2, technical device photometer "NOVA 60 A" ID No. 08450505;

Method for determination of nitrites – VLM NO₂-No. 3, technical device photometer "NOVA 60 A" ID No. 08450505;

Method for determination of ammonium ions – VLM-NH₄-No. 1, technical device photometer "NOVA 60 A" ID No. 08450505;

Method for determination of general hardness - BDS ISO 6058;

Method for determination of sulfates – VLM-SO₄-No. 4, technical device photometer "NOVA 60 A" ID No. 08450505;

Method for determination of calcium – BDS ISO 6058:

Method for determination of magnesium - BDS 7211: 1982;

Method for determination of phosphates – VLM-PO₄-No. 5, technical device photometer "NOVA 60 A" ID No 08450505;

Method for determination of manganese – VLM-Mn-No. 7, technical device photometer "NOVA 60 A" ID No. 08450505;

Method for determination of iron – VLM-Fe-No. 6, technical device photometer "NOVA 60 A" ID No. 08450505;

Method for determination of fluorides – VLM-F-No. 8, technical device photometer "NOVA 60 A" ID No. 08450505;

Method for determination of electrical conductivity – BDS EN 27888, technical device – conductivity meter inoLab cond 720 ID No 11081137.

2.2. Nutrient media

- $\begin{array}{ll} 1. & Nutrient \ agar \ (MPA) \ with \ contents \ (in \ \%) meat \ water, \ peptone 1\%, \\ agar agar 2\%. \ Endo's \ Agar \ (for \ defining \ \textit{Escherichia coli} \ and \ \textit{coliform} \\ bacteria) \ with \ contents \ (ing.L^{-1}) peptone 5.0; \ tryptone 5.0; \ lactose 10.0; \ Na_2SO_3 1.4; \ K_2HPO_4 3.0; \ fuchsine 0.14; \ agar agar 12.0 \ \ pH \\ 7.5 7.7 \ \ (Grabow, \ du \ Preez, 1979; \ Grant, 1997; \ Pitkänen \ et \ al, \ 2007). \end{array}$
- Nutrient gelatine (MPD) (for defining Pseudomonas aeruginosa) with contents (in %) – Peptic digest of animal tissue; 25 % gelatin; pH = 7.0 -7.2
- 3. Medium for defining enterococci (esculin bile agar).
- Medium for defining sulfite-reducing bacteria (Iron Sulfite Modified Agar).
- Wilson-Blair medium (for defining of sulfite reducing spore-forming anaerobes (*Clostridium perfringens*) with contents (g.L⁻¹) – 3% Nutrient agar; 100 mL 20% solution of Na₂SO₃; 50 mL 20% glucose solution; 10 mL 8% solution of Fe₂SO₄

2.3. Methods for determination of microbiological indicators

- Methods for evaluating microbiological indicators according to Ordinance No. 9/2001, Official State Gazette, issue 30, and decree No. 178/23.07.2004 about the quality of water, intended for drinking purposes.
- Method for determination of Escherichia coli and coliform bacteria BDSEN ISO 9308 -1: 2004;
- 3. Method for determination of enterococci BDS EN ISO 7899-2;
- Method for determination of sulfite-reducing spore anaerobes BDS EN 26461-2: 2004;
- Method for determination of the total number of aerobic and facultative anaerobic bacteria – BDS EN ISO 6222: 2002;
- Method for determination of *Pseudomonas aeruginosa* BDS EN ISO 16266: 2008.
- 7. Determination of coli titer by fermentation method Ginchev's method
- 8. Determination of coli bacteria over Endo's medium–membrane method.
- 9. Determination of sulfite-reducing anaerobic bacteria (*Clostridium perfringens*) membrane method.

The number of isolated bacteria was presented in the tested waters' colony-forming units per ml ($CFU.mL^{-1}$.).

2.4. NES and DNES Spectral Analyses

The methods of Non-equilibrium Energy Spectrum (NES) and Differential Non-equilibrium Energy Spectrum (DNES) for the measurement of hydrogen bonds energy distribution were applied to characterize the effect of EVOfilter technology on processed water. The device invented by A. Antonov [26-30] for spectral analysis with NES and DNES methods is based on an optical principle. Water drop evaporation occurs in a hermetic chamber on a glass plate covered with 350 μm thick BoPET (biaxially-oriented polyethylene terephthalate) foil. The evaporation of water drops was performed at a stable temperature of $22^{\circ}\!\text{C}$ (Fig. 1).

