

PURE WATER

In all land and the vast ocean, water cleanses. For one to be in health, water is one of the most valuable cleanser and restorative agent. It forms a major proportion of nature's comfort. Every other organ in the human body needs water. Whether the brain or the eye, whether the bones or the nails, water is essential both for the normal physiological functioning and also for our physical needs.

In our daily living, so many people eat too much of salts, proteins and sugars. Some even engage in too much eating, overeating, and strenuous activities, all of which requires too much water to offset the system from its ill-effects, but are as ignorant of drinking enough waters as they may be of future repercussions. This behavior affects the health and the work production as well.

The human body comprises 60-70% water, with the brain, often referred to as a "soggy computer," being approximately 80% water. Consistent hydration is crucial for bodily functions. While much of this water is recycled internally, a daily intake of at least eight glasses is necessary for replenishment. The body routinely eliminates waste materials, not only from its own metabolic processes but also from constant exposure to germs, viruses, chemicals, and drugs prevalent in modern society. Inadequate cleansing can lead to bodily breakdown.

For further insight, *Your Body's Many Cries for Water* by F. Batmanghelidj, M.D., offers compelling information regarding chronic dehydration and its impact on the body, including the chronic diseases it can precipitate. Dr. Batmanghelidj's personal experience underscores his research. Imprisoned by the revolutionary government of Iran and facing execution, his medical expertise spared him, as he was deemed valuable for treating fellow prisoners.

During his incarceration, he encountered a man suffering from an acute stomach ulcer. Lacking conventional medication, Dr. Batmanghelidj prescribed a glass of water every 20 minutes. Remarkably, after three glasses, the man's pain subsided, and with continued daily water intake, the ulcer never recurred.

This incident initiated 25 months of intensive research for Dr. Batmanghelidj into the effects of water on the human body. He was subsequently released by a judge to continue his studies, metaphorically freed by a glass of water. His research revealed that many disease syndromes, which modern medicine often treats unsuccessfully with drugs and attributes to unknown causes, are, in fact, the body's desperate attempts to cope with life-threatening chronic dehydration.

A **particularly destructive habit**, especially in affluent nations, is the substitution of water with other beverages to quench thirst. Starting in the bottle-fed infant, whose formulas contain sugar, and are more highly concentrated than natural breast-milk, the child is educated into chronic thirst.

Flavored drinks, sodas, cow's milk, and juices consumed in childhood frequently transition to tea, coffee, and alcohol in adulthood. This perverts the natural thirst mechanism, leading to misinterpretation of thirst signals as hunger. **This misinterpretation is a significant contributor to overeating and obesity.**

All beverages such as tea, coffee, alcohol, sugary drinks, and sodas are dehydrating agents. They require the body to expend more water to metabolize and eliminate their toxic chemicals than they provide in hydration.

One of the most beneficial health interventions for individuals and families is to cease consuming all other beverages and consistently drink 2 to 3 liters of pure water daily. This should ideally follow a schedule of drinking half an hour before meals, 2.5 hours after meals, upon rising, and before bed. Individuals with serious pre-existing conditions may require a significantly higher intake to compensate for prolonged dehydration.

It is advisable to increase water intake gradually to allow the body to adapt. When cells are subjected to chronic dehydration and the toxic burden from consuming inadequate water and substituting it with harmful beverages, the body eventually manifests chronic pain and various disease symptoms. **The patient is then 'treated' with poisonous drugs that cause more confusion and problems for the body's struggling metabolism.**

Internal water applications

Many of the body's cries for water become chronic pain problems. Any kind of chronic pain including migraine headaches and gastric pain, should be treated by several days of increased water intake of at least 2 1/2 liters a day and see if the pain is not relived. If it is not, then further treatment can be sought, but in most cases it will be gone. This is especially true of severe pain that does not respond to medication. Take for instance the following cases.

Gastric pain:

The stomach has a protective mechanism to prevent the strong acid used in digestion from harming its walls. If water is drunk 1/2 hour before eating, it passes into the small intestine, is absorbed, and in 1/2 hour is secreted back into the stomach through the walls. This plumps up the cells, washes debris and old mucous from underneath, and puts a fresh, abundant layer of mucous in place, so the stomach is ready to receive food and acid. If water is not present, the wall is not protected, and pain and ulcers result. Remember, we need that strong acid to properly digest our foods, especially protein-containing items. Do not use soda or antacids!

Hiatus Hernia:

The stomach has valves that prevent acidic contents from going up into the esophagus [throat]. It also has a valve at the lower end that prevents acidic contents from dumping into the small intestine until that organ is ready to receive it. It is made ready by the pancreas excreting a large amount of watery, bicarbonate solution into the upper part of the small intestine to neutralize the incoming acid. Then the valve is signaled, opens, and the stomach is emptied. See how organized God made everything to be?

If there is not enough water available for the pancreas to do this, the lower valve shuts tighter and tighter, and the upper valves get looser and looser. Thus, acid begins to regurgitate into the

esophagus, and heartburn occurs. Vomiting may also occur. After a while, even the stomach itself can intrude up through the opening in the diaphragm, causing pressure and pain.

If two glasses of water are drunk before meals, this condition will gradually reverse itself. The medical treatment is to use drugs to force the lower valve to open and dump the acidic contents into the unprepared small intestine. It does not take a genius to realize this is not a good idea and can even result in bowel cancer!

Constipation: This condition is largely based on dehydration as well. Drinking two large glasses of warm water upon rising will stimulate the production of motilin and encourage bowel movements. Also, the presence of adequate water will make stool softer and more easily evacuated. Extra fiber also helps, but fiber without extra water will only make the condition much worse.

It is an interesting thought, completely in harmony with the latest research in physiology, that when a patient is taking a pill with a glass of water, it may be the water that helps and not the pill!

Nervous System Disorders:

Brain and nerve disorders can be a symptom of lack of water, as the brain is over 85% water, and the nervous system uses tiny canal-tubules to send minute chemical messages throughout the system. Also, hydroelectricity is generated as adequate water passes through the cell walls, and this energy is used by the nervous system.

Memory problems occur when the brain is not properly hydrated. Panic attacks, long thought to be only psychological, have been shown to be relieved by drinking three glasses of water, followed in 20 minutes by three more. The panic sensation is the nervous system's alarm bells for severe dehydration. Also, when a person who is already dehydrated eats concentrated and stimulating foods such as meat, spices, and chemical-rich items, the body reacts by sending out panic stress hormones causing a fight-or-flight reaction. This, of course, is very stressful **and is the source of many aggravated nervous problems.**

Arthritis, inflammatory diseases, and autoimmune disorders: Again, chronic dehydration can express itself in these seeming diseases, as lubrication for bones and joints fails when water is low. Also, the immune system becomes weak and disordered and cannot function normally. Little micro-tubules become blocked and inoperative, and systems fail.

Arthritis, Inflammatory Diseases, and Autoimmune Disorders

Chronic dehydration can manifest as these conditions when the body lacks sufficient water for joint lubrication. A weakened and disordered immune system, unable to function normally, also contributes. Blocked and inoperative micro-tubules further impair bodily systems.

Asthma, Allergies, etc.

Histamine, commonly associated with allergies, is the body's primary water regulator. When water is scarce, histamine prioritizes water distribution to vital organs for survival. The choking and wheezing of asthma, and the stuffiness of hay fever and allergies, may be the body's attempt to prevent further water loss through respiration. It has been shown that consuming a couple of glasses of warm water can alleviate an asthma attack. These facts strongly suggest questioning the use of anti-histamine drugs. I urge everyone with this information to act on it; you have nothing to lose but your ill health.

WATER THERAPY

External Applications of Water

"The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood." — E.G. White, *Ministry of Healing*, page 237.

"There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments." — E.G. White, *Ministry of Healing*, page 237.

Hygienic Purposes

Cleansing the skin helps remove impurities expelled through pores. "Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other elimination organs It is important also that the clothing be kept clean. The garments worn absorb the waste matter that passes off through the pores; if they are not frequently changed and washed, the impurities will be reabsorbed." — E.G. White, *Ministry of Healing*, page 276.

Frequent bathing is highly beneficial, especially before bed or upon waking. "The bath soothes the nerves. It promotes general perspiration, quickens the circulation, overcomes obstruction in the system, and acts beneficially on the kidneys and the urinary organs. Bathing helps the bowels, stomach and liver, giving energy and new life to each. It also promotes digestion and instead of the system being weakened, it is strengthened ... and a more easy and regular flow of the blood through all the blood vessels is obtained." — *Counsels on Health*, page 104.

In summary, a cool or lukewarm bath helps the body to:

- Fortify against the common cold and other illnesses.

- Improve circulation.
- Invigorate the body.
- Refresh the mind, brighten the intellect, and soothe the nerves.
- Increase muscle flexibility.
- Aid digestive organs—stomach, liver, and bowels.

"Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often washed, and frequently aired, it becomes filthy with impurities, which are thrown off from the body by sensible and insensible perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs." — *How to Live*, page 143.

Hydrotherapy

The Bible **states in Leviticus 17:14, "for the life of all flesh is the blood."** This tells us that blood is far more than just what flows when we cut ourselves; it is the very life force and healing power of the body. When a part of the body experiences a problem, it is invariably due to either insufficient or congested circulation, where blood tends to pool.

Here's an example:

Suppose you have a headache. Two simple steps can quickly alleviate it. First, slowly drink two glasses of warm or room-temperature water. (Avoid ice-cold water or drinks, as they stress the body.) Simultaneously, place your feet in a bucket of very warm water—not hot enough to burn, but comfortably warm. The headache should subside quickly. Why is this so effective? What is happening?

A headache signals two bodily needs. First, there is usually dehydration, so drinking water helps rehydrate the body. Second, headaches are often accompanied by blood congestion in the head and brain. By soaking your feet in hot water, blood is drawn downwards, relieving the congestion.

As you can see, this method helps the body restore balance. This simple therapy can also be used for stuffiness, sinus congestion, chest congestion, and even asthma.

Pain is always the body's call for help, signaling, "I have a problem here, and I need assistance to restore balance." What does this imply about the concept of "painkillers"? Friends, there is something fundamentally wrong with this idea and even the term itself! It suggests violence, as if pain is an intruder to be exterminated. No! Pain is the body attempting to alert us to a problem, urging us to understand its cause and what the body needs to resolve it. What are we doing when, instead of assisting the body, we introduce a poisonous drug?

Is a headache caused by a lack of a poisonous chemical? No! Now, the poor body has two problems to contend with! Often, it will stop signaling the original cause of the pain and shift its

focus to expelling the poison from the system before severe harm occurs. We then mistakenly think, "Oh, this drug has relieved my pain; this is good, problem solved!" But has it? Absolutely not! Instead, you've harmed your body, and it is now fighting to prevent further damage from the poison. This is akin to a child crying for help, and you hit them or throw mud in their face! Once the body has sufficiently cleared the poison to prevent the most severe damage, what happens? What would our poor child do in our example? They would cry louder, right? So, the body's pain intensifies! "Oh, the painkiller has worn off; I must take more!" And here comes another bucket of mud, and the body returns to battling the poison! Is it any wonder that after a while, the poor body simply gives up the fight?

Oh, Friends, it is time to restore faith in God, our loving Creator, in the wonderful self-healing body He made for us, and to learn and practice His healing methods and healthy lifestyle! He assures **us**: **"If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."** Exodus 15:26. Amen.