

# The Water You Drink Can Make or Break Your Health

If someone were to ask, “Is water important to your health?” we would most likely answer, “Of course” and add, “I know we’re supposed to drink about 8 glasses a day.” Some people may even follow these recommendations, but far more are satisfied with just parroting back this basic knowledge. We typically minimize the real importance of water. Maybe water is not flashy enough yet water deserves top billing where health is concerned. The practitioners and organizations, which emphasize the importance of water, deserve our applause. If our consciousness and consumption of water can be raised we will have taken a gigantic step in preventative care.

According to Rudolph Ballantine, M.D., author of Radical Healing (1999), “It is a significant advancement in biological science that we are beginning to see water as not merely an inert medicine in which compounds float but as something alive with complex molecules, changing and charged with information. The more we learn about water, the more obvious it will become that a good quantity and quality of water is a cornerstone of sound health. According to biologists, the evolutionary shift from life in water to life on land was a difficult and challenging one. Getting enough water to sustain a system whose original design was water based has remained, after air, the top priority of your body.

## Exactly how important is water really?

Consider this:

- We are composed of 70% water (some sources say up to 80%)

  - (Think about that... we are mostly water)

- Brain cells are 75-85% water. The right kind of water improves the mind and brain.

Doesn't it stand to reason that there has to be something hugely special about this substance as it relates to our system? Our adaptive mechanism keeps the brain hydrated first, sacrificing other areas if necessary. The brain uses electrical energy that is generated by hydrolysis as the preferred source over the energy provided by blood sugar (glucose).

The water volume that is stored in the disc cores (especially the 5th lumbar disc) supports -75% of the weight of our upper body

- 50% of cartilage in joints and discs is made of water

- Blood is composed of about 50% water. Every 90 days we build a brand new bloodstream.

**-OUR TOTAL BODY WATER IS REPLACED ABOUT EVERY 15 DAYS. THINK ABOUT THAT . IN ABOUT 2 WEEKS YOU COULD REPLACE 70% OF YOURSELF WITH SOMETHING HEALTHY AND PURE.**

- Water is more important than food!

The complete role of water in our system is only partially understood. So far we know :Water supplies the body's tissues with oxygen and nutrients. Water is a solvent not just

a transport mechanism. It holds nutritive factors in solution while it delivers necessary components throughout the body.

- a. Water carries away excess wastes and flushes out toxins.
- b. Water is a natural diuretic.
- c. Water metabolizes stored fat and reduces fatty deposits.
- d. Water controls our body temperature.
- e. Water is Mother Nature's greatest beauty tonic.
- f. Water protects our body's cells from attacks from diseases, viruses, etc. If cells become water starved they become shriveled up, parched and dry, making it easier for foreign invaders to enter the cells.
- g. Water is necessary for the chemical reactions in our body to occur through a process of hydrolysis.
- h. Water flows through our cell membranes generating hydroelectric energy (voltage) that is converted and stored in our cells as energy (ATP and GTP).
- i. Water holds our cell contents in their proper structural place, allowing for optimal functioning.

What we are just beginning to learn about water (again, 70-80% of who we are) is very exciting! It concerns the energetic properties of water. 'Dead water' has lost the subtle energetic quality that nourishes us on a non-physical level. Since the function of the physical components have been the exclusive focus of biochemists, nutritionists, etc. how we might be taking up the energy of water has been largely overlooked. In Western society we are only beginning to develop technology that allows us to tap into this level of what's going on. Perhaps the study of the energetics of food, water, etc. will be the science of the new millennium. Pi-water is at the forefront of this endeavor.

### **Water deficiency Syndromes**

By understanding the proportion of water occupying our cells, tissues and organs and the known functions of water, we can already begin to appreciate what might happen if our bodies lack water. But beyond using our imaginations, here are some specifics concerning water deficiency.

Dehydration is the number one stressor of the human body – or of any living matter. We can be deficient in water just like a vitamin deficiency with specific symptoms resulting from this. And just as the simple treatment for vitamin and mineral deficiencies is to get them into our system, the way to treat water deficiency is by drinking water.