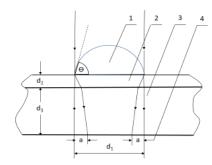


Figure 1. The operating principle of the method for measuring the wetting angle of liquid drops on a hard surface: 1-drop, 2 – thin mylar foil, 3 –glass plate, 4 – refraction ring width. The wetting angle θ is a function of a and d_1 .

The device has the following technical features:

- Monochromatic filter with wavelength $\lambda = 580\pm7$ nm;
- Angle of evaporation of water varies from 72.3° to 0° deg;
- Measured range of energy of hydrogen bonds among water molecules is $\lambda = 8.9-13.8 \, \mu m$ or E=-0.08--0.1387 eV.

The energy $(E_{H\dots O})$ of hydrogen O...H-bonds among H_2O molecules in the water sample is measured in eV. The function f(E) is called the distribution spectrum according to energies. The energy spectrum of water is characterized by a non-equilibrium process of water droplets evaporation and this is a non-equilibrium energy spectrum (NES) and is measured in eV⁻¹. DNES is defined as the difference,

 $\Delta f(E) = f$ (samples of water) – f (control sample of water),

DNES is measured in eV-1

where f(*) denotes the evaluated energy [25-27].

2.5. Methods for research of heavy water (D₂O)

For the preparation of growth media, we used D_2O (99.9 atom%) received from the Russian Research Centre "Isotope" (St. Petersburg, Russian Federation). Inorganic salts were preliminarily crystallized in D_2O and dried in a vacuum before use. D_2O distilled over KMnO₄ with the subsequent control of deuterium content in water by ¹H-NMR-spectroscopy on Brucker WM-250 device ("Brucker," Germany) (working frequency – 70 MHz, internal standard – Me_4Si) and Brucker Vertex ("Brucker" Germany) IR spectrometer (a spectral range: average IR – 370–7800 cm⁻¹; visible – 2500–8000 cm⁻¹; the permission – 0.5 cm⁻¹; accuracy of wave number – 0.1 cm⁻¹ on 2000 cm⁻¹) [2, 3, 31].

3. RESULTS AND DISCUSSION

Research is performed on Glacier water Mappa, Chile's physicochemical, microbiological, and isotopic parameters. Analyses are produced using NES and DNES spectral methods. Fig. 2 illustrates Glacier Mappa and Fig. 3 glacier water Mappa.



Figure 1. Glacier Mappa, Chile.



Figure 2. Glacier water Mappa, 3.5 km from the source.

3.1. Physicochemical analysis of Glacier water Mappa, Chile

Physicochemical parameters of the Glacier water Mappa, Chile are presented in Table 1.

Table 1. Physicochemical parameters of the Glacier water Mappa, Chile.

| Controlled parameter | Measuring unit | Maximum Limit Value | Mappa Glacier water |
|--|------------------------|---------------------------|------------------------|
| 1. pH | pH values | \geq 6,5 and \leq 9,5 | 7.85±0.1 |
| 2. Electrical conductivity | μS. L ⁻¹ | 2000 | 132.7 ±4.0 |
| 3. Total hardness | mgekv.L-1 | 12 | < 0.5 |
| 4. Color | Chromaticity Values | Acceptable | Acceptable |
| 5. Turbidity | FNU | Acceptable | Acceptable |
| 6. Odour | force | Acceptable | Acceptable |
| 7. Calcium (Ca ²⁺) | mg.L ⁻¹ | 150 | 6.0 ±0.6 |
| 8. Magnesium (Mg ²⁺) | mg.L ⁻¹ | 80 | 1.0 ±0.1 |
| 9. Iron (Fe ²⁺)(Fe ³⁺) | μg.L ⁻¹ | 200 | 1.8±0.2 |
| 10. Manganese (Mn ²⁺) | μg.L ⁻¹ | 50 | 1.0±0.1 |
| 11. Zinc (Zn ²⁺) | mg.L ⁻¹ | | 0.0015 |
| 11. Sodium (Na ⁺) | mg.L ⁻¹ | 200 | 5.0±0.5 |
| 12. Potassium (K ⁺) | mg.L ⁻¹ | - | 0.38±0.04 |
| 13. Ammonium ion (NH ₄ ⁺) | mg.L ⁻¹ | 0.50 | < 0.05 |
| 14. Sulphates (SO ₄ ²⁻) | mg.L ⁻¹ | 250 | 13.9±1.4 |
| 15. Nitrates (NO ₃ -) | mg.L ⁻¹ | 50 | < 0.1 |
| 16. Nitrites (NO ₂ -) | mg.L ⁻¹ | 0.5 | <1.0 |
| 17. Carbonates (CO ₃ ² -) | mg.L ⁻¹ | - | <2.0 |
| 18. Hydrocarbonates (HCO ₃ -) | mg.L ⁻¹ | - | 73.8±3.7 |

The research was performed in the Laboratory of Eurotest Control, Sofia, Bulgaria with standards ISO 10304-1:2009; ISO 10523:2008; ISO 11885:2009. Certificate No.12735/17.03.2016.

3.2. Isotopic analyses of Glacier water Mappa

One of the co-authors, Ignat Ignatov and Oleg Mosin 2016 measured the isotopic composition of glacier water in Mappa, Chile. The studies were performed with different enrichment of heavy water (D_2O) for the facultative methylotrophic bacterium Brevibacterium methylicum [32, 33], and the bacterium Bacillus subtilis [34]. Research for different types of water was done [2, 3]. The presence of deuterium is 91.3 ppm. The death of Oleg Mosin in 2016 prevented the results from being published earlier.

3.3. Spectral analyses of water from Glacier Mappa, Chile

The average energy $(E_{\rm H...O})$ of hydrogen $H...{\rm O}\text{-}bonds$ among individual $H_2{\rm O}$ molecules in Glacier water Mappa is measured at E=-0.1198±0.006 eV. The result for the control sample (deionized water) is E=-0.1120±0.006 eV. The results obtained with the NES method are recalculated with the DNES method as a difference of the NES (Glacier water Mappa) minus the NES (control sample with deionized water) equaled the DNES spectrum of Glacier water Mappa [35-37]. Thus, the result for Glacier water Mappa recalculated with the DNES method is $\Delta E{=}\text{-}0.0078$ eV. The results show the increase of the values of the energy of hydrogen bonds in Glacier water Mappa regarding the deionized water. This is the effect of stimulation on the human body.

There were studied 10 samples of glacier water Mappa from different places of 100 m during the glacier source. The difference between the results estimated with the Student t-test was significant (p<0.05).

3.4. Mathematical model of Glacier water Mappa

The research with the NES method of water drops is received with water from Glacier Mappa (Chile) and deionized water. The mathematical model of glacier water Mappa gives valuable information on the function of distribution of energies f(E) according to the values of (-E) of hydrogen bonds (Table 2 and Fig. 4) [38-41]. These distributions are connected with the restructuring of H_2O molecules with the same energies.

Table 2: Function of distribution of energies f(E) according to the values of (-E) of hydrogen bonds of H_2O molecules in glacier water Mappa (Chile) and deionized water.

| -E(eV) x-axis | Water from Glacier Mappa f(E) (eV ⁻¹) | Deionized water f(E) (eV ⁻¹) | -E(eV) x-axis | Water from Glacier apa f(E) (eV ⁻¹) | Deionized water f(E) (eV ⁻¹) |
|------------------|---|--|------------------|---|--|
| 0.0937 | 0 | 0 | 0.1187 | 38.2 | 18.2 |
| 0.0962 | 0 | 36.4 | 0.1212 | 19.1 | 0 |
| 0.0987 | 0 | 54.5 | 0.1237 | 38.2 | 36.4 |
| 0.1012 | 19.1 | 18.2 | 0.1262 | 38.2 | 54.5 |
| 0.1037 | 0 | 0 | 0.1287 | 0 | 18.2 |
| 0.1062 | 38.2 | 0 | 0.1312 | 0 | 0 |
| 0.1087 | 0 | 54.5 | 0.1337 | 19.1 | 0 |
| 0.1112 | 57.2* | 0 | 0.1362 | 24.2** | 0 |
| 0.1137 | 76.3* | 18.2 | 0.1387 | 57.1** | 36.4 |
| 0.1162 | 38.2 | 0 | - | - | - |

Notes

* The result at (-0.1112 eV)(λ =11.15 μ m)(\tilde{v} =897 cm⁻¹); (-0.1137 eV) (λ = 10.91 μ m)(\tilde{v} = 917 cm⁻¹) is connected with improvement of conductivity of Ca²⁺ ions [8, 9].

