

Water is the most abundant substance on this planet and is the main constituent of all its living organisms. Most mammalian bodies contain about 65% water by weight, with some tissues such as the brain and the lung containing nearly 80%. Bodily water is almost completely tied up with proteins, DNA and other macromolecules in a liquid crystalline matrix that enables them to work in a remarkably coherent and coordinated way. All of our cells are bathed in water: it is vital for cellular electrical function and not a single one of our systems could operate without it. In fact most humans would be far healthier if they drank more water.

Fereydoon Batmanghelidj, M.D. (Dr. Batman or Dr. B for “short”) has written an extraordinarily important book on that subject, *OUR BODY’S MANY CRIES FOR WATER*, whereby he traces many common symptoms or “diseases” including headaches, backaches, heart arrhythmias, and even mental confusion, etc., right back to minimal or major dehydration. Although concerning humans, his thesis could easily apply to other animal bodies as well.

Unfortunately, much of the earth’s water which used to be potable, or drinkable, has now become polluted from various sources including deliberate pollution of city water with cleansers and medications under the impression that these are good for us. *THE DRINKING WATER BOOK* by Colin Ingram, a great companion to Dr. B’s book, tells all about what is really in our drinking water and that of all of our animals. We ourselves have a reverse osmosis system in our home to provide pure water for all of our consumption needs and filtered shower heads. There are similar hose filters available for animal or garden watering.

A very interesting experiment indicates that the quality of the water imbibed is definitely important. Two Japanese scientists [Institute of Science in Society; www.i-sis.org.uk/water1.php] have been studying water’s “clumping” capabilities. Dr. Masaru Emoto discovered that hexagonal crystal structures would form in “good” water (spring water) but no crystals would form in “bad” water (polluted, microwaved, or distilled). From there he found that, depending on

what music was played or label placed on the container, the water would grow lovely, symmetrical crystals (chanting monks & “love-gratitude”), or bizarre/demented crystals (heavy metal & “demon”). One also has to wonder how our bodies are being affected by similar influences. Inspired by this research, Dr. Mae-Wan Ho is working on how the quantum electro-dynamic properties of water could provide the basis of homeopathic ‘memory’ and how one might investigate them.

Overall, there is no comparison between drinking water and any other fluid for cellular health. That includes tea and coffee which can be very dehydrating; milk which is a questionable food at best; pop which

is pure chemicals that can overload the system with toxins let alone its sugar or sugar-substitute content; fruit juices which zap the pancreas with overloads of carbohydrates causing insulin resistance; and even soups, vegetable juices, etc. Nor can we endorse the use of popular bottled electrolyte drinks which contain mostly unpurified water, chemical coloring, sugar and inorganic minerals which may not be in proper balance. Water it

is and water it shall remain.

Of course there are always opposite sides of the coin to consider in everything. A study was reported in *The Annals of Internal Medicine* [2000;132:711-714] that indicates there is a possibility of water intoxication or *hyponatremia*, which can prove fatal.

The investigators describe the cases of seven marathoners who collapsed with nausea and vomiting after their races. When brain scans revealed swelling, six of the patients were treated with an intravenous solution containing high amounts of sodium -- a water-depleting treatment that is directly the opposite of the low-sodium solutions that runners may receive if they are misdiagnosed. The seventh patient, who was not diagnosed with brain swelling, later died; an autopsy revealed that there had indeed been fluid on the brain.

Five of the patients were female, suggesting that women may be more prone to water intoxication

FIGURING WATER NEEDS

- 1 quart water per 50# body weight
- Substitute the word “ounces” for the word “pounds” ie: 150 pounds = 150 ounces (4.7 qts = 1+ gal)
- These suggestions do **not** hold true for obese individuals—common sense **must** prevail!

and its effects on the brain and lungs. All seven had a history of using non-steroidal anti-inflammatory drugs: over-the-counter painkillers that include aspirin, Motrin, Advil, etc. These drugs can block the excretion of water from the body.

Their conclusion was that runners who become breathless and nauseated after drinking large amounts of water during a race should go to the hospital where doctors can check their blood sodium levels.

We would take that one step further and suggest that the OTC-NSAIDS may possibly be a factor in water retention for women. This study also indicates the vital importance of electrolyte balance.

We have experienced greater success with hydration efforts if **DYNAMITE Elixir** is added to water. The organic trace minerals in **Elixir** provide an excellent, general electrolyte base. What we have found to work the best for us and for virtually everyone we suggest it to, is to figure out the individual amount of water required per day and fill a jug with that amount. Then add the appropriate amount of **Elixir** to that water jug, using it as your only fluid source all day. The current popularity of water bottles [SEE FAQ] makes carrying your water around with you far more of a health and fashion statement rather than the indicator of “weirdness” it used to be. We suggest starting with between 1 teaspoon to 1 tablespoon **Elixir** per day building up to perhaps 1-2 oz. per day—or less; this is very individual and most people enjoy the mild vinegar taste. In summer, increased heat and outdoor activities equally increase fluid and electrolyte needs.

Another excellent water additive is **DYNAMITE Catalyst Water**. By reducing the size of water molecules to the point of being able to cross the blood-brain barrier, it actually makes water more available to all cellular structures, thus increasing its ability to provide nutrition and remove wastes. In effect, it makes the water “wetter.” Safe for virtually anything that drinks, or swims in, water, we drink it daily and can actually feel the difference if we forget it. Many people use this patented water in their hot tubs in lieu of chemicals and even in stock tanks. It seems to purify the water if added at the rate of 1 pt. per 50 gal. and allowed to sit for 12 hours to activate it. Others use it in their fish tanks at the rate of 1 oz. per gallon of water and claim it cuts their cleaning chores down to only once every 6 months or so! We suggest that any ill creature drink this water in order to maximize vital nutrition while in a weakened state.

A third possibility, especially for hot summer months, is adding **DYNAMITE DynaSpark** to your wa-

ter jug. True, it was designed, and is sold, strictly for animal use, but John, and numerous other individuals, have found that adding 1-3 teaspoons (or 1 Tablespoon) per 64 oz. jug of already mixed **Catalyst/Elixir** water, allows him to work even longer with greater energy despite intense heat. It is the best balanced complete electrolyte we have found and adds a great taste to the water while encouraging sufficient consumption. Just another instance of “*trans-species*” including the “*human species!*”

For those who complain that they cannot swallow appropriate amounts of water, it really is a matter of training. A trick we have long advocated is to drink 12-16 ounces of water every time you urinate. Keep a special mug in your bathroom (or take it with you at work) and it becomes an automatic Pavlovian response! And if you do not like the taste of plain water, try the additions suggested. Many individuals who had trouble drinking even two glasses of water per day find that this slight flavoring makes all the difference in the world.

Of course what goes in must come out and frequent urination is one of the “side effects” of drinking proper amounts of water. We have actually had numerous individuals, mostly female although enough males to make it at least appear universal, claim they refuse to drink water so they do not have to go to the bathroom on their jobs whether white or blue/pink collar! Some have even indicated that they are allowed only so many “restroom breaks” and those are far too few to allow ingestion of healthful amounts of water. In our opinion, this is faulty thinking on the part of such employers and we believe the employees should educate them appropriately. Perhaps presenting Dr. B’s book, or even a copy of this little paper, could make a difference.

In actuality, healthy, hydrated urine should be almost clear and with no odor. Strong color and odor can indicate a serious dehydration situation if it occurs other than perhaps first thing in the morning. Such urine would mean that auto-toxicity via the bladder and kidneys is taking place.

Of course, we all need proper sleep, so, to avoid getting up frequently at night, limit amounts of water after about 6 p.m., getting your fluid needs met during daylight hours.

NO MATTER WHICH WAY WE LOOK AT IT, pure water, along with pure air, is a medium of life on earth. Proper hydration is essential for the health of all humans and animals alike. ■