Chronic dehydration is a disease producer. When our body is dehydrated the bilayer membranes that surround cells contract in thickness. It forms a barrier that prevents further dehydration – but which also obstructs the free movement of molecules so that metabolism, exchange of chemicals and elimination of toxins are limited. While usually we consider thirst, dry mouth and skin as signs of dehydration

we are now beginning to realize a whole other spectrum of symptoms which signal dehydration, i.e.;

- Sinus problems, allergies and breathing difficulties
- Joint discomforts, neck pain, etc.
- Obesity and digestive problems
- Headaches
- Heart problems, high blood pressure, high cholesterol
- Stress
- Sleep disorders
- Impotence
- Depression and brain dysfunction

If we go through the exercise of tracing how water deficiency contributes to these symptoms we will increase our consciousness regarding the absolute need to drink sufficient amounts of healthy water. ( We have people like Dr. Batmanhelijid, author of Your Body's Many Cries for Water to thank for these types of analyses and for stressing the simple medicine of things like proper sleep, proper hydration, etc.

#### *Pain as a symptom of water deficiency*

Histamine production increases when dehydration is present. Histamines are active in water management and delivery. Prostaglandin's, kinins, and PAF are also water intake and distribution managers. The higher the production of these items (in part as a protective response to dehydration) the higher the chances for pain. These chemicals often cause irritation when making contact with the pain-sensing nerves in the body. Histamine also causes bronchial constriction as the body attempts to conserve the evaporation of water from the lungs. Dyspeptic pain, rheumatoid arthritic pain, anginal pain, migraines, colitis and allergic and asthmatic reactions are all, in part, connected to overproduction of histamines, prostaglandin's, etc.

#### *Asthma and Allergies as symptoms of water deficiency*

In addition to the histamine release, if the body is dehydrated, a protective response is to produce more mucous in the lungs to protect the tissues from drying out further and from losing more body water through evaporation from the lungs.

#### *Neurological symptoms of water deficiency*

Chronic dehydration causes brain cells to shrink. At 85% water, these cells depend upon water to deliver and help with the formation of neurotransmitters. If this is not occurring, degenerative changes can occur. The more stressed a system becomes due to dehydration the more stress hormones it releases such as endorphins, cortisone release factor, vasopressin, prolactin, renin-angiotensin, etc. While we won't go into all the effects of these chemicals, we should know that their release creates further stress if not flushed out of the system. Without water, it is easy to get into a cycle of stress which eventually manifests as things like chronic fatigue,

depression, etc. Additionally we see increased problems with information processing, memory loss, confusion, etc. Without adequate water the brain is also depleted of the energy created through hydrolysis. And finally, (from our limited knowledge base thus far) we also know that dehydration causes depletion of tryptophan which is a necessary component to the formation of major neurotransmitters like serotonin, tryptamine, melatonin, etc. Tryptophan is also central to sound sleeping patterns.

*Cardiac symptoms, High Cholesterol and High Blood Pressure as symptoms of water deficiency*

Again, as an adaptive process to conserving water, when the fluid volume in vessels decreases, the vessels tighten up to keep blood moving. Eventually capillary beds shut down. Cholesterol is one agent which regulates permeability of the cell membrane to water. Increased cholesterol is produced as the body seeks to keep cells lubricated.

Also, if we have inadequate water intake prior to eating, as the food enters our intestines it must pull fluid from within the system in order to digest the food. As a result, our overall blood supply becomes more concentrated and less viscous. The first place oxygenated blood travels is to the heart and lungs. These areas are the most vulnerable and would be the first to come in contact with deposits left from the 'concentrated' blood.

*Colitis as a symptom of water deficiency*

A hormone/neurotransmitter "motilin" is produced as we drink water. The effect of motilin on the intestinal tract is to produce rhythmic contractions of the intestines. Without this peristalsis we increase the risk of colitis and hiatal hernia.

*Arthritis as a symptom of water deficiency*

Water functions as a lubricant allowing two opposing forces to freely glide over one another during joint movement. In dehydrated cartilage the rate of abrasive damage is increased. Swelling of joints may also occur as the dehydrated system attempts to compensate by expanding vessels around the joint in order to get water into the bone marrow for red blood cell production.

By now, you must be wondering, "Am I dehydrated?" Actually most people are. It has been estimated that 80% of our elderly population is water deficient. Our younger people especially need early education and role modeling of water consumption so that lifetime health habits can be established. We would be doing a wonderful service to our future generations and to greatly curbing the exorbitant amount of funds poured into "illness" care.

## Is There Any One Water That's Better Than Others?

YES! Surface tension seems to be of primary importance in water quality. Scientists are looking towards water treatments that lower the surface tension of the water molecule. Fluids with lower surface tension move freely through the intestinal lining, the capillaries and move freely through extra and intra-cellular spaces, entering the cells and washing away molecular debris. Hard water has a high surface tension while soft water has a low surface tension.