** The result at $(0.1362~eV)(\lambda=11.15~\mu m)(\tilde{v}=897~cm^{-1})$; $(-0.1387~eV)~(\lambda=8.95~\mu m)(\tilde{v}=1119~cm^{-1})$ is characteristic for inhibiting the growth of tumor cells [8, 9].

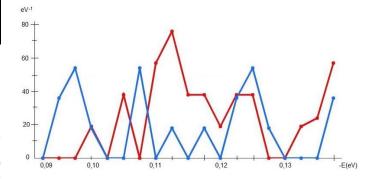


Figure 4. The function of distribution of energies f(E) according to the values of (-E) of hydrogen bonds of H_2O molecules in glacier water Mappa (Chile) and deionized water

Conclusions from the mathematical model of water from Glacier Mappa:

The experimental data obtained testified to the following conclusion from the mathematical models of Glacier water Mappa according to the mathematical model of deionized water. The distribution (%, (- E_{value})/(- $E_{total\ value}$) of water from Glacier Mappa and deionized water is different. However, for the value E = -0.1387 eV or $\lambda = 8.95 \mu \text{m}$ there is the big local extremum corresponding to the re-structuring of hydrogen bonds among H₂O molecules. This difference may indicate the different number of hydrogen bonds in water samples, as well as their physical parameters (pH, ORP- oxidation/reduction potential), resulting in a different distribution of H2O molecules and different values of H2O molecules with ratios of (-E_{value})/(-E_{total value}). Particularly, the statistical re-structuring of H₂O molecules in water samples was observed according to the energies. The experimental data may prove that water from Glacier Mappa stipulates the restructuring of H2O molecules on the molecular level, and may be used for prophylaxis against the development of tumor cells. For the value E = -0.11 eV, the result is connected with the improved conductivity of nervous tissues from Ca²⁺ ions.

3.5. Comparative analysis of the function of distribution of energies f(E) according to the values of (-E) of hydrogen bonds

Table 3 illustrates the comparative analysis of the function of distribution of energies f(E) according to the values of (-E) of hydrogen bonds.

Table 3. Comparative analysis of the function of distribution of energies f(E) according to the values of (-E) of hydrogen bonds.

| Type of Water | Value eV ⁻¹ of Local Extremum at (-0.13620.1387) | Value eV ⁻¹ of Local Extremum at (-0.13620.1387) |
|--|---|---|
| Deionized water | 36.4±1.8 | 36.4±1.8 |
| Danubian Plain, village of Sadovetz, Pleven region, Bulgaria | 25.1±1.3 | 23.2±1.7 |
| Mountain water from Vasiliovska mountain, Bulgaria Stara planina | 57.2±3.0 | 44.9±2.2 |
| Northern Rhodope | 53.3±3.0 | 59.3±3.0 |
| Glasier Rosenlaui, zwitzerland | 89.0±4.5 | 70.1±3.5 |
| Glasier Mappa, Chile | 93.5±4.7 | 81.3±4.1 |

Notes:

*The values (E= -0.1112;-0.1137 eV) correspond to the wavelengths (λ =10.91; 11.91 μ m).

**The values (E= -0.1362; -0.1387 eV) correspond to the wavelengths (λ =8.95; 9.10 μ m).

The results show that glacier water Mappa has the highest parameters of all types of water – deionized, tap, plain, and mountain water. All minerals are in the norm and glacier water Mappa benefits human health.

3.6. Microbiological research of Glacier water Mappa, Chile

The results from the studies for determination of the total number of mesophilic aerobic and facultative anaerobic bacteria [42-45] in Glacier water Mappa, Chile are illustrated in Table 4.

