

Water – Could it be the Key to Living a Longer and Healthier Life?

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You can't live long without them – air, water and food; air, without question, is the most important, life is extinguished after only minutes without it. The human body can survive without water for about ten days. Amazingly, without food it can survive for over two months, so you don't have to panic over a few missed meals.

I don't think we have ever appreciated the importance of water as much as we do today; note the number of people who carry their water everywhere. However, despite government regulations, we need to be more aware and more concerned about the potential for ill health due to contaminated water supplies. It has been jokingly said that in most parts of the country, tap water should not be used for anything except flushing toilets.

Some municipalities are currently having such a difficult time with government water standards that they are beginning to add ammonia to the already chlorinated water to boost ratings. This is a problem in that chlorine, (a.k.a. household *bleach*), plus ammonia produce a deadly gas that is a known cancer agent. So much for another futile attempt at solving the problem of pure water. Our answer is to either buy pure water (expensive and inconvenient) or invest in your health with a good Reverse Osmosis unit.

Bottled water can be delivered to home or office in heavy-duty, five-gallon bottles and although costly, at least it will be free from the leaching of plastic into the water, a serious problem when using more pliable containers. And by the way, when we drink milk, juices and especially "fresh raw juices" from *pliable plastic* we are, without question, downing beverages laced with leached toluene.

Be aware – all toxins are cumulative, silently invading your cells on a moment-to-moment basis through the water we drink and bathe in, through our food, sun blockers and body lotions, as well as the very air we breathe.

Your Internal Ocean

The human body is 75-95% water – the basis for your blood, lymph, spinal fluids and saliva; it is the fluids in your joints and eyeballs and brain cells.

Drinking plenty of *pure water* may be the most important thing you can do for your health, for your life, says Dr. Batmanghelidj, a medical doctor who spent over twenty years researching the effect of re-hydrating cells in healing disease. A water activist, he shared his message world wide until the day he died, "You're not sick, you're thirsty". If you have any doubts about the importance of water for your health, read Dr. Batmanghelidj's books or check out his website, www.watercure.com.

You may say you are drinking plenty of "fluids", which you say are largely *water*, but it is not the same; tea, coffee, juice and milk are *read by the body as "food"* which then routes them through the digestive system *while your cells die of thirst*. Cells are tiny powerhouses of chemical-electro-magnetic energy that *with the addition of sufficient free water* produce *hydroelectric energy* for cell repair – naturally, the way the body was designed. The dehydration process wrinkles the skin, dulls the vision and slows the thinking process; cells collapse and die. Dehydration can actually shut down organs including the heart and kidneys as cells atrophy. And old age sets in years before it should. The fountain of youth may be just that – water, right under our noses all along.

For some, there seems to be great concern about drinking *too much water because of the frequent need for urination*. So they severely limit intake of fluids so that they won't have to get up to go to the bathroom. Thereby the aging process speeds up with those telltale signs of a stiff and achy body, those dried up brain cells (the brain is 85% water) and, yes, the face full of wrinkles.

In his books, Dr. "B" goes a step further. During his years of working with patients, he discovered that chronic dehydration was the root cause of 90% of major diseases, including arthritis, allergies and asthma, headaches, heartburn, diabetes and angina. He also experimented with pain relief by having patients drink three or more glasses of water noting that pain often disappeared in as little as eight minutes.

Dr. "B" further states that we *can't depend on feeling thirsty before we drink water*. By the time the mouth feels dry, he says, it is often an indication of *severe dehydration*. *It is extremely important to drink free water (no flavoring) at a rate of half the body's weight in ounces*, he repeats over and over in his writings.¹

Now you may be drinking plenty of water and still be dehydrated. Three quick checks to help you decide: 1) always thirsty. 2) pull up a pinch of skin on the back of the hand or the arm – when released it should return to normal. 3) body is slow to repair. Research tells us that when cell walls are damaged, they can prevent the osmotic action, which occurs through the normally porous cell membranes. So far, through intuited research, four damaging factors have been discovered: **scarring from chaotic electric** and **synthetic toxins, calcified membranes** and cell membranes clogged by **poorly metabolized protein**.^{2&3} It's imperative that these factors be reversed for without the hydroelectric output of fully hydrated cells, cell repair can not be completed. Each of the body's 75 trillion cells is a tiny "battery". A battery perfect in every other way, without sufficient water won't turn over the motor of your car or amp the hydro-electric energy to complete the healing process of your body. And we wonder why some people never get well!

Recently newspapers and magazines have published facts about athletes who collapsed and died from "hyponatremia," excess fluid in the cells caused by sodium-potassium imbalance. Low sodium-potassium levels can also affect the muscles causing spasms anywhere in the body including the heart, which is also a muscle. The situation is easily *remedied by adding electrolytes that are lost through perspiration and urination*; drinking quantities of water washes electrolytes / minerals out of the body. A small amount of balanced salt (Himalayan, Celtic, or cell salts/Bio-Salt) added to each quart of water will prevent hyponatremia. Ordinary table salt is not recommended because it is made up of only sodium and chloride, so not balanced and in fact, toxic.

Back to Basics and Beyond

Going back to the basics is where we seem to be heading and you really can't get more basic than water. "In the beginning," the earth was covered with water, and in the beginning, so were we – in the uterus. It was amniotic fluid, hopefully pure because of the consciousness of the mother in keeping her system cleansed.

The simple idea, discovered by Dr. "B", of drinking *sufficient water* for healing the body is more important than anyone would have dreamed. Sadly, Dr. "B's" research has not been perceived as relevant by the medical community. Secondly, the type of water is equally as important; tap water, of course, won't give the results of purified water.

And perhaps the final missing piece of this wellness puzzle may be the advent of quantum healing using water-based formulas. Alternative medicine got a gigantic boost with this cutting edge technology that allows toxins to be neutralized at the cellular level. MicroCrystalline water programmed with the frequencies of hundreds of herbs and other "naturals" provides a revolutionary and simple means of nutrient delivery.

Miracle of miracles, healing the body with water – future medicine here today!

¹ F. Batmanghelidj, MD, *Your Body's Many Cries for Water* also *Water For Health, For Healing, For Life*

² Carol Keppler, B.S., Ed., intuited research

³ Gabriel Cousens, MD, *Spiritual Nutrition: Becoming a Super-Conductor for the Divine*