Minimally, we need water that is clean and contains the necessary minerals. In *Water: The Element of Life*, there are some beautiful photos of water droplets which clearly show the differences in various kinds of water. The differences between pure and polluted water are quite striking.

We need the best quality water to maintain the best health. Pure water is a health tonic. Actually, the secret of health lies in internal cleanliness. It means being 100% free of unnecessary deposits.

***Before we look at what a perfect water might be let's look at what it's not.***

### *Our current public water system*

-30% of Americans drinks water that violates federal health standards.

-A recent ABC news expose revealed over 700 chemicals found in drinking water. 129 of these chemicals posed health threats according to the EPA. Our water may contain radioactive particles, heavy metals, radon, gas solvents, disinfectant by-products and solid particulate such as asbestos. Inorganic minerals, toxins and chemicals can pollute, clog up and turn tissue into 'stony' formations throughout the body, generating pain, illness and premature aging.

The EPA has also said that the tapwater of 30 million Americans contains dangerous levels of lead. More than 90% of water companies don't use the available technology to remove chemicals and toxins from drinking water. In fact chlorine, fluoride, calcium carbonate, magnesium carbonate and potassium carbonate are often put in the water to 'purify' it. These substances are unhealthy for us.

### *Fluoride*

Serious health problems may be caused or worsened with fluorinated water. Cancer, digestive problems, urinary disorders, circulatory diseases, mental and neural impairments, blood dyscrasias, immune system suppression, eye diseases, endocrine disorders, skin, nail and hair problems, bone and joint conditions, teeth and gum disease and birth defects have all been negatively impacted by fluoride use.

11 associations have stopped endorsing water fluoridation in 1996, including the AMA, the Amer. Cancer Assoc., the Amer. Diabetes Assoc., and the Amer. Psychological Assoc..

The Journal of the AMA in a study of 3,578 seniors living in fluorinated areas found a 41% increase in hip fractures.

A 5-yr. Study published in Bone, 1997 revealed that bone density decreased 45% with fluoride. It is suspected that fluorides leach calcium from skeletal structures.

The National Academy of Sciences has found that fluorine slows down DNA repair activity.

#### *Chlorine*

Since 1900, beginning with large-scale chlorinating the occurrence of heart disease has increased almost 400%. Dr. Price, author of "Coronaries/Cholesterol/Chlorine," firmly believes free chlorine to be a major contributor to heart disease causing fats in the blood to form deposits.

Highly chlorinated water has resulted in a shift from beneficial HDL to harmful LDL.

75% of our water is chlorinated. 66 new carcinogenic compounds have been isolated from chlorinated water. Known carcinogens such as chloroform and other trihalomethanes are formed when chlorine reacts with organic compounds in the water. These chlorines accumulate in fatty tissue, such as breast tissue.

New evidence suggests that chlorinated water increases the risk of cancer for the roughly 200 million Americans who drink it.

#### *Calcium carbonate (lime)*

This ingredient is not only used in water purification but in making concrete. Think of our blood vessels. The hardening is most detrimental in the small arteries and vessels of the brain. Not all forms of calcium are beneficial.

#### *Lead*

It has been estimated that lead may be contaminating more than 40 million Americans.

A recent study of 5,000 women in the state of California revealed that women who drank tap water had twice as many miscarriages and children with birth defects as those who drank bottled or filtered water. Five other studies reached the same conclusion.

### **Now let's examine types of water which carry maximum benefit.**

#### *Effects of magnetizing Water*

Research has shown the following can be observed after water has been magnetized:

1. A decrease in water weight. (An article in the Washington Post reported on a man in Tlacote, Mexico who 'discovered' water on his property that was lighter than tap water. This water was effective in the treatment of AIDS, cancer, obesity and high cholesterol. It was dubbed 'miracle water'.
2. No changes in mineral concentrations.
3. A decrease in the quantity of nitrogen dissolved. (In fish tanks nitrogen accumulates in stagnant water and uses up oxygen needed by fish. Magnets can be used to fight the microorganism invasion or algae overabundance.

