

Miracles of Water

AMAZING SECRETS FOR HEALTH AND WELLNESS

Air, Water, and Food are the "Three Keys for Life". As little children, we learned not to cover our head with a plastic bag because our bodies require a constant supply of air. As students in health classes, we learned that we should drink at least eight glasses of water a day, but that we can live for a few days without water. We also learned that we need to eat healthy foods, but that we can live some longer without food than we can without water. In his book **Your Body's Many Cries for Water** (published June 1995 by Global Health Solutions, Fall Church, Virginia), Fereydoon Batmanghelidj tells us of health problems associated with dehydration and the health benefits of adequate water intake. The following list of "cures" and "tragedies" is taken from Mr. Batmanghelidj's book.

Cure #1: Water prevents and cures heartburn.

Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage.

Tragedy: Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually cancers in the gastrointestinal tract, including the liver and pancreas.

Cure #2: Water prevents and cures arthritis.

Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of painkillers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

Cure #3: Water prevents and cures back pain.

Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs - the water cushions that support the weight of the body. These conditions should be treated with increased water intake. Not a commercial treatment, but a very effective one.

Tragedy: Not recognizing arthritis and low back pain as signs of dehydration in the joint cavities and treating them with pain-killers, manipulation, acupuncture, and eventually surgery will, in time, produce osteoarthritis when the cartilage cells in the joints have eventually all died. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life threatening complications.

Cure #4: Water prevents and cures angina.

Heart pain - angina - is a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake is angina's cure.

Cure #5: Water prevents and cures migraines.

Migraine headache is a sign of water need by the brain and the eyes. It will totally clear up if dehydration is prevented from establishing in the body. The type of dehydration that causes migraine might eventually cause inflammation of the back of the eye and possibly loss of eyesight.

Cure #6: Water prevents and cures colitis.

Colitis pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze the last drop of water from the excrements - thus the lack of water lubrication.

Tragedy: Not recognizing colitis pain as a sign of dehydration will cause persistent constipation. Later in life, it will cause fecal impacting: it can cause diverticulitis, hemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum.

Cure #7: Water and salt prevent and cure asthma.

Asthma, which also affects 14 million children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapor - the winter steam. Increased water intake will prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs that

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obstruct the free flow of air in and out of the air sacs.

Tragedy: Not recognizing asthma as the indicator of dehydration in the body of a growing child not only will sentence many thousands of children to die every year, but also will permit irreversible genetic damage to establish in the remaining 14 million asthmatic children.

Cure #8: Water prevents and cures high blood pressure.

Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood serum is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the "injection process." Just as we inject I. V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some salt intake will bring blood pressure back to normal!

Tragedy: Not recognizing hypertension as one of the major indicators of dehydration in the human body, and treating it with diuretics that further dehydrate the body will, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain. It will cause heart attacks and small or massive strokes that paralyze. It will eventually cause kidney disease. It will cause brain damage and neurological disorders, such as Alzheimer's disease.

Cure #9: Water prevents and cures early adult-onset diabetes.

Adult-onset diabetes is another adaptive state to severe dehydration of the human body. To have adequate water in circulation and for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into all body cells. In diabetes, only some cells get survival rations of water. Water and some salt will reverse adult-onset diabetes in its early stages.

Tragedy: Not recognizing adult-onset diabetes as a complication of dehydration will, in time, cause massive damage to the blood vessels all over the body. It will cause eventual loss of the toes, feet and legs from gangrene. It will cause eye damage, even blindness.

Cure #10: Water lowers blood cholesterol.

High cholesterol levels are an indicator of early drought management by the body. Cholesterol is a claylike material that is poured in the gaps of some cell membranes to safeguard them against losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol, apart from being used to manufacture nerve cell membranes and hormones, is also used as a "shield" against water taxation of other vital cells that would normally exchange water through their cell membranes.

Cure #11: Water cures depression, loss of libido, chronic fatigue syndrome, lupus, multiple sclerosis, and muscular dystrophy.

These conditions are caused by prolonged chronic dehydration. They will clear up once the body becomes well and regularly hydrated. In these conditions, exercising one's muscles should be part of the treatment program.

For more information, read the book: *Your Body's Many Cries for Water.*

Fewer Wrinkles and Improved Memory!

"Within the three months that I have been drinking the right amount of water the right way, my chronic mucous began to leave, my hair became soft, and my skin is becoming softer. I have fewer wrinkles (I am almost 70 years old). My stomach aches stopped. My toenails are not brittle. Two black spots I have had on my leg for several years as an aftermath of deep cuts have disappeared. My eyebrows grew back. There are dark streaks showing in my gray hair. My hair is coming in thicker and my memory is improving."
Beth Whitney, Portland, Oregon

No More Heartburn!

"No more heartburn, back feels great, fantastic. No more drugs." - Harry Finn, North Carolina Asthma Cured and Energy Revived!

"After five days of drinking eight glasses of water per day, my 72-year old husband, Robert, whose healthy 170-pound body had shrunk to about 149 pounds, and whose energy level was almost non-existent, was revived. In six weeks, he returned the nebulizer which had kept him going for five months." - Annette Culler-Penney, Upperville, Virginia

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