



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Your Body's Many Cries For Water

**“Water may not cure every illness, but health problems caused by dehydration cannot be solved without addressing the cause.”**

The simple truth is dehydration can cause disease. Which disease? Well, according to the now classic work of Dr. Fereydoon 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 points out 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.

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the cause, no matter what therapy is employed.

Since Dr. Batmanghelidj spent much of his life studying water, let's take a quick look at 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. Proteins and enzymes function more efficiently in solutions of lower viscosity. In other words, in solutions of higher viscosity, meaning when you are dehy-

drated, proteins, enzymes and hormones become less efficient.

Often, when people think thirst, soft drinks, coffee, tea, alcohol, 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. At the cell membrane, the osmotic flow of water through the membrane can generate "hydroelectric" energy or voltage that is converted and stored in your body's energy pools. So, dehydration can cause a type of cellular fatigue.

The brain has absolute priority in the water rationing system of

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the body. "Products manufactured in 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 also has a firmly established and essential hydrolytic role in all aspects of metabolism. Similar to the chemical properties of water that make a seed grow, these water dependent chemical processes we call hydrolysis are essential for life.

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. Histamine has water regulating properties. Histamine rises when you become dehydrated, causing pain and inflammation when it comes across pain sensing nerves in the body. Non-infectious, 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 with "dyspeptic pain" with nothing but water. He calls it an emergency dehydration signal. Dehydration and a resultant change in the water content in the cells, to water content outside the cells, bring about the local tissue changes. 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 also provides evidence that links dehydration to angina, allergies, asthma, high cholesterol, hypertension, colitis, hiatus hernia, depression, obesity, even insulin regulation. Again that doesn't mean that water will cure all these conditions, but it is important to realize that problems caused by dehydration cannot be solved without addressing it, no matter what therapy is employed.

As a basic rule, drink half of your body weight in ounces of pure water every day, and make water your first line of defense against disease.