



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Try This
**“Low Tech”
Healing
Hack**

Chronic Pain, Allergies, Asthma,
Hypertension, Depression...



Dehydration Can Cause Disease?

**“Restoring and maintaining
adequate hydration can
increase the effectiveness
of any therapy.”**

The simple truth is dehydration can cause disease. Which disease? Well, according to Dr. Batmanghelidj almost all disease, even cancer, can be linked to dehydration. I remember when his book, *Your Body's Many Cries for Water*, came out in the early 90s, everyone was talking about water. He discussed biological mechanisms connecting water to almost every condition. People got excited when they read the book, but as they drank the 8-10 glasses of water, he recommended many people still suffered. But some got profoundly better. Water may not fix every problem, but problems "caused" by dehydration cannot be solved without addressing that "cause" no matter what therapy is employed.

Keeping this in mind, "Restoring and maintaining adequate hydration can increase the effectiveness of any therapy." Since Dr. Batmanghelidj spent much of his life studying water, physiology, and clinical application, let's take a minute to understand the principles of his work. The human body is 25% solid or solute and 75% water which is the solvent. The solute refers to the enzymes, minerals, proteins, hormones, etc. Over the years, medicine has attempted to manipulate the solute in the body to achieve health benefits. However, if the solvent is depleted, the electromagnetic fields of the solute will not work at their capacity. Which means... "Proteins and enzymes function more efficiently in solutions of lower viscosity."

Therefore, every function of the body is monitored and pegged to the flow of water! Often, when people think thirst, coffee, tea, alcohol, soft drinks, etc. come to mind; however, these concentrated fluids can never substitute for the body's need for water. In fact, these substances can actually increase dehydration because the body must further dilute them due to their concentrated composition.

Did you know that the osmotic flow of water through the cell membrane can generate "hydroelectric" energy or voltage that is converted and stored as energy? The batteries of the cell are ATP and GTP, and they store energy particularly important in neurotransmission. So, dehydration can cause a type of cellular fatigue. The

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brain has absolute priority in the water rationing system of the body. "Products manufactured in the brain cells are transported on "waterways" to their destination in the nerve endings for use in the transmission of messages. There seems to exist small waterways or micro streams along the length of nerves that "float" the packaged materials along "guide-lines" called microtubules.

Water is essential for the splitting or separation of proteins, carbohydrates, enzymes, etc. Let's look at a possible dehydration pain link. Histamine is one of the ways the body regulates water intake and distribution in the body. It has been shown in animal studies that histamine will decrease with water intake and increase with dehydration. As histamine and its subordinate water regulators; prostaglandins, kinins, etc. become excessively active, they cause pain when they come across pain sensing nerves in the body. Noninfectious, recurring, chronic pain should always be translated as a "thirst" signal first.

How about stomach pain? Dr. Batmanghelidj has treated more than 3,000 patients suffering from "dyspeptic pain" with nothing but water. He calls it an emergency dehydration or "thirst" signal. Dehydration causes cells to release water externally weakening their internal structure bringing about tissue changes locally in the gut. As the dehydration persists, the histamine regulated water management system

swings into operation, with resultant local dyspeptic pain. Of course, this "thirst" signal can be suppressed with medication, which is the usual recommendation. But wouldn't it be reasonable to try water first?

Another "thirst" signal of the body is joint pain. As we know, cartilage has a high concentration of water. This "held water" allows the cartilage to provide almost friction-less joint movement. The water being the lubricant that protects the contact surfaces of the joint. As joints move and the cartilage surfaces glide over one another, some exposed cells die and are removed. New cells take their place. In well-hydrated cartilage, the rate of friction damage is minimal. In dehydrated cartilage, the rate of abrasive damage is increased.

Dr. Batmanghelidj has similar logical mechanisms to link dehydration to angina, allergies, asthma, elevated cholesterol, hypertension, colitis, hiatus hernia, depression, obesity, even insulin regulation. Water should be the number one factor that we address with every condition. Remember, this doesn't mean water will cure all these conditions, but talk to your Wellness professional about water and hydration. It is important to realize that problems caused by dehydration cannot be solved without addressing it, no matter what therapy is employed.