Table 4. Total number of mesophilic aerobic and facultative anaerobic bacteria in the studied glacier water Mappa, Chile

| Examined water source | Indicator, CFU.mL ⁻¹ |
|--|---------------------------------|
| Glacier water Mappa, Chile with t=10.1°C, 3.5 km from the source | 0 |

Research with glacier water Mappa, Chile is conducted for *Coliforms, Escherichia coli, Enterococci,* and *Clostridium perfringens* (Table 5)[42-45]. The pathogenic micro-organisms in the samples of the glacial water from the source mentioned above are determined by the methods according to Ordinance No. 9/2001, Official State Gazette, issue 30, and decree No. 178/23.07.2004 of Council of Ministers, Bulgaria about the quality of water, intended for drinking and household purposes.

Table 5. Microbiological results according to Ordinance No. 9/2001, Official State Gazette, issue 30 of glacier water Mappa

| Indicators | Measuring unit | Maximum limit value | Glacier water Mappa, Chile with t=10.1°C, 3.5 km from the source |
|--|----------------------|------------------------|--|
| Coliforms | CFU. L-1 | 0/100 | 0/100 |
| Escherichia coli | CFU. L-1 | 0/100 | 0/100 |
| Enterococci | CFU. L-1 | 0/100 | 0/100 |
| Suphite-reducing anaerobes (Clostridium perfringens) | CFU. L ⁻¹ | 0/100 | 0/100 |
| Pseudomonas aeruginosa | CFU. L-1 | 0/250 | 0/250 |

CONCLUSIONS

From the research of glacier water Mappa valid the following conclusions:

The variety of ions $(K^+, Na^+, Ca^{2+}, Mg^{2+}, Mn^{2+}, Fe^{2+}, Fe^{3+}, Zn^{2+}, SO_4^{2-}, Cl^-, HCO_3^-, CO_3^{2-})$, chemical-physical parameters (pH, electroconductivity) and the decreased content of deuterium in studied water samples renders beneficial effects of this type of water on human health.

Mountain and glacier water Mappa have indirect antioxidant activity over enzymes in the human body containing ions of magnesium (Mg^{2+}) , manganese (Mn^{2+}) , and zinc (Zn^{2+}) .

Glacier water Mappa is very specific with equal quality of Calcium (Ca^{+2}) – 6 mg. L^{-1} and Sodium (Na^+) – 5 mg. L^{-1} . They are beneficial for the nervous and cardiovascular systems. In Nova Scotia (Canada) and the Caucasus mountains (Russia), calcium content varies from 6 to 8 mg. L-1and these areas are where many centenarians live.

The water is excellent for the cardiovascular system. Glacier water Mappa is soft with total mineralization -100.1 mg.L^{-1} .

The pH factor of Glacier water Mappa is 7.85. Water is alkaline and optimal for biochemical processes in the human body. In an alkaline medium, there is a decrease in tumor cells.

According to the analysis of various water samples by the NES and DNES methods can be drawn the main conclusions below:

- The energy of hydrogen bonds of water in the samples differed because of the different number of hydrogen bonds in the water samples, which may result from the fact that different waters have different structures and various intermolecular interactions – various associative elements with different structure, clusters of formula (H₂O)_n with different n, connected into the molecular associates:
- 2. Due to the different energies of hydrogen bonds, the surface tension of water samples was increasing or decreasing. For Glacier water Mappa there is increasing of surface tension according to the control samples. This effect is connected with the preservation of energy in the human body;
- 3. The experimental data obtained with Glacier water Mappa confirmed the following conclusion from the mathematical models of Glacier water Mappa compared to mathematical models of tap water. There is local big structuring of hydrogen bonds for the value $E = -0.1387 \text{ eV or } \lambda = 8.95 \text{ } \mu\text{m}.$ This fact may prove that Glacier water Mappa stipulates the restructuring of H2O molecules, and on a molecular level, it is very useful for the prophylaxis against the development of tumor cells.
 - For the value E = -0.11 eV the result is connected with the improved conductivity of nervous tissues from Ca²⁺ ions.
 - The hydrogen bond network may be stabilized with metal cations and anions in glacier Mappa. In ice, the hydrogen bonds have an energy of 4.6 kcal/mol or -0.1995 eV. For liquid water the energy of hydrogen bonds makes up 1–3 kcal/mol or 0.043–0.13 eV.

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The article is in memory of Oleg Mosin (1966-2016).

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