

WATER

'The information on dehydration is ground-breaking. The explanation I have been able to put together will educate the public about dehydration. And basically, it will turn everyone into a healer of their own bodies. And they, in turn, become healers for others around them. This is how information is spread so far.'

-Dr. Fereydoon Batmanghelidj

Introduction

Dehydration can be defined as:

1. The process of removing water from a substance or compound.
2. The excessive loss of water from the body or from an organ or body part, as from illness or fluid deprivation.

Water is one of the most important element on earth and without it life would very quickly cease to exist. A key factor that makes for a healthier, happier, longer life is, drinking enough pure water every day. Seeing as the body is comprising of over 70% water, it makes sense to keep that water clean by regularly flushing it through new supplies. The vast majority of us are ignoring this priceless health tip and needlessly suffering as a result.

Moreover, it is quite shocking to think that when the body is dehydrated it resorts to obtaining moisture from the stagnated, compacted faecal matter lurking in the colon. This causes constipation and leads to a state of auto-intoxication (or toxema), which refers to the pollution of the blood by allowing the development of a cesspool in the guts. None of us want to have excrement-obtained

water pumping through our brain, lungs, kidneys and other internal organs yet this is precisely what is happening when we neglect our body's many cries for water. Our Heart disease, cancer, headaches, acne, allergies, diabetes and arthritis are just some of the many problems that can stem from this dehydration.



Fig. 2.1 Dr. Batmanghelidj

'WaterCure' pioneer Dr. Batmanghelidj provides powerful evidence to illustrate that many of the 'diseases of unknown etiology (origin)' are primarily caused by chronic dehydration. On his informative website www.watercure.com he overviews the 'tragedy' of not recognising this fact in a concise, logical and hard-hitting way.

He reasons that modern medical science is built on four major mistakes:

- 'Dry mouth is the only sign of dehydration'. In 1764, Albrecht von Haller first claimed dry mouth as a sign of thirst. This view was supported by Walter Bradford Cannon in 1918 and since then this erroneous belief has altered the course of medicine and skewed the medical profession's understanding of bodily water regulation. In truth, dry

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mouth is one of the very last signs of dehydration, coming after a whole host of other symptoms.

- ‘Water is a simple substance that only dissolves and circulates different things’. Actually water is not a simple, inert substance at all. It serves both life-sustaining functions (as acknowledged by medical science) and life-giving functions.
- ‘The human body can regulate effectively its water intake throughout the life span of the person’. In truth, our drought perception ability usually diminishes with age – older people frequently fail to recognise that they need to drink water.
- ‘Any fluid can replace the water needs of the body’. The manufactured beverages do not function in the same pristine way as pure water does and are often diuretic, signifying that they serve to further dehydrate the body.

ARTHRITIS AND JOINT PAIN

“Conventional doctors will tell you the only way to treat arthritis is with over-the-counter pain relievers, including aspirin, Tylenol®, and NSAIDs like Advil®. But long-term use can put you at a risk for potentially lethal side effects; for example, gastrointestinal bleeding, liver damage and kidney failure. Even nutritional supplements like glucosamine and chondroitin sulphate fail to treat the true source of your pain, and simply don’t work for everyone.

Whenever you feel pain in any of your joints, the first thought that should occur to you is, ‘My body is severely short of water.’ That’s because the parts of your body that suffer most when you are dehydrated are those without direct vascular circulation, like joint cartilage. Because of lack of sufficient water and the nourishment that water provides, cartilage cells eventually shrivel up and die. Taking medications to mask the pain simply allows you to put more

wear and tear on your joints, making matters worse. Only water can restore your joints to its more youthful strength and flexibility.'

- *Dr. Batmanghelidj*

I was so impressed with this paragraph that inspired me to make a small poster of it and displayed it in the window of my local newsagent. I offered free information and a free pouch of high quality sea salt to anyone who was interested. The result was disappointing. The town has around 60% OAP population and I could see people on the streets everyday who were suffering joint pain yet after two months of displaying the advert, nobody phoned also for the free WaterCure pack. It reminds me of the saying 'we all stumble across the truth sometimes in our lives yet most of us pick ourselves up, brush ourselves down and carry like nothing had happened.' If only these arthritic folk would realise that water and salt alone can rebuild cartilage. On the positive side, a few months later I did manage to get a three-page feature about Urine Therapy and the WaterCure in the local newspaper, so hopefully more people paid attention to that.

The unintentional chronic dehydration leads to many pains in the body which are either locally registered or central nervous system registered. In the earlier stages of dehydration, pain killers can mask local pain signals however it is only a matter of time before the brain becomes the direct centre for monitoring the pain perpetuation until hydration is resumed. Compelling evidence shows that in many cases, the occurrence of pain is in reality a 'drought crisis management signal'. One way of looking at it could be that the intelligence of the body creates pain in a desperate attempt to force the 'personality' to drink more water.

In his ground-breaking paper 'Neurotransmitter Histamine, An Alternative Viewpoint', Dr. Batmanghelidj reveals the purpose and

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function of histamine in the body as a water regulator.

The basic gist of the paper is that histamine will act as a temporary substitute for water in a dehydrated body by providing energy for some highly sensitive body functions, such as respiration or neurotransmission.

MORE THAN 'JUST ANOTHER HEALING SYSTEM'

Whilst I am aware that many practitioners mention the importance of drinking enough water each day to patients, few are actually aware of exactly how important it is to get the water and salt ratio perfectly balanced. The WaterCure is not 'just another healing system'; it is the backbone of health itself. This is why Dr. Batmanghelidj was so passionate about his work; because he knew that the vast majority of medical doctors, natural therapists and the general public were unaware of the core importance of water and salt in relation to health. Thanks to his ground-breaking work, myself and many other people are now aware of this simple truth.

It is important to drink water steadily throughout the day and it is equally important that the body is fully capable of retaining the water. A regular intake of real salt (which contains up to 85 minerals) and some whole food once in a while will make the world of difference as far as mineral deficiency and related illnesses are concerned, however salt also enables the water we drink to permeate in our cells through it's osmotic function. To put it simply; if the body is lacking salt the water will not get into the cells and we will become dehydrated at the cellular level. There are two 'lakes' in the human body. The first one is the lake that the cells swim in and the second is the lake that is found inside each and every cell. In order for these cells to remain hydrated and 'plum like', salt must be present in the blood.

The guidelines vary as to how much water we should be drinking according to our particular needs and situations, however less than two litres throughout the day is generally not advisable. For many, especially those who are actively aiming to detoxify their body, double this quantity is recommended. Have a long drink of water in the morning and keep drinking through the day, perhaps remembering to drink every time you urinate. If your urine is a dark yellow colour, the chances are that you are dehydrated. The closer to the colour of faeces that your urine is, the more auto-intoxicated you are becoming. With this in mind, it is advisable to treat dehydration seriously and be good to yourself with regular drinks of pure water.

I haven't met many people who are actually getting the correct hydration each day. In his book 'Life Flow One, The Solution For Heart Disease' Karl Loren writes about the results of his research into exactly how much pure water people are generally drinking each day:

'Let's consider a glass of water to be about eight ounces. It should be considered, also, plain! No flavourings, no fizzy bubbles. It could be from the tap, bottle or through a filter. But, it is plain water and you drink it down, in sips or large swallows -- but down it goes -- plain water -- with or without food.

- There will be about 10% who never drink a plain glass of water during the day. They have justifications, such as the orange juice, coffee or milk they drink.
- There will be about 30% who drink one or two glasses per day.
- There will be about 40% who drink three to five glasses per day.
- There will be about 15% who drink six to nine glasses per day.
- There will be about 5% who drink ten or more glasses per day.'

Don't wait until you are physically uncomfortable with dehydration, before you have a drink.

A closer look at water

'I have found that distilled water is a sovereign remedy for my rheumatism. I attribute my almost perfect health largely to distilled water.'

- Alexander Bell

Wouldn't it be nice if we could just turn on the tap and drink safe, healthy water whenever we wanted? Unfortunately, it is not as simple as that. Generally our water supply is a prime factor for illness in the world so if you are still drinking it; you should take cautious steps to purify it or drink a healthier, less toxic variety of water instead. The tap waters around the world differ according to local restrictions; what is legal and acceptable in some countries is illegal in others. In America, for instance, fluoride is found in tap water where as in most of the UK this wicked ingredient is banned. That's not to say UK tap water is good, it is not.

There are thousands of chemical compounds in our tap water from industry, agriculture and domestic homes. Tap water drinkers ingest small dose of these chemicals every day and no one knows for sure what the long-term effects may be. Industrial chemical waste

found in landfills is a major cause of water pollution as is radioactive waste and runoff pesticides from agricultural areas. A particularly nasty ingredient that is added to tap water is chlorine, which is found in UK tap water. These additives are big business for those that make and supply them to the water companies however the effect they have on health can be devastating.

A FEW EXAMPLES OF WHAT TAP WATER CAN CONTAIN

Substance	Effects on the body.
Calcium Carbonate	Hardening of arteries, deterioration of internal organs, dementure.
Gasoline and MTBE (gasoline additive)	Cancer and Leukaemia.
Chlorine resistant parasites	Gastrointestinal illness, infections.
Chlorine and related hydrocarbons (DDT, PCB, TCE, etc)	Mutation, cancer, heart disease, senility.
Fluoride	Mottling of teeth, damaged immune system, Down's syndrome, heart problems, headaches, cataracts, eczema, diabetes, hair loss, still births, leukaemia, M.S, osteoporosis, cancer plus many more symptoms.
Recycled drugs (flushed down the toilet) – antibiotics, birth control pills, pain killers etc.	Lowering of male sperm count, immune system damage, brain damage plus many more symptoms.

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Pesticides and herbicides (from agricultural runoff)	Mutation, birth defects, oxygen starvation, still births, heart and artery disease, cancer.
Lead from old pipes	Impairment of reproductive and central nervous systems, high blood pressure, damaged hearing, anaemia, kidney damage, mental retardation.
Acid rain	Multiple symptoms.
Arsenic (from agricultural pesticide runoff)	Damaged digestive tract and lungs, fatigue.
Aluminium	Degenerative brain damage.
Nitrates (from agricultural runoff and seepage from septic tanks)	Cancer and 'blue baby' syndrome.
Iron (as rust)	Not dangerous.
Radioactivity (from atomic power-military-medical pollution)	Birth defects, mutations, cancer.
Mercury	Loss of muscle control, kidney disease, brain damage.

ALTERNATIVES TO TAP WATER

Water type	Benefits	Drawbacks
Mineral water	Can taste good, contains some beneficial minerals, can contain biological energy (prana/chi).	Often contains harmful chemicals and inorganic, indigestible minerals.

Spring water	Convenient, can be very pure due to intensive purification techniques.	Often contains harmful chemicals and inorganic, indigestible minerals.
Carbon block filters (installed under the sink)	Kills bacteria, provides water on demand, use no electricity, easy to install.	Can not remove inorganic chemicals.
Charcoal filtered (Britta jug etc)	Cheapest and quickest option.	As above, some bacteria can still be present in filtered water, the filter can become a breeding ground for bacteria if not kept clean, it is sometimes hard to know exactly when a filter needs replacing.
Reverse osmosis water	Doesn't use electricity, produces a very pure water.	Uses 6 times more water than it produces, plumber installation required, replacement membranes costly, cannot remove all toxins.
Distilled water	100% pure. Cleanses, heals and invigorates the body.	Basic home distillers are fairly expensive, also consume use a lot of electricity and take time to distil the water.



Fig. 2.2 Britta Jug

A standard home water distiller/carbon filter costs around £150.

SOME BENEFITS OF REGULAR WATER INTAKE

- Anti aging
- Cleans the blood
- Raises energy levels
- Promotes a healthy skin
- Helps to overcome disease
- Helps to keep the joints supple
- Boosts immunity
- Promotes sharper mental capacities
- Brings homeostasis to the body's cooling and heating processes

- Helps to reduce stress, anxiety and depression
- Counters addictive tendencies
- Gives lustre and shine to the eyes
- Breaks down and energises food ready for bodily assimilation
- Effectively transports all substances within the body
- Prevents DNA damage and helps repair damaged DNA

WATER FACTS

- The idea of adding fluoride to America's tap water was first proposed in 1939 by Dr. Gerald Cox of the Mellon Institute, a research organisation that is funded by the Mellon family, owners of the Alcoa Aluminium. Fluoride is a waste product of the aluminium industry and it was claimed that it would reduce the incidence of tooth cavities.
- The best method for purifying water is a system that distils water and then carbon filters it.
- Osteoporosis affects 20 million and kills 300,000 Americans yearly. This condition is caused primarily by low quality, toxic water.
- There is approximately 326 million cubic miles of water on (and in) planet Earth.
- Water is indestructible.
- When you take a drug with a glass of water to swallow it, the water is often doing you more good than the medication.
- Ulcers are primarily caused by dehydration.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic maths and difficulty regarding focusing on the computer screen or on a printed page.
- Even mild dehydration will slow down one's metabolism as much as 3%.

Dehydration symptoms

According to Dr. Batmanghelidj's research, dehydration symptoms can fall under three broad headings:

- Perceptive feelings
- Drought management programs
- Emergency indications of local dehydration

Perceptive feelings	Drought management programs	Emergency indications of local dehydration
Tiredness	Asthma	Heartburn
Flushed face	Allergies	Dyseptic pain
Irritability	Hypertension/High blood pressure	Angina pain
Anxiousness	Type 2 diabetes	Lower back pain
Dejectedness	Constipation	Rheumatoid joint pain
Depression	Autoimmune diseases	Migraines
Heavy headedness		Colitis pain