

I have just watched a DVD, listened to an audio tape and scanned several books on the topic of water and salt. The “ah hah” it generated in me is changing my life. I have added sea salt and plenty of water back into my diet. Perhaps it is too late to add many years to my life but the information could add years to your lives, so please hear me out. This “Ah hah” came from Dr. Batmanghelidj’s books, one of which was called

YOU ARE NOT SICK YOU ARE THIRSTY!

Dr. Batmanghelidj, (Dr. B.), a medical doctor trained at London University, began his research into the healing powers of water while being held as a political prisoner in prison in Iran. In 1979 about one thousand professional people were rounded up and put in prison. They were held many to one room under threat of death. A very stressful situation for the inmates who were under threat of death as well as being crowded. Dr. B. heard moans coming from a cell and found an inmate only semi-conscious doubled up in pain and curled into a fetal position on the floor. Dr. B. checked the man thinking that he may have a ruptured ulcer, but realized that it had not yet perforated. He asked the man what he had taken so far for pain. The man groaned that he had taken twenty antacid pills and three cimetidine pills to no avail. With no drugs at his disposal other than water Dr. B. gave the man three glasses of water over a period of half an hour and the man’s pain disappeared. That water could heal disease was a powerful “ah hah” to Dr. B. He realized that this “ah aha” was 180 degrees from what he had been taught in medical school.

As a result of that experience and while still in prison Dr. B. began researching healing effects of water. Dr. B. realized that his medical training had focused on wrong ideas that said disease states begin in the solid matter of the body. He learned that water does a lot more in the body than was recognized and that the cause of disease is dehydration. He recognized that the scientific foundation on which western medicine has been structured had been based on false assumptions. While still in prison Dr. B. began doing research into water. Over a span of close to three years he was able to heal nearly 3,000 other inmates using only water.

After his release from prison and upon arrival in America Dr. B. joined an organization called The Simple in Medicine where he continued his research into the ways in which water interacts in the body. His first efforts to present his research papers to the medical community were put off, edited or ignored completely by both the medical community and the American government FDA (Food & Drug Administration). Such important information was a threat to the allopathic medical system largely run by pharmaceutical companies. Dr. B. continued his research and communication efforts and after 20 years of data collection decided as a last resort to bring his information directly to the public through books and CD’s. He knew that his valuable information could start a system of health without need for much of our current elaborate health care system. What he discovered is that ***ALL DISEASE RESULTS FROM THE BODY BECOMING TOO DEHYDRATED.***

The four false assumptions of western medicine: (taken from Dr. B's book)

1 *"Dry mouth is the only sign of dehydration in the body"*

Dr. B's research indicates otherwise: The body can suffer from deep dehydration without manifesting a dry mouth symptom. Symptoms of drought can begin in the cells without affecting blood vessels. Dehydration in cell interiors produces life threatening illness without dry mouth symptoms. We sometimes think we are hungry when our bodies are actually crying out for water. Waiting to get thirsty is to die prematurely and painfully. Pain is a cry for water. Water relieves pain if enough is taken to reverse the drought actions initiated by the body. A distinct marker of dehydration is the color of urine. A very light to colorless urine indicates the body is blessed with enough water. When naturally yellow (not as a result of pigments in supplements, etc.) it means the body is gradually getting short of water. When consistently orange colored it indicates serious health problems from dehydration. (Dr. B. lists other information as well).

2 *"Water is a simple inert substance that only dissolves, circulates different things, and ultimately fills up the empty spaces. It has no chemical role of its own in the physiological functions of the body. All chemical actions in the body are performed by the solid matter that dissolved in water."*

Dr. B's research indicates otherwise: Water is the single most complex element in nature. Water's most important function is its energy generating actions. It manufactures hydroelectricity at the cell membranes and perhaps its most vital function is water's adhesive properties which bond the solid structure of the cell membranes and protects life inside cells of the body. Modern medicine recognizes only the life-sustaining properties of water. That is why doctors never understood chronic unintentional dehydration as an ultimately deadly process. With decreased intake of water, we gradually limit life processes in the body until a pattern of decay is established.

3. *"The human body can regulate its water intake efficiently throughout a person's life."*

Dr. B's research indicates otherwise: As we grow older we lose our perception of thirst and fail to drink adequately until the plum like cells in vital organs become prune like no longer able to sustain life. The body is forced to rely on drought management programs in order to continue to live. Dr. B. describes in simple detail the body's attempts to survive drought when not enough water is available. These drought management processes are the body's bid to survive. But they eventually result in what medicine calls disease as selective portions of the body are deprived of water to ensure the survival of vital organs like heart and brain. Diseases caused by lack of water are called asthma, arthritis, all kinds of cancer including prostate, stroke, obesity, depression, back pain, ulcers, diabetes, gout, kidney stones, high blood pressure, angina, and by many other names. (Dr. B. has signed written testimonies in his books that he cured them all with only water) One testimony is the story of a lady doctor, Dr. Day, with a fast growing breast cancer. The cancer became the size of an orange in just three weeks. Doctor Day had the cancer cut out but it had metastasized to other parts of her body. She did no chemotherapy or

radiation because as a doctor she recognized that it is cancer treatments that kill patients not cancer. She gave up her medicine career where she had been a highly respected orthopedics teacher. To aid her healing she began to eat better nutritionally but was still going down hill. Bed ridden and close to death she was given Dr. B's book. By increasing her water intake to 16 glasses of water a day until all the cancer was gone from her body she cured herself. It took eight months. Dr. Day has survived seven or more years now and has a web site called www.drday.com

4 "Any fluid can meet the body's need: All manufactured beverages and fluids will serve the body in exactly the same way as water"

Dr. B's research indicates otherwise: You cannot substitute any other beverage, coffee, juice, milk or soft drink for water. Dr. Day's breast cancer was the symptom of serious dehydration in her body that gradually took over and ruined her health because she drank mostly coffee and little water. Some of the manufactured beverages in common usage today do not function in the body like normal water. When we drink beverages with caffeine in them we actually need to drink one and a half times as much water to aid our bodies to rid itself of caffeine poison.

Dr. Batmanghelidj died in 2004 at the age of 74 of complications of pneumonia, but a web site run by his former secretary continues to make his message available at www.watercure.com. where Dr. B's books, DVD's and CD talks are all available for purchase.

WHAT TO DO

Dr. B. indicated that each day you use up at least six to eight glasses of water in your body through breathing out vapor and digesting food, etc. which at very least must be replenished. He said to take your body weight dividing the number of pounds by 2. The resultant number equals the amount of water in ounces that your body needs each day. Dr. B. recommended that you start the day by drinking at least two or three glasses of water - (any water except distilled which is too acidic). Drink a glass of water half an hour before meals and another two and a half hours after meals to complete digestion. Drink another glassful half an hour before going to bed at night. For every 10 glasses of water you take in you also need 1/2 teaspoon of natural salt like Celtic sea salt or rock salt but not the kind normally available. Manufactured salt has been stripped of the 80 or more trace minerals that your body requires. Taking kelp (available in pill form if you wish) will provide iodine needed or a good vitamin supplement can also supply iodine.

PLEASE TAKE HEED AND HELP YOURSELF TO BETTER HEALTH. I have started to. I have always drunk water, perhaps not enough to prevent aging, but maybe that is why my health is better than so many of my friends. For over twenty years I thought that I should try to be salt free and have now discovered that was a wrong assumption. When I began adding sea salt and more water to my diet last year my health improved. My blood pressure went down and I am now nearly off of medication. You also can make changes now and ensure yourself a pain free life.

You Are Not Sick You Are Thirsty WATER: for Health For Healing For Life
Dr F Batmanghelidj M.D. ISBN 0 446-69074-0

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