

Prevention and Healing With Water

“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, the right minerals and nutrients our body can over come almost anything.**

Recent studies have confirmed that many of the medications our society has become dependant on, 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 over come 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 are by far the best defense against most infections. Allowing our body to over come 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 offence is a good “defense”.

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

Our brain is over 75% water and when it detects a shortage of available fluids it implements a water rationing process by producing histamines, causing 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 20minute 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 our back are in reality little 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 there is adequate fluid levels and regular movement. Movement that compresses and releases pressure on the disc creates a suction that allows water to be pulled inside the disc keeping it fully hydrated. When a disc is fully hydrated the shell of the disc supports 25% of the weight load and the fluid supports 75%. When these discs become dehydrated then 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, which slowly forces water out. Without sufficient fluid levels, the pressure on the disc increases and results in pain and stiffness. Simply by maintaining a constant and adequate intake of water combined with regular movement such as bending forward and backwards with your head and upper body allowing the disks to hydrate, 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 it's total volume is heavily effected by the level of available water in our body. 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've come to know as “hypertension”. More water allows proper blood volumes and less tension.

Arthritis pain and stiffness is 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 there is increased friction between the cartilage surfaces resulting in swelling, stiffness and pain. The movement of the joints cause a 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 overcome minor arthritic pain. A more detailed explanation of this natural treatment can be studied in, "The Body's Many Cries For Water" or 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 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 build up. 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 then 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 2 to 3 week period restore normal hydration to lung tissue and reduce mucus build up. Once this occurs the bronchial passages begin to open and normal breathing is restored. The same histamine related effects apply to allergies, and again, significant benefits can result from an increased intake of water.

Even something thought of as normal, like **morning sickness** 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, which is the longest period without water intake, the uterus draws water from the mothers system to maintain it's 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... only with a much less noble purpose. Alcohol is a very strong diuretic and causes the body to excrete water often leading to advanced dehydration. Both of these common ailments can be prevented, by drinking plenty of water before and throughout the night.

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 of disease and illness.

Understanding how our body works is the first step towards achieving a higher level of health. Once we have this understanding then 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 by providing our body with the proper ingredients we can and will achieve an elevated level of health, and what a wonderful and rewarding feeling it can be!

Recommended Reading

"Your Body's Many Cries For Water"

F. Batmanghelidj, M.D.

"The Water We Drink"

J. Barzilay, M.D., W. Weinberg, M.D., J. Eley, M.D.

"We Are All Water Babies"

Jessica Johnson, Michel Oden

Don't Fight The HEALING Process

By Jimmy Scott PhD

In the course of following a nutritional or complimentary program for allergies or other problems, many people experience uncomfortable symptoms. This is known as a HEALING reaction.

The most common symptom my clients report is a temporary reduction of energy. They may find themselves sleeping longer or shorter. Some people report aches and pains in various parts of the body, ex: digestive system disturbances, such as gas, constipation, diarrhea, or other miscellaneous complaints.

These symptoms occur because the body is ridding itself of the substances that have been making it toxic – not only the materials that have been accumulated in the colon, but also the antibodies and other substances that have built up in the cells, interfering with their normal functioning. As these substances are ejected out of the tissues, they are dumped into the system making the body temporarily more toxic until they can be excreted. This is partly what produces the symptom of the healing reaction. The effect is accentuated by the body's process of tearing apart defective tissue, repairing damaged cells, destroying parasites or ineffective agents, and otherwise producing debris from the re-construction.

I find that the more severe the individual's condition (the more toxic his or her body is), the stronger will be the healing reaction. Because the healing reaction is caused by the flushing of toxins out of the cells, the strength of the reaction also depends on how careful the individual is following the recommended program. The more correctly the program is followed, the stronger will be the healing reaction.

WHY OLD SYMPTOMS COME BACK

Often in the course of the healing process, old symptoms temporarily reappear. Why should people have to go back through these old problems in the course of getting better? I believe the specific symptoms that a person experiences at any time, depend on the balance among the various biochemical substances in the body. For example, when a person is perfectly healthy, there is a certain ratio between substance "A" and substance "B" in the tissues. When that ratio gets out of balance to a certain degree, the person may feel fatigue; when the balance is greater, a headache may occur; when it is still greater, the person may develop insomnia and so on.

One reason people must re-experience symptoms as they get healthier, is that in order to progress from say 100:1 imbalance to a 1:1 balance, they have to go through 99:1, 98:1 and so forth. As they go through each phase, they experience the symptoms associated with that particular level of imbalance. Biochemist John Eck has pursued a similar line of thought in his research on mineral nutrients. Using hair analyses Eck has suggested the optimal levels for some of the principal minerals in the body. On the basis of the ratio among these minerals, Eck is able to estimate how effectively the thyroid and adrenal glands are functioning and hence to predict an individual's metabolic energy level.

Of course in actuality a person's symptoms would not depend on the ratio between just two substances, but among hundreds of different things. If a person gets stuck at the same level, he will get stuck in the symptoms of that level. This helps explain the basis of the chronic illnesses for which so many people suffer.

I like to picture the healing process as going up a flight of stairs. At the top of the stairs, the energy is balanced, all of the nutrients are present in their proper ratios, and the body is functioning properly. When someone's health begins to deteriorate, he or she moves down the stairs. At each step along the way he or she experiences a special kind of symptom, perhaps less energy at one step, headaches a little further down, an ulcer still further and so on. As the body begins to heal itself once again, the person begins to move back up the stairs, and re-experiences the symptoms associated with these various levels of health.

The experience of one of my clients illustrates how difficult the healing process can be. When Mona first came into my office, she hobbled along on a cane, moving with difficulty and in constant pain. Her arthritis had developed rapidly and she looked ten years older than she was. In spite of the hopeless prognosis she had received from numerous professionals, Mona was a fighter and determined to overcome her affliction. Her high motivation level helped her follow the program we worked out for her. Now only a year later Mona is almost over the arthritis. She threw away her cane a month ago.

The transformation was not an easy process. In the course of healing her body, Mona experienced a lengthy series of symptoms, which most people, unaware of the healing process, would have interpreted as

getting sicker. Mona had very low energy for a long time. And at times she had severely swollen ankles, which would drive most people to their physicians for painkillers and tranquilizers. She had been warned, however, that she would re-experience many symptoms from years before. Soon she discovered that these symptoms abated and the affected body part became as good as new.

DRUGS THAT BLOCK PAIN – MAY ALSO BLOCK HEALING

Experiencing such healing reactions can be very distressing for many people. We are taught in our society that symptoms are somehow bad. Although it is tempting to take pain killers, antihistamines, or other drugs, when uncomfortable symptoms occur in the course of healing, it is very important to follow the prescribed program correctly, and to do nothing to interfere with the healing process. If an individual went through a period of pain, taking painkillers or other drugs to relieve the symptoms, they were actually prolonging the discomfort.

You see aspirin and antihistamines work by blocking the prostaglandin (chemical substances found throughout the body, which regulate many body functions and metabolic processes). Generally the prostaglandin works in opposing pairs. One, for example, may produce inflammation and swelling, in response to specific stimulus, while the other un-does these reactions. When a person takes aspirin or an antihistamine to stop an uncomfortable reaction, he or she may not experience the pain or inflammation, but he or she does not get the healing process the un-does the reason for the pain and inflammation. He or she has achieved a stalemate rather than a cure.

One of my clients, Alice, has many years history of pain, and is now going through a lot of healing reactions, including "spasms" in her digestive system. Although I have explained to Alice that she must go through the painful symptoms in order to be cured, she insists that something must be wrong. When she has pain, she stops taking her supplements and uses medication to reduce her spasm. It is a real dilemma for her because she really is in pain. She believes that it is not good to experience pain. Unfortunately, by blocking the pain with inappropriate medication, she is keeping herself from getting healed. And so she is going back and forth, keeping herself at precisely the level where she is bound to have the pain.

SOME NATURAL WAYS TO EASE HEALING REACTIONS

When healing reactions are very troublesome, we can usually do something to help. Check your intake of water. You will find that by drinking one to three extra glasses of water (you should drink 8-12 glasses a day) that the intensity of the pain will diminish. Many practitioners are beginning to believe that de-hydration is one of the main causes of undo pain. Do not consider that soft drinks, tea or coffee, is drinking water. It is not. In fact these drinks (containing caffeine) actually de-hydrate you.

This article is an excerpt from " Health Freedom News"

Bottled Water..... Is it better?

According to the National Water Quality Association, 56% of all people are worried about the quality of municipally treated tap water. This, along with the desire for better tasting drinking water, has fueled tremendous growth in the bottled water industry. We can all remember, not too long ago, when the bottled water section at the grocery store consisted of a very small allotment of counter space, primarily devoted to a few gallon jugs of distilled water. Today, bottled water enjoys a major section of the beverage aisle and the prestige of being the **fastest growing segment of the entire beverage industry**, not to mention the most profitable.

The bottled water industry has become the target of some of the largest corporations in the world. Chlorox Bleach Co., Pepsi Cola and Coca Cola are just a few of the recent entrees capitalizing on this highly lucrative market, with Chlorox being the biggest participant in the bottled water business. Pepsi Cola's "Aquafina" and Coca Cola's "Dasana" almost instantly became each company's most profitable product! If we just take a common sense look at the companies controlling this industry, who are certainly not known for their health consciousness, we will begin to understand the misconception that has been created around the quality of bottled water. Millions and millions of dollars are spent each week on advertising campaigns to give the perception that these bottled waters come from some pristine mountain spring, when in reality many of them come from a municipal water system just like your tap water does. Both Pepsi's Aquafina and Coke's Dasana are bottled at one of many bottling plants across America where municipal water is used as the source, as is the case with many leading brands.

The regulations that govern bottled water only require it to be "as good as" tap water. There are no assurances or requirements that bottled be of any higher quality than tap, and according to some recent studies, it may often be of lower quality.

In March of 1999, the Natural Resources Defense Council (NRDC) released a report called "Bottled Water, Pure Drink or Pure Hype?" and petitioned the U.S. Food and Drug Administration for improvements in the FDA's bottled water regulation program. The changes called for would simply require that the FDA's bottled water rules be "no less stringent" than EPA's tap water guidelines and "no less protective of public health". NRDC 's report points out that as much as 40% of all bottled water is actually tap water in a bottle.

The report also focuses on the fact that 60 to 70% of all bottled water sold in the U.S. is exempt from FDA's bottled water standards, because the Federal Standards do not apply to water bottled and sold within the same state.

Only water that is transported across a state line is required to meet federal standards.

Bottled water companies have used this loophole to avoid complying with basic health standards, such as those that apply to municipally treated tap water. Also, all carbonated or sparkling waters are completely exempt from FDA guidelines that set specific contamination limits.

According to the NRDC study, "even when bottled waters are covered by FDA's specific bottled water standards, those rules are weaker in many ways than EPA rules that apply to big city tap water." For instance, if we compare EPA regulations for tap water to FDA's bottled water rules: (these examples are quotes from the NRDC's official report)

- City tap water can have no confirmed E.coli or fecal coliform bacteria. FDA bottled water rules
- include no such prohibition (a certain amount of any type of coliform bacteria is allowed in bottled water).

- City tap water, from surface water, must be filtered and disinfected. In contrast, there are no federal filtration or disinfection requirements for bottled water.
- Most cities using surface water have had to test for Cryptosporidium or Giardia, two common water pathogens, that can cause diarrhea and other intestinal problems, yet bottled water companies do not have to do this.
- City tap water must meet standards for certain important toxic or cancer-causing chemicals, such as phthalate (a chemical that can leach from plastic, including plastic bottles); some in the industry persuaded FDA to exempt bottled water from the regulations regarding these chemicals.
- City water systems must issue annual "right to know" reports, telling consumers what is in their water. Bottlers successfully killed a "right to know" requirement for bottled water.

The Natural Resources Defense Council report concluded that, "... **while much tap water is indeed risky, having compared available data, we conclude that there is no assurance that bottled water is any safer than tap water.**" (The NRDC report on bottled water can be found at NRDC.Org)

The reality of bottled water is that people pay from \$1 to \$4 a gallon for the *perception* of higher quality, when in fact, the quality of bottled water is at best "unknown"! **We have no way of knowing the actual quality of bottled water.** Point-of-Use water treatment, with a quality in home water filtration system, is by far the most economical, the most convenient and the most capable of producing the highest quality, healthy water. Removing the chlorine and other contaminants at the point of use, just prior to consumption, in your own home, with a system that is documented to produce "healthy water"... just makes more sense. With a home water filter you can have guaranteed quality for about .10 a gallon vs. \$1 to \$4 a gallon for bottled. Like the saying says... "If you want something done right, you have to do it yourself ", and that's certainly the case when it comes to something as important as our drinking water.

Source www.waterwarning.com

Chlorine, Cancer and Heart Disease

"We are quite convinced, based on this study, that there is an association between cancer and chlorinated water" *Medical College of Wisconsin Research Team*

The addition of chlorine to our drinking water began in the late 1800s and by 1904 was the standard in water treatment, and for the most part remains so today. We don't use chlorine because it's the safest or even the most effective means of disinfection, we use it because it is the cheapest. In spite of all our technological advances, we essentially still pour bleach in our water before we drink it. The long term effects of chlorinated drinking water have just recently been recognized. **According to the U.S. Council Of Environmental Quality, "Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine."** Dr. Joseph Price wrote a highly controversial book in the late sixties titled "Coronaries/ Cholesterol/ Chlorine" and concluded that " nothing can negate the incontrovertible fact, the basic cause of atherosclerosis and resulting entities such as heart attacks and stroke, is chlorine." Dr. Price later headed up a study using chickens as test subjects, where two groups of several hundred birds were observed throughout their span to maturity. One group was given water with chlorine and the other without. The group raised with chlorine, when autopsied, showed some level of heart or circulatory disease in every specimen, the group without had no incidence of disease. The group with chlorine under winter conditions, showed outward signs of poor circulation, shivering, drooped feathers and a reduced level of activity. The group without chlorine grew faster, larger and displayed vigorous health. This study was well received in the poultry industry and is still used as a reference today. As a result, most large poultry producers use dechlorinated water. *"It would be a common sense conclusion that if regular chlorinated tap water is not good enough for the chickens, then it probably is not good enough for us humans!* There is a lot of well founded concern about chlorine. When chlorine is added to our water, it combines with other natural compounds to form Trihalomethanes (chlorination byproducts), or THM's. These chlorine byproducts trigger the production of free radicals in the body, causing cell damage, and are highly carcinogenic. "Although concentrations of these carcinogens (THMs) are low, it is precisely these low levels that cancer scientists believe are responsible for the majority of human cancers in the United States". *The Environmental Defense Fund* **Simply stated chlorine is a pesticide, as defined by the U.S. EPA, (Environmental Protection Agency) whose sole purpose is to kill living organisms.** When we consume water containing chlorine, it kills some part of us, destroying cells and tissue inside our body. Dr. Robert Carlson, a highly respected University of Minnesota researcher who's work is sponsored by the Federal Environmental Protection Agency, sums it up by claiming, "the chlorine problem is similar to that of air pollution", and adds that "chlorine is the greatestcrippler and killer of modern times!" Breast cancer, which now affects one in every eight women in North America, has recently been linked to the accumulation of chlorine compounds in the breast tissue. A study carried out in Hartford Connecticut, the first of it's kind in North America, found that "women with breast cancer have 50% to 60% higher levels of organochlorines (chlorination byproducts) in their breast tissue than women without breast cancer." **One of the most shocking components to all of these studies is that up to 2/3s of our harmful exposure to chlorine is due to inhalation of steam and skin absorption while showering.** A warm shower opens up the pores of the skin and allows for accelerated absorption of chlorine and other chemicals in water. The steam we inhale while showering can contain up to 50 times the level of chemicals than tap water due to the fact that chlorine and most other contaminants vaporize much faster and at a lower temperature than water. Inhalation is a much more harmful means of exposure since the chlorine gas (chloroform) we inhale goes directly into our blood stream. When we drink contaminated water the toxins are partially filtered out by our kidneys and digestive system. Chlorine vapors are known to be a strong irritant to the sensitive tissue and bronchial passages inside our lungs. It was used as a chemical weapon in World War II. The inhalation of chlorine is a suspected cause of asthma and bronchitis, especially in children, which has increased 300% in the last two decades. **"Showering is suspected as the primary cause of elevated levels of chloroform in nearly every home because of chlorine in the water."** **Dr Lance Wallace, U.S. Environmental Protection Agency.** Chlorine in shower water also has a very negative cosmetic effect, robbing our skin and hair of moisture and elasticity, resulting in a less vibrant and youthful appearance. Anyone who has ever swum in a chlorinated pool can relate to the harsh effects that chlorine has on the skin and hair. What's surprising is that we commonly find higher levels of chlorine in our tap water than is recommended safe for swimming pools. Aside from all the health risks related to chlorine in our water, it is the primary cause of bad taste and odor in drinking water. The objectionable taste causes many people to turn to other less healthful beverages like soft drinks, tea or other sweetened drinks. A decreased intake of water, for any reason,

can only result in a lower degree of health. The good news is that chlorine is one of the easiest substances to remove from our water. For that reason it logically should serve its purpose of keeping our water free from harmful bacteria and water borne diseases right up to the time of consumption, where it should then be removed by quality home filtration. No one will argue that chlorine serves an important purpose, and that the hazards of doing away with chlorine are greater than or equal to the related health risks. The simple truth is that chlorine is likely here to stay. The idea that we could do away with chlorine any time in the near future is just not realistic. It is also clear that chlorine represents a very real and serious threat to our health and should be removed in our homes, at the point of use, both from the water we drink and the water we shower in.

Are Shower Filters Necessary And Beneficial? *11/15/00 Editorial By Charles Strand, Water Quality Specialist*

The answer is simply "both"! Over the last decade the **cosmetic benefits** of showering in filtered water have been realized and experienced by millions of consumers around the world. ***"It's so noticeable, you can feel the difference in your skin and hair the very first time you use a shower filter."*** *Rena' Matthews / Nutritional Consultant and Editor of Cosmetology Today.*

Any one who has ever swum in a chlorinated pool can readily relate to the harsh drying effect that chlorine has on your skin and hair. By removing chlorine from your shower water you allow your skin and hair to retain their natural moisture content for a softer feel and more youthful appearance. It's like showering in natural spring water, a difference that is immediately noticeable.

For most people the **aesthetic advantages** are most noticeable, but recent documentation of the surprising **health advantages** of showering in filtered water prove the necessity. It has been shown that our body takes in more chemicals during a ten minute shower than from drinking a gallon of the same water. Dermal absorption and inhalation of chlorine and other chemicals while showering has now been linked to breast cancer, bladder cancer, asthma and many other ailments. During a hot shower the pores of our skin open and allow for an accelerated rate of absorption. We've long known that chemicals can be absorbed through the skin, a common example is the nicotine patch. Imagine the rate of chemical absorption in warm water and over the entire surface of your skin.

Of equal concern is the level of chemical exposure from inhalation. Almost all synthetic chemicals, including chlorine, vaporize at a much faster rate than water. The result is that the steam has a much higher concentration of the chemicals found in water, often 10 to 30 times higher. We also know that when chemicals are inhaled, they get into our blood stream almost immediately and have a more intense effect.

The American Journal Of Public Health, in 1992, published the results of a ten year study that showed how chlorine in our water caused significant increases in certain types of cancer... and stated that up to 2/3 of our harmful exposure comes from inhalation of steam while showering. The U.S. EPA recently released a report that said, " Virtually every home in America has a detectable level of chloroform gas in the air due to chlorine and showering." The National Breast Cancer Fund has published many recent reports on the "Chlorine Connection", and documented that the one common factor among women with breast cancer is that they all have 50 to 60% higher levels of chlorine byproducts in their breast tissue. Today in America, a woman dies of breast cancer every 13 minutes.

Childhood asthma has increased by over 300% in the last two decades even though outdoor air quality has improved. Medical science now suspects a large part of this increase is due to a decline in indoor air quality, much of which can be traced to synthetic chemicals that vaporize and become airborne from shower water.

My initial involvement in the home water quality industry began over 15 years ago when we discovered that our six month old son's, so called, "chronic asthma" turned out to be nothing more than a sensitivity to chlorine in our water. I've since produced and sold over 3 million shower filtration systems and heard literally hundreds of testimonials from people who have had similar experiences.

The health hazards from absorption and inhalation of chemicals while showering have been heavily documented. The cosmetic benefits of showering in filtered water are instantly noticeable. These factors combine to make a shower filter one of the most unique and beneficial household appliances we have available to us.

In today's industrialized society we use over 75,000 toxic chemicals, 2100 of which have already been found in our public water supplies, (*Ralph Nader Research Report*), all of which can be absorbed and inhaled while showering. It is critically important to reduce our exposure to toxic chemicals to the greatest degree possible... and a shower filter is one of the most effective means of doing so. ***"The need for, and benefits of, showering in chemical free water are equal to or greater than that of drinking chemical free water."*** *Charles Strand, Water Quality Specialist*

WATER: The Foundation To A Healthy Body

Until recently most medical theory was based on the assumption that the 20% of our body that is solid tissue is what determined our health, since that is where most outward signs of disease and illness are found. It was thought that the 80% of our body that is liquid merely supported the structure of bone and organ tissue. We now know the opposite to be true. The fluids that flow through our body are what create our level of well being. **The human body is a water machine designed to run primarily on water and minerals.** By weight our body is about 72% water, another 8% is a combination of chemical compounds and the remaining 20% is bone and solid tissue. From the most basic standpoint it is a common sense equation, *if we are made up of 72% plain water, then naturally the quality of the water we consume will have a very dramatic impact on our overall state of health.* Every healing and life giving process that happens in our body happens through <images/wpe4.gif> Water!

In just the last decade medical science has begun to focus on the tremendous healing ability our body has and how much that ability depends on water. Our body instinctively strives to be young and healthy. Each component working in amazing synchronicity to bond broken bones, regenerate and replace damaged tissue and attack and destroy hostile organisms. In each of these miraculous processes there is one common factor...WATER!

Our blood, the very substance of our existence is more than 83% water and flows throughout our body distributing nutrients, oxygen and antibodies on demand where ever needed. In order for our blood to properly carry out it's many critical tasks our body must be sufficiently hydrated with "healthy water". An inadequate intake of water, or consumption of water laced with contaminants, causes the properties of our blood to change and negatively effects virtually every aspect of our health

Our brain is over 80% water and controls each and every process that happens inside of our body. This control is maintained by constantly sending and receiving electrical signals through our nervous system, which in reality is nothing more than an elaborate system of tiny waterways. The fluid inside our nerves is made up almost completely of water and minerals. Tiny messengers called transporter proteins travel at the speed of light carrying these life-giving messages to every cell and organ in our body. Like any communication network the purity of the carrier, our nervous system, affects the speed and clarity of the signal. If the fluid inside of our nerves is laced with traces of chemicals or heavy metals like lead, then the result is a delayed and distorted signal. Many experts now believe that the distortion of these signals may be the root cause of many nervous system disorders like Attention Deficit Disorder, Chronic Fatigue Syndrome, Alzheimer's Disease, anxiety and depression. It has been well documented that the clarity of these signals has a major effect on our ability to deal with stress and our degree of coordination. Considering the vital role that water plays in our brain and nervous system, its quality is possibly the most basic and essential key to healthful longevity.

Our energy level is impacted largely by our consumption of water. It has been medically proven that just a 5% drop in body fluids will cause a 25 to 30% loss of energy in most people, a 15% drop causes death! It is also estimated that more than 2/3 of all people do not drink enough water and suffer some degree of dehydration. The result being a large part of our population operating at only 70 to 75% of their capacity, or less. Unfortunately most people turn to stimulants like caffeine and sugar to boost their energy level rather than drinking more water, which is what our body needs to produce natural energy. Caffeine, alcohol and sugar are all strong diuretics and actually cause your body to lose water, resulting in a further loss of natural energy production and eventually can lead to a dependency on artificial energy.

A large part of our body's energy comes from a compound called ATP, Adenosine-Tri-Phosphate, which is produced during the osmotic flow of water through the cell membrane to generate hydroelectric energy. ATP is then stored in energy pools and used as chemical energy in our body. The mineral content of our body fluids and the absence of contaminants create the proper environment for this natural energy production.

Our body in reality is a complex Hydro Generator, using the elements of nature to become the miracle machine we were intended to be. The purity of the water we drink greatly impacts our strength and energy level. **Any time a toxic chemical (chlorine included) gets inside our body we must then use up some of our**

strength and energy to reduce and repair the damage done by that contaminant. Water is also what our liver uses to metabolize fat into usable energy. Drinking an abundance of clean chemical free water speeds up our metabolism and allows our body to assimilate nutrients better, resulting in increased strength and energy.

Our body's detoxification system is probably the single most important component to optimum health, and the one process that relies most heavily on an *excess* intake of clean water. We've all heard it said that we should drink a *minimum* of 8 glasses of water each day. Drinking the *minimum* will only help maintain a *minimum* level of health. Our body will use at least 8 glasses of water each day under normal relatively passive activity to maintain the basic bodily functions such as digestion, temperature control, joint lubrication and skin hydration. Each time we exhale, blink our eyes or make any kind of movement at all we use up some of the available water in our system. Even the constant beating of our heart is a water consuming process. We're continuously depleting the available water level inside our body. In order for our body to properly perform the essential task of filtering and flushing out toxins we must consume a level of water above the minimum. The more of an *excess* that exists, the more our body is able to rid itself of the elements that promote disease and aging. **It's a beautifully simple process that can make a tremendous difference in the degree of health we achieve and maintain, but we have to let it happen by consuming an abundance of clean, healthy water!**

A healthy recommendation for water consumption would be at least 10-12 glasses each day, with optimum benefits reached at 14 to 16 glasses a day. (Caffeinated or sweetened beverages should not be counted towards your daily water intake as they actually cause the body to excrete water.) It's possibly **the best** health enhancement habit you can develop and it's so simple... a glass of water every one to two hours. Try it... drink at least 10 glasses of water every day for just one week and you'll be amazed at how much better you feel!

Equally important to proper detoxification as quantity is quality. If we consume water that already contains traces of harsh chemicals, like chlorine or any of the other 2100 different synthetic chemicals that have already been detected in our water supplies, then that water doesn't have the same ability to pick up and carry out chemical contaminants from our body. Water that is free from contaminants can take on and transport out of our body toxins that find their way into our system through other means.

We are constantly exposed to and ingest a wide variety of harmful chemicals. Every thing from the foods we eat which contain artificial preservatives, colors and pesticide residue to the clothes we wear which harbor traces of laundry and dry cleaning chemicals that are absorbed through our skin, all expose us to toxins. The air we breathe and virtually everything we touch contains potentially harmful chemicals that are taken in by our body. It is difficult if not impossible to maintain the purity of the air we breathe, the things we touch and the foods we eat, which only makes the purity of our water even more important.

Our water quality is the only part of our personal environment that we can easily obtain total control over. ***With an abundant intake of clean healthy water we allow our body to perform all the healing processes it is naturally capable of.***

In this age of fast food, synthetic medicines and complex lifestyles we tend to over look the obvious. Our body is a water machine, performing millions of life giving tasks with each passing second, and in each of these synchronized miracles there is one primary ingredient...WATER!

A study of the human body can only lead to an overwhelming appreciation and respect for its creator. Keeping our body clean on the inside is not only essential to good health, but an action of appreciation for such a wondrous gift, LIFE!