

by
Amanda J. Butler



The Wellness Column

As someone who spends much of her time exploring the world of wellness, I am often introduced to people and ideas that challenge my understanding of what is possible.

Some I embrace immediately. Others leave me intrigued, and perhaps a little sceptical. Richard Poire and his Elixir of Life technology fell firmly into the latter category, but I was genuinely excited to learn more about the man, the story and the ideas behind them.

I first encountered his distinctive pendants several years ago at a wellness gathering in Ibiza. Their unusual appearance immediately caught my attention: elegant gold and silver metallic capsules suspended from natural stone beads, pearls or leather cords.

What intrigued me even more was the number of people wearing them.

When I asked one woman why, she explained that since wearing hers she felt calmer, slept more deeply and experienced less stress. Naturally, my curiosity was piqued.

I bought one – a particularly beautiful fresh water pearl, turquoise and brass version.

A few months passed before I met Richard himself, perhaps synchronicity, during a visit to Egypt early last year, and heard the remarkable story behind what he calls the "Elixir of Life."

According to Richard, the journey began almost two decades ago when he met an alchemist in Brittany, France. The man had spent years studying the properties of water from sacred sites and developing methods to preserve and amplify what he believed were their energetic qualities.

As Richard tells it, the alchemist handed him a bottle of specially prepared water and suggested he place it in his home.

Initially, he thought little of it.

Yet the following day he noticed that a struggling plant sitting nearby appeared unusually vibrant.

Curious, he continued experimenting, placing small quantities of the water in different areas of his home and eventually beside his bed.

What followed sparked a fascination that would lead him into sixteen years of study exploring water, crystals, frequencies and energy-based wellness practices.

Today, his Elixir of Life products combine what he describes as sacred waters, crystal essences and vibrational frequencies designed to support vitality, balance and well-being.

Why water has fascinated humanity for thousands of years

Whether one views such concepts through a scientific, spiritual or symbolic lens, there is no denying that water itself has fascinated humanity for thousands of years.

Many cultures have long regarded certain springs, rivers and bodies of water as sacred or healing.

From the waters of Lourdes in France and the River Ganges in India to Japan's forest bathing tradi-

tionship between consciousness, energy and the natural world.

Richard's work sits within this emerging space.

His products incorporate crystal elixirs and what he refers to as quantum frequencies, drawing upon traditions that view the human body not only as a physical structure but also as an energetic system.

For some read-



The Elixir of Life: Can Water Hold More Secrets Than We Realise?



tions and the mineral-rich waters of the Dead Sea, **people have travelled vast distances seeking restoration through nature's most essential element.**

Modern science continues to reveal just how extraordinary water really is.

Water regulates climate, transports nutrients throughout the body, influences every cell and constitutes around sixty percent of the human body. Yet despite its familiarity, many of its properties remain surprisingly complex and not fully understood.

ers, this may sound far-fetched. I can understand that.

Yet one of the things I have learnt through years of writing about wellness is that many practices once considered unconventional – from meditation and mindfulness to breathwork and forest bathing – have gradually moved into the mainstream as research has evolved.

My Unexpected HRV Results in Mallorca

My own interest deepened when I encountered some unexpected results during testing at the Cell Energy Centre in Mallorca.

As part of a technology detox programme, practitioner Mario Bader measured my Heart Rate Variability (HRV), a recognised indicator of stress resilience and nervous system balance. (See my *Mallorca Bulletin* article dated 15.5.26), or online on MallorcaWellnessLiving.com)

The tests were carried out under three conditions: without my smart ring, while wearing my smart ring, and finally wearing both the smart ring and my Elixir of Life pendant.

To my surprise, the readings showed significantly higher stress levels with the smart ring, and

energetic effect not yet fully understood? I honestly don't know. But what I do know is that the results were intriguing enough to make me want to learn more.

Perhaps that is where the real value lies. Not necessarily in having all the answers, but in remaining open to asking the questions.

Throughout history, many discoveries began with curiosity. The willingness to explore the unknown. To observe. To experiment. To wonder.

Richard offers workshops, consultations and educational events exploring his work with frequency-based wellness technologies, while his growing community of followers remains convinced of their benefits.

Whether you view the Elixir of Life as cutting-edge energetic technology, ancient wisdom reimagined for modern times, or simply an interesting wellness curiosity, it raises a question that has fascinated humanity for centuries:

What if there is still more to discover about the nature of water, energy and our connection to the world around us?

Perhaps the greatest mystery is not whether water holds secrets, but how many of them we have yet to uncover.

As for me, I wear mine nearly every day. Can I honestly say I have experienced a specific benefit that I can attribute solely to the Elixir of Life? Not specifically, since I already feel great and my daily life already includes yoga, exercise, meditation, time in nature and a variety of holistic practices, making it difficult to distinguish one influence from another.

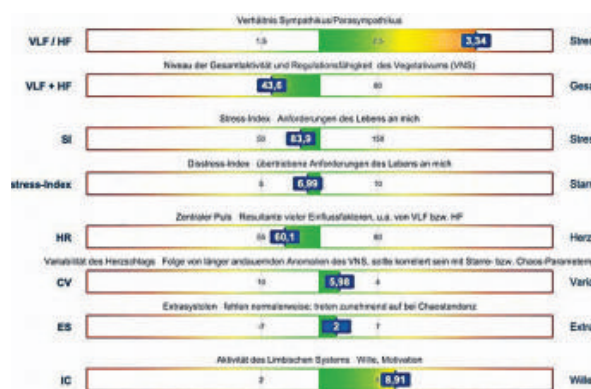
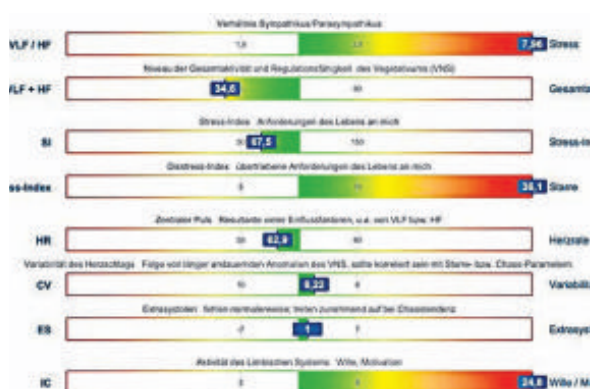
What I do know is that I love wearing it. I love the craftsmanship, the story, that it may help protect me from the constant bombardment of environmental electromagnetic exposure and the possibility that there may be more to our relationship with water, energy and the natural world than we currently understand.

And if, in our increasingly technological world, it serves as a small daily reminder to stay connected to something deeper, then for me, that alone has value.

To learn more about Richard and his Elixir of Life: <https://www.elixir-of-life.fr/en>. Elixir of Life workshops are run in France, Ibiza and Mallorca. If you live in Mallorca and wish to be

placed on a notification list for the next Elixir of Life workshop – pm me on IG @mallorcawellnessliving. P.S. Read Part 2 – Bone Health next week!!

Amanda J Butler is a Mallorca-based writer exploring Mallorca's evolving culture of wellness, lifestyle and conscious living. Discover more at www.mallorcawellnessliving.com or follow IG @amandabmal-lorca.



Above: Amanda with ring. Right: Amanda with ring and necklace.