

Water is the most abundant substance on the surface of the earth and is the main constituent of all living organisms. Most mammalian bodies contain about 65 percent water by weight, with some tissues such as the brain and the lung containing nearly 80 percent. 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 riveting book on that subject, *Our Body’s Many Cries for Water*, whereby he traces many common symptoms or “diseases” right back to minimal or major dehydration. Although concerning humans, his thesis could easily apply to horses 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 horse or garden watering.

Horses require a pretty fair amount of fresh, clean water daily. A mature 1,000# horse can drink between 5-10 gallons of water per day which equates perfectly with Dr. Batmanghelidj’s general formula of 1 quart water per 50# body weight. Heat and work level can require much more. In fact horses can literally lose pounds in dehydration when racing or cutting and broodmares need to provide not only their own needs but also the needs of their babies who will be drinking 4-5 gallons of milk made by mom per day.

The “old-fashioned” way of watering horses, aside from real running creeks, is the watering tank and is our personal preference; in fact we removed a line of automatic waterers because we were unsatisfied with their ability to sufficiently water our horses plus we were unable to track water consumption adequately. Tanks allow horses to sink their muzzles into the water and drink deeply. Some horses like to play in the water sinking almost their whole heads in and splashing up and down. Others like to delicately (or sometimes not so delicately!) dip their hay into the water before eating. Some, to our frustration, prefer to splash with their forelegs

getting the nice clean water all muddy.

Keeping tanks clean can sometimes be a challenge, partly due to various play methods and partly due to dust, birds, algae or other animals. We do have to fish out the occasional squirrel who learned a fatal lesson about drinking from stock tanks. Tanks should be scrubbed anywhere from 1-2 x weekly to 1-2 x monthly depending on weather, use, additives, etc. Algae can be controlled very effectively by adding 1 pint of DYNAMITE® unpasteurized, pure **Apple Cider Vinegar** per 50# water. Horses seem to love the taste of **ACV** and having them accustomed to it in the water allows for the addition of small amounts of **ACV** into “strange” water when on the road or at a new home to encourage drinking when it might be avoided or limited due to the new smell and/or taste. Another way to encourage horses to drink all they need, especially under competitive conditions, is to add about half ounce of **DynaSpark** to their feed. This electrolyte is especially helpful for hard-workers or geriatrics alike; in fact for *any* horse who needs encouragement to drink sufficient quantities of water.

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Another excellent water additive is the DYNAMITE® **Catalyst Water**. Many people use this patented water in their hot tubs in lieu of chemicals. 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. Additionally, reducing the size of the water molecules, it actually makes the water more available to cellular structures even to the point of being able to cross the blood-brain barrier. 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.

Interestingly, 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 or microwaved). 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”). Inspired by this research, Dr. Mae-Wan Ho is working on how the quantum electrodynamic properties of water could provide the basis of homeopathic ‘memory’ and how one might investigate them.

No matter which way we look at it, pure water is essential; it is the real medium of life on this planet. Please share it in sufficient quantities for the health of your horses. ■