



Health Talk Inc

Creating a Health Conscious Community

Water and Your Health The Wonders in Drinking Water

Why drink water? Of all the natural laws of health, water is next to air. One can go a month without food, but only a week without water. Just as the formulation of all nations / kingdoms are dependent on water, there would be no human being on earth without water. Your body is 70 - 75% water and the brain is 85% water. In both the plant and animal kingdoms, water is one of the essential ingredients for life. Seeds will not germinate without water. Water is essential for survival.

All natural processes in living cells operate with water. In ancient times, water has been used as a healing remedy. Simply put, water is an essential, natural physician that heals our body.

But why don't we drink enough water?

-Bad habits and/or ignorance

Overtime, and with modern civilization, people in general have forgotten the importance of drinking portable water. The general responses I got from the patients I see are any of the following:

“Oh, I don't like water, I drink my sodas or juices.”

“I drink 3 to 4 cups a day.”

“Hey, if I'm not thirsty, I don't drink water.”

“They say the water is polluted.”

“The water doesn't taste good.”

Dear reader, if the above responses are typical of you, then you have a problem. You are at a very high risk of developing chronic diseases. This is because you will unknowingly suffer from chronic dehydration.

- What are some of the medical conditions that I can get by not drinking enough water?

Dr. Batmanghelidj, MD. who has spent over 18 yrs studying the effects of chronic dehydration in the human body has given the following diseases: Asthma, diabetes (sugar), high blood pressure, arthritis, insomnia (inability to sleep), cancer, high blood cholesterol, pain, peptic ulcer disease, heart attack, etc as some of the causes of chronic dehydration. According to Dr. Batmanghelidj, all the above diseases are serious, manifestations of chronic dehydration.

-Some Perceptive Feelings of Dehydration

Before you develop the above diseases, you may experience any one of the following, which are sometimes labeled as 'psychological' disorder. Feelings tired, flushed, irritable, anxious, dejected, depressed, inadequate, having a heavy head, cravings for manufactured beverages of coffee, tea, soda, and alcoholic drinks, agoraphobia (fear and dread of public places).

Sudden Illnesses of Unknown Origin

Have you ever come across someone or a loved one, who for no apparent reason was taken ill, rushed to the hospital and the multiple tests done did not provide the cause of the sudden illness? Of course the devil or the witches wanted to kill this loved one because he would be a great person in the future! But pause a minute, we normally overlook one important intervention in the emergency room. This seriously ill person was given salt water that is called “Normal Saline” in medical terms.

This apparently acutely ill person was not actually sick but was suffering from the serious signs and symptoms of chronic dehydration.

What Are Some of The Important Uses of Water?

Water is the driving force for life. (No Water; No life)

Water keeps all the cells in the body alive.

Water is the main source of energy in the human body. Think about hydroelectric power. Water makes the cells in the body to stick together in the wonderful architecture our maker put in place.

Water also prevents DNA damage and makes its repair mechanism more efficient. With adequate water in the body, more healthy DNA are made in the body.

Water greatly increases the efficiency of the immune system – including fighting against cancer.

How should We Drink Water?

Drink at least one cup of water 30 minutes before a major meal is eaten and then 2 hours there after.

Don't wait till you are thirsty before you drink water. If your lips become dry, you are suffering from dehydration. Just remember, the rest of the animal kingdom continues to drink water after creation and after the flood. It is only humans that as a result of modern civilization have developed the habit of not drinking more water. Unfortunately with modern technology, the use of colored sugar laden beverages, have replaced the liberal use of drinking water in our lives. Are we then surprised that we are so sick of numerous chronic but preventable diseases? We are simply not drinking enough water and we are also quick to offer flimsy excuses for denying our bodies of water.

What is my advise to you?

Drink more water because in the beginning, God your maker did not create Soda. The Israelites of old were given water to drink while in the desert. (Number 20: 8-11). We also read from Proverbs 25: 21 that if your enemy is hungry, give him bread to eat; and if he is thirsty, give him water to drink. There are more advantages to drinking more water than our canal minds and science can predict. If you are learning to drink more water, you must avoid beverages like coffee, tea, cocoa, alcohol which deplete the body of water!

Tune up your body with water as you would religiously service your car according to the recommendations given by your car dealer. The basic scientific wisdom is that the human body is at least 70% water. Pure water does not contain sugar, poisonous chemical preservatives and artificial color that slowly cause chronic diseases in our body. It is essentially very important to drink water because your wonderful body operates and run continuously with water.

If you want more information on the importance of water, call Health Talk Inc. by calling 703 321 0722. We also have in stock juicers, water distillers, health videos, Vegetable supplements like Barleylife and colon cleanser. For Your Life Health Seminars, call the above number today. God Does Not Want You to Be Sick.