

Prevention and Healing With Water

from: <http://www.karinya.com/waterhealing.htm>

How does pure water act?

Consuming ordinary drinking water by the right method purifies the human body. It renders the colon more effective by forming new fresh blood, known in medical terms as Haematopaisis. That the mucousal folds of the colon and intestines are activated by this method, is an undisputed fact, just as the theory that the mucousal fold produces new fresh blood. If the colon is cleaned then the nutrients of the food taken several times a day will be absorbed and by the action of the mucousal folds they are turned into fresh blood. The blood is all-important in curing ailments and restoring health, and for this water should be consumed in a regular pattern. We make an earnest request that the above method should be read and practised carefully. Please spread this message to your friends, relatives and neighbour it is a great service to the cause of humanity.

Diseases cured by Drinking water:

1. Headache	11. Cough (Khansi)	22. Constipation (Kabj)
2. Blood Pressure, HyperTension	12. Asthma	23. Hostorthobics
3. Anemia (Blood Shortage)	13. Bronchitis	24. Diabetes (Madhumeah)
4. Rheumatism (Pain in joints/muscles)	14. Pulmonary Tuberculosis (T.B.)	25. Eye diseases
5. General Paralysis	15. Meningitis	26. Ophthalmic Haemorrhage & Ophthalmia (reddish eye)
6. Obesity	16. Kidney stones	27. Irregular Menstruation
7. Arthritis	17. Urogenital disease	28. Leukemia (white Blood)
8. Sinusitis	18. Hyper-acidity	29. Uterine cancer
9. Tachycardia	19. Gastroenteritis	30. Breast cancer
10. Giddiness	20. Dysentery	31. Laryngitis
	21. Rectal Piodapase	

from: http://prescriptioncard.org/index.cfm?method=article&article_id=13

Interesting Article, the suggestions of which I am following and seeing results with. This being the popularity in Japan of drinking water immediately after waking up every morning.

DRINK WATER ON AN EMPTY STOMACH

It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value. Publish below a description of benefits of drinking water for our readers.

For old and serious diseases as well as modern illnesses the water treatment had been found successful by a Japanese medical society as a 100% cure for the following diseases:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhea, piles, diabetes, constipation, all eye diseases, womb, cancer and menstrual disorders, ear nose and throat diseases.

METHOD OF TREATMENT

1. In the morning before brushing teeth, drink 4 x 160ml glasses of water (about 22 oz)
2. Brush and clean the mouth but do not eat or drink anything for 45 minutes
3. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for 2 hours
5. Those who are old or sick and are unable to drink 4 glasses of water at the beginning may commence by taking little water and gradually increase it to 4 glasses per day.
6. The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

The following list gives the number of days of treatment required to cure/control/reduce main diseases:

Arthritis patients should follow the above treatment only for 3 days in the 1st week
Constipation - 10 days
Cancer - 180 days
Diabetes - 30 days
Gastric - 10 days
High Blood Pressure - 30 days
TB - 90 days

This treatment method has no side effects, however at the commencement of treatment you may have to urinate a few times. It is better if we continue this and make this procedure as a routine work in our life.

Drink Water and Stay healthy and Active. This makes sense, the Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating!!

For those who like to drink cold water ... it is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion.

Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer.

It is best to drink hot soup or warm water after a meal. The Chinese and Japanese drink hot tea with their meals, not cold water. maybe it is time we adopt their drinking habit; while eating!!! Nothing to lose, everything to gain.

from: http://www.aquasanastore.com/water-you_c10.html

"The significant problems we have cannot be solved at the same level of thinking with which we created them" *Albert Einstein*

So many common ailments and illnesses can be prevented and possibly even cured with an increased intake of healthy water. Headaches, hypertension, back pain, arthritis, ulcers, asthma, morning sickness, and fatigue can all benefit and, in many cases, be prevented by regulating the body's natural fluid levels. Recently, there has been a dramatic swing in medical theory and a long overdue realization about "healing." The best way to prevent, treat, and, in many cases, cure illness is to give our body the right tools and let it go to work.

With the proper intake of healthy water and the right minerals and nutrients, the body can overcome almost anything.

Recent studies have confirmed that many of the medications our society has become dependent upon, primarily antibiotics and pain relievers, often do more harm than good. Antibiotics can be extremely damaging to the liver and have an adverse effect on our natural immune system. The more often we turn to synthetic medicines to overcome infections, the weaker our natural defenses become and the more likely we are to have repeated incidences of infection. An increased intake of water and the proper immune enhancing nutrients, combined with a little patience and common sense, is, by far, the best defense against most infections. Allowing our body to overcome minor infections with fever, fluids, and rest increases our natural resistance and makes us less susceptible to these intruders in the future. Truly, the best offense is a good "defense."

Pain medications and analgesic medicines also work in contrast to the way the body heals itself. In a very informative book entitled *Your Body's Many Cries For Water* (very highly recommend), medical experts explain how most of the pain sensations we experience are the result of moderate or acute dehydration.

The brain is over 75% water, and, when it detects a shortage of available fluids, it implements a water rationing process by producing histamines; histamines are known to cause pain and fatigue.

This natural process is meant to slow us down and conserve water. Histamines are released as a warning signal that something is wrong. When we take antihistamines or analgesic medicines like acetaminophen or ibuprofen we simply turn off the signal and often allow the problem to progress.

Two cups of water and a 20-minute break will overcome most common headache pain.

Back pain is also most often the result of a deficiency in body fluid levels. The disks in the back are, in reality, small hydraulic shock absorbers.

These disks are made up of an outer shell filled with fluid, primarily water. A properly hydrated disk creates a cushion that absorbs the shock of physical activity and supports the weight of the upper body. These discs are self-hydrating, as long as the body maintains adequate fluid levels and regular movement. Movement that compresses and releases pressure on the disk creates a suction that allows water to be pulled inside the disk, keeping it fully hydrated. When a disk is fully hydrated, the shell of the disk supports 25% of the weight load and the fluid supports 75%. When these disks become dehydrated, the shell has to support a larger portion of the load, causing pain, swelling, and soreness. Passive activities like standing or sitting at a desk without regular movement allow constant pressure on the disks, slowly forcing water out. Without sufficient fluid levels, the pressure on the disk increases, resulting in pain and stiffness. By simply maintaining a constant and adequate intake of water combined with regular movement, such as bending forward and backwards with your head and upper body, you can prevent and stop most minor back and neck pain. Try it; you'll be amazed how easy and effective these natural solutions are.

Hypertension is very often a result of the body adjusting to blood volume loss, according to Dr. Batmanghelidj, MD, a recognized expert on natural and preventive treatments. The most common cause of lower blood volume is dehydration. Since our blood is more than 83% water, the level of available water in our body heavily affects its total volume. When the body detects a loss of blood volume, it closes off less active capillary beds in order to maintain proper blood flow to the more active areas. These vessel closings cause a rise in tension inside the muscle mass, which we have come to know as "hypertension." More water allows for proper blood volume and less tension.

Arthritis pain and stiffness are now understood to be initially a result of increased friction and swelling in the bone joints. Water is what our body uses to lubricate these joints. When our water levels are reduced, increased friction between the cartilage surfaces occurs, resulting in swelling, stiffness, and pain. The movement of the joints causes suction that pulls water from the bone marrow to the joint cavity if there is available water. An increased intake of water and gentle rhythmic movements of the joints can ease and, in many cases, cure minor arthritic pain. A more detailed explanation of this natural treatment can be studied in *The Body's Many Cries For Water* or in a recent publication by three very highly respected medical doctors called *The Water We Drink*.

Asthma, which affects over 12 million children in North America alone and causes the deaths of several thousand individuals each year, is a direct result of increased histamine production. Dehydration initiates exaggerated histamine production as a water regulating control. It is well known that asthmatics have excessive levels of histamines in their lung tissue, causing constriction of the bronchial passages and increased mucus buildup. Water is used in the lungs to keep the tissue moist, but each time we exhale, we expel moisture from our lungs. Under normal hydrated conditions, the moisture is rapidly replaced. If we are in a dehydrated state, the tissue inside the lungs begins to coat with mucus to prevent drying.

It has been demonstrated in many animal studies that an increase in water intake will reduce histamine levels, and, over a two to three week period, restore normal hydration to lung tissue, thereby reducing mucus buildup. Once this occurs, the bronchial passages begin to open and normal breathing is restored. The same histamine-related effects apply to allergies, and, once more, significant benefits can result from an increased intake of water.

Even morning sickness, an ailment thought of as normal, is a direct result of dehydration. The fetus lives in a world of water, which the body prioritizes above all other needs. Throughout the night (the longest period without water intake), the uterus draws water from the mother's system to maintain its internal fluid levels and those of the fetus. In the morning, the mother awakens in a state of dehydration, nausea, and fatigue, hence the term "morning sickness." A common hangover produces the same symptoms and has essentially the same cause: dehydration. Alcohol is a very strong diuretic and causes the body to excrete water, often resulting in advanced dehydration. Drinking plenty of water before and throughout the night can prevent both of these common ailments.

While water is not an absolute cure-all, it must be recognized as the base and primary ingredient to every preventive and healing process within our body. We are truly a magnificent creation capable of preventing and curing even the worst diseases and illnesses.

Understanding how our body works is the first step toward achieving a higher level of health. Once we have this understanding, our actions begin to work in harmony with our body's natural instincts, creating the perfect internal environment.

It is important to remember that we are a "water machine," and that simply providing our body with the proper ingredients can and will achieve an elevated level of health. What a wonderful and rewarding feeling that will be!