4. An increase in the number of crystallization centers. Magnetic fields break up clusters, which lowers the surface tension of water molecules allowing for easier absorption. This is a key feature. In recent years people have been focusing on ways to produce water with lowered surface tension. Essentially, the water is not as 'sticky'. Calcium carbonate is electrically neutralized and remains in suspension. The magnetized water dissolves deposits while flowing through pipes, this pertains to industrial pipes as well as to our own 'internal piping', gallbladders, urinary tracts and calcium and cholesterol clogged areas.
5. Altered binding forces between water molecules and various proteins, salts and minerals which appear to endow the water with the ability to dissolve buildups of various types of salts and minerals. This increased mineral solubility also improves the distribution of nutrients throughout the system.
6. An increased ability to establish a balanced pH. All enzyme activity and fermentation processes are only possible within a certain pH environment which magnetic fields help to create. They specifically help with resolving acidic conditions oftentimes seen with chronic diseases.
7. An increased enzyme reaction time. Every function of the body is dependent upon enzyme activity. Enzyme activity occurs more efficiently in solutions of lower viscosity.
8. An increase in hydrogen ion activity. This softens water without using salt.

*In accordance with the properties described of magnetized water many experiments and therapeutic results have been reported. For example:*

- Reduced cholesterol due to decreased build up and hardening of arteries (in as short as three weeks).
- Improved digestive functions, decreased gastric acid
- Tissue regeneration (a study in Puerto Rico of bed sores washed with magnetized water were healed within 4 to 14 days with no further recurrence).
- Improved waste and toxin elimination
- Strengthened immune system
- Decreased fever
- Increased vitality
- Re-established metabolic balance
- Decreased constipation and cleaner intestinal tract
- Kidney and bladder stone reduction decreased bladder rigidity. Ingestion of 50 ml magnetized water every 10 minutes for 8 to 10 times has been effective for the treatment of urinary retention.
- Reduced severity of menstrual problems
- Reduced dental calculus and gingival inflammation. (A peer reviewed double blind, placebo controlled study in 1998 at the Med. Univ. of S. Carolina showed 64% less calculus, and a 27% lower rate for gingival inflammation. Johnson, Journal of Clin. Periodontology, 25 (1998).
- Effective in the treatment of intestinal parasitic disease in children
- Increased vegetable growth. Texas A and M University found that squash plants grown with magnetized water produced heavier vegetables.

-Increased productivity of livestock. Experiments with 85 cows revealed extra liter of milk produced daily, easier conception, increased muscle tone for those cows given magnetized water as part of their diet. Sheep produced more wool and chickens produced more eggs over a longer duration.

As a side note, the healing waters of Lourdes and Sedona are said to possess a high magnetic field.

## Far-infrared Effects on Water

Photons stimulate the endocrine system, metabolic processes, enzyme reactions and brain activity. Photons are a component of light. Without photons (energy from the sun's rays) there is a lowering of cellular energy, glandular insufficiency reduced ability to burn fats and toxins and a reduced ability to absorb oxygen. Far-infrared can be infused into water giving it this same 'light' energy and giving it additional vitality. This process occurs with use of a material, which emits waves of 4-14 microns similar to the sun's far-infrared rays.

Just like magnetic deficiency syndrome and water deficiency syndrome, one can also have malillumination syndrome resulting in partial absorption of nutrients, fatigue, depression, suppressed immune function, hair loss, skin damage and other maladies.

The greatest amount of the sun's energy output is in the far-infrared spectrum. This band is not visible to the human eye. They are the safest and most beneficial for the body. It is perhaps not coincidental that photons, at the 4-14 microns wavelength are the closest match to the human cell, which measures 4-14 microns width.

All humans send and receive FIR (far-infrared) waves and ours are similar to the resonance of a water molecule. This makes sense since we are 70-80% water that we would be emitting largely the qualities of water. We also know that substances of similar resonance can transfer and absorb energy easily from one another. In some respects, we fortify one another energetically. Perhaps this is one reason that newborns who are held more exhibit healthier growth and development and also why married couples live longer; maybe we will find it is not just the social benefits of companionship but the energetic benefits as well.

FIR waves have been strongly correlated with:

- Increased blood flow (due in part to the heat and removal of deposits and toxins)
- Reduced muscle spasms
- Removal of toxins
- Improved lymph flow
- Suppressed growth of some cancers
- Reduced soreness
- Improved enzyme activity
- Improved osmosis across the cell wall membrane
- Reduced acidity especially where lactic acid is concerned

Lower acidity also improves the ability of  $Ca^{++}$  to enter the cell which improves intra and extra-cellular communication which has a positive



- effect on the entire system
- Assistance with eradication of anaerobic organisms.
- Attraction of calcium ions to cell membranes.

The vibration of the far-infrared light waves vibrates the water molecules, which allows gases and other toxic materials to be released. When toxins come into contact with the clusters of water they are encapsulated. If they are then vibrated they are released and available to be flushed from the system instead of remaining attached to the water molecule.

Although, far infrared is not yet well known in the U.S. for its healing capabilities, in Japan there is an Infrared Society composed of MD's physical therapists to further the intense research and support of this particular technology.

## PI-WATER

### *What is it?*

It is energy water. It is something alive. Essentially, it is a vibrational remedy, imprinted with subtle energy patterns.

Pi-water was discovered through the study of botanical physiology. It was originally thought a hormone was responsible for causing plants to bud. Dr. Yamashita was conducting research, attempting to isolate this hormone, when he discovered that what was causing the flower to bud was not a hormone at all but a very minute amount of ferric ferrous salt. In 1964, Dr. Yamashita, an agricultural scholar furthered his research and found that this substance had other highly beneficial qualities.

Inducing this ferric ferrous salt into a high-energy state and infusing it through a ceramic filter process creates pi-water. A pi particle is a quantum particle smaller than an electron, neutron and proton. The pi meson causes the protons and neutrons to exchange energy states with one another, which create energy and electrical charges of its own. The amount of ferric ferrous (bivalent and trivalent ferrite) is minute, a quantum particle – essentially such a trace amount that it is only the energetic signature of the substance which remains. (2x 10<sup>-12</sup> mol.) (Homeopathy also utilizes the trace signature of the substance. It is theorized that these quantum particles are conductors and are responsible for carrying information and cellular “memories” (previously encoded information) such as natural bioenergetic and healing processes.

At an International Symposium on Preventative Oncology held in France in 1998, the Discussants were very excited about the extraordinary benefits of pi-water. The following was reported.

- It is the closest water to human body water
- It possesses high anti-oxidation properties because of its ability to eliminate free radicals
- It provides bio-energy, for example there was an experiment where goldfish were able to live for up to 216 days in a sealed container living

off the energy in the water. Under normal circumstances a goldfish would die after about 3 to 5 days in a container sealed in regular water.

- It increases the body's amount of natural killer cells
- It enhances anti-body activities
- It improves the self-healing activity of body cells – waking up cellular “memories” of health
- It carries more oxygen throughout the body, creating an oxygen rich environment which destroys anaerobic organisms (cancer is anaerobic)
- It creates minute water clusters which improves the functions of cells and the detoxifying effects of water
- It improves cellular adaptation to stress and stressful environments
- It neutralizes the pH of water, bringing it to just above 7 which is very close to the pH of the body ( few filtration systems manage water pH, as well as magnetic forces , far-infrared wave and pi infusion)
- It enhances the transmission of information throughout the body

Given the qualities of pi-water, one can begin to appreciate its many uses. At this point most of the literature on pi-water comes from Asian sources. There they have had over 30 years of experience.

*Agriculturally*, pi-water has been used for cultivating crops without chemicals and for producing larger vegetables. Experiments were done with spinach plants, which are difficult to recultivate. With pi-water, 25 consecutive were achieved. Comparisons can be made between two identical seedlings/bulbs. The one watered with pi-water as opposed to regular water demonstrates improved health, lowered disease and higher growth rates.

*Livestock and Animals*, have responded with improved meat quality, a decreased level of anaerobic fermentation, an increase in egg production, an improved taste, and lethargic animals became more active playful and interested in their surroundings.

*Industrial use* has shown that oxidation or rusting was greatly reduced.

*Health and Home* uses were varied.

Dr. Takafumi Tsurumi has collected a series of clinical anecdotes and studies with some astounding results

- Stomach cancer eradication decrease of brain tumor, improvement in leukemia
- Dermatitis improvement, improvement with alopecia
- Improvement in diabetes
- Improved liver function after hepatitis
- Lowered blood pressure and improvement in cardiac output
- Rapid recovery from stroke
- Relief of headaches, stiff joints, constipation
- Improved overall health
- Improved immunity (intake of pi-water should be increased in the early stages of.

A cold, flu or virus

- AIDS virus reportedly does not seem to multiply in this high-energy environment.

Pi-water has been used to store tissue samples instead of placing them in a hormone solution. The structure of the tissues remained intact for over 30 years using this process.

In addition to the various medical uses, pi-water has been used in;

*Cooking*- soaking meats increases tenderness

Fewer spices were needