

Health Talks

“The Battle for Your Mind”

13: God’s 8 Laws: The use of Water

“Pure air, sunlight, abstemiousness, [temperance] rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them.” Ministry of Healing 127.

Dr. Batmanghelidj’s book “Your Body’s Many Cries for Water” gives amazing facts about chronic dehydration and its effect on our bodies and the chronic diseases that it brings on. The author of this book was thrown into prison by the revolutionary government of Iran. He was listed to be shot, but as he was a doctor, and he could be useful to his captors to care for the prisoners, he was kept on.

One day he was called to see a man in agony with a stomach ulcer attack. Having no medicine at all to give him, he prescribed a glass of water every 20 minutes. Imagine his amazement when after 3 glasses of water the man’s pain was relived and as he kept up drinking an appropriate amount of water daily, the problem never returned!

This started ‘Dr. Batman’ on 25 months of intensive research on the effects of water on the human body. During this research he was released by the judge to continue his research. So he was set free by a glass of water, we could say. He found that many disease syndromes modern medicine treats unsuccessfully with drugs, and are considered of unknown causes, are actually the body’s various efforts to deal with life-threatening, chronic dehydration, lack of water.

Especially in the more wealthy nations, the habit of drinking other things rather than water to deal with thirst is a very destructive one. 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, pop, cow’s milk, juice, in the child, later becomes tea, coffee, alcohol in the adult. The natural thirst mechanism becomes perverted, and finally many of the thirst signals are misinterpreted as hunger. This is one of the leading causes of overeating and overweight.

All drinks, such as tea, coffee, alcohol, sugared drinks, and pop, take more water out of the body than they put in, as the body must use what water it has to flush out the toxic chemicals they contain. Therefore they are dehydrating agents. One of the best things anyone can do for the health of himself and family, is to dispense with and stop using, *all other drinks* and drink 2 to 3 liters of pure water daily, following the schedule of drinking half-hour before meals and 2 1/2 hour after, and on rising and before bed. You may need to drink much more than this if you already have a serious disease, you may be far behind in your water drinking! Increase the amount slowly though as the body adapts.

As the cells struggle to survive under the chronic dehydration and poisoning, caused by failure to take in sufficient water, and instead substituting poisonous drinks which the body has to try and remove from its cells, finally we reach the stage of 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.

It is recommended that a person start on a plan of increasing their water intake. This must be done gradually if you are elderly or in very poor health. Use the purest water you can get, and start with 1

glass on rising and one, half hour before each meal and 1 in the evening. If urination increases accordingly, then add one glass 2 1/2 hours after each meal, slowly bring your intake up to 2 – 3 liters a day depending on your size. This is a minimum requirement of water.

It will take a while for the body to recognize that it is going to receive adequate water, and to cease its water rationing efforts, and allow the cells to become rehydrated. It is recommended to try putting a pinch of sea salt on the tip of the tongue before each glass of water, which seems to signal the cells to take in water.

It will also take time for the natural thirst mechanism to activate, so that the body again will signal its needs; indeed in most cases it will never be wholly dependable, so water should be taken on schedule and in planned amounts.

The major cause of fatigue and exhaustion when working-out, working in the fields in sun, and in athletic activities, is dehydration, so water should be carried and used freely when exercising.

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.

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

Hiatus Hernia: The stomach has valves that prevent the acid contents from going up into the esophagus [throat]. It also has a valve at the lower end that prevents the acid 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 be ready to neutralize the acid coming out. Then the valve is signaled and it opens and the stomach is emptied. See how organized God made everything to be?

If there is not water available for the pancreas to do this, the valve shuts tighter and tighter, and the upper valves get looser and looser. Thus the 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 2 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 acid 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 is a condition largely based on dehydration as well. Drinking two large glasses of warm water on rising will stimulate the production of motilin and encourage the bowels to move. Also

the presence of adequate water will make stool softer and more easily evacuated. Extra fiber also helps, but fiber without the extra water will only make the condition much worse.

It is an interesting thought, completely in harmony with 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 little canal-tubules to send minute chemical messages throughout the system. Also, hydro-electricity is generated as adequate water passes through the cell walls, and this energy is used by the nervous system.

Memory problems occur when brain has not proper hydration. Panic attacks, long thought to be only psychological, have been show 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 flesh 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 auto immune disorders: Again chronic dehydration can express itself in these seeming diseases, as lubrication for bones and joints fail 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.

Asthma, allergies etc.: You will be surprised to find out that Histamine, associated with allergies, is the body's main water regulator, and any time there is a shortage of needed water, it takes over the rationing of it to promote survival of the body through caring for the needs of the most vital organs. Thus the choking and wheezing of asthma, and the stuffiness of hay-fever and allergies, can be an effort to prevent further water loss through the breathing system.

It has been proven that a couple glasses of warm water can ease off an asthma attack. These facts also make an intelligent person greatly question the wisdom of using any anti-histamine drugs!

I urge all hearing this information, to take action on this vital information. You've got nothing to lose but your ill health! Don't make the mistake of talking it over with your health professionals, as they have not as yet acknowledged this latest research. You see, this knowledge requires them to completely change the way they look at the body, disease and treatment. They are a group that does not take kindly to change. Knowledge like this would hit the pocket-book of some of the most lucrative industries in the world. But It is your right to learn and take care of your own health in the best way. Put it to the test for several weeks. You will find a difference, maybe small or maybe almost miraculous!

Don't just say; "Water cure disease? Nonsense!!" Remember the terrible diseases that happened in the past because of lack of a certain vitamin. The only cure is to replace the missing ingredient. Water is the second most important nutrient in the body! (Oxygen is #1) Every process and action in the entire body is dependent on sufficient water to work properly! Is this not at least worthy of intelligent thought and a several weeks testing period?

What about drinking Coke? Years ago no Adventist would drink Coke! Why was that? Here are the facts

written down: First on Water:

1. At least 75% of people are chronically dehydrated.[lacking water]
In most people, the thirst mechanism is so weak it is often mistaken for hunger.
2. Even Mild dehydration will slow down one's metabolism. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
3. Lack of water, is the #1 trigger of daytime fatigue.
4. Research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
5. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
6. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
7. Are you drinking the amount of water you should every day?

What about Coke?

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
2. You can put a beef steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl andLet the "real thing" sit for one hour, then flush clean. The acid in Coke removes stains from china toilet bowls.
4. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
5. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
6. The active ingredient in Coke is phosphoric acid. Its Ph is 2.8. Very acid! It will dissolve a nail in about four days. What do you think it does to your teeth and body?
7. In the west, to carry Coca-Cola syrup (the concentrate) a commercial truck must use a Hazardous Material signs reserved for Highly corrosive materials.
8. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

What happens when we put highly acid things like that into our bodies? The body would have to neutralize it by pulling calcium out of our bones! You see, the body is set up to use a certain acid in our stomachs that it produces, but phosphoric acid is not natural and alien to the body. When you mix that with caffeine, and the loads of sugar or artificial sweeteners that go into Coke to make people want to drink it, you have a real toxic bomb you are throwing into your body!

Now the question is, would you Still Want To Drink Up? How about a healthy glass of water? You'll save money and your health!

Water Therapy. Water can do amazing things for us applied to the body as well as in the body! We need to use it generously to keep our bodies clean, to wash our clothes and clean our houses. More than that, there are some wonderful properties in water that can make it a powerful healing agent! Here is the foundation principle of 'Hydrotherapy' and a simple example.

The Bible tells us, **"for the life of all flesh is the blood" Leviticus 17:14.** So the Blood is much more than just something that runs out when we cut our finger, the very life force, the healing power of the body is in the blood. When we have a problem in some part of the body, there is always either lack of

circulation or congested circulation, with the blood tending to pool or collect there.

Here's an example: Suppose we have a headache, two things should be done to relieve that headache fast. Slowly drink a couple glasses of warm or room temperature water. [We should never drink ice cold water or other drinks as this is a stress to the body.] At the same time put the feet into a bucket of very warm water, not hot enough to burn, but comfortable hot. The headache will be relieved quickly. So why does this work so well? What is happening here?

With a headache there are two needs of the body, First, there is usually dehydration, so the drinking of 2 glasses of water will assist the body with hydration. Second, with a headache there is congestion of blood in the head and brain; by putting the feet into the hot water soak, the blood will be drawn down to the feet and the congestion is relieved! As you can see, in this way we are assisting the body to restore balance to the system. This same simple therapy can also be used for stuffiness and sinus congestion, chest congestion and even asthma.

Pain is always the body calling for help. It is saying 'I have a problem here, I need to be assisted to restore and balance myself'. So what does that tell you about this whole idea of 'Pain Killers'? Friends there is something very wrong with that idea and even those words! They express the idea of violence; like as if pain is some kind of rat that has crawled in and needs to be exterminated! No! No! Pain is the body trying to alert us that there is a problem and we best figure out why it is there, and what the body needs to solve it.

What are we doing when instead of assisting the body, we throw into it a poisonous drug? Is a headache caused by a lack of a poisonous chemical? No! The poor body now has two problems to deal with! Often it will stop telling you about the situation that is the reason for the pain, and transfer its attention to getting that poison out of the system before severe harm is done. Then we think, "Oh, this drug has relieved my pain, this is good, problem solved!" But is it? No way! Instead you have done something harmful to the body and it is trying to deal with that poison to prevent further harm.

This is like a child crying out for help and you hit him, or throw mud in his face! Then once the body gets the poison cleared well enough to prevent the most severe damage from it, what does it do? What would our poor child do in our example? It would cry louder, right? So the body pains louder! "OH, the pain killer has worn off, I must take more!" And here comes the bucket of mud and the body gets back to fighting the poison! Can you wonder that after a while the poor body just gives up the fight?

Oh Friends, it is time we need to restore faith in God our loving Creator, the wonderful self-healing body He made for us, and learn and practice His healing methods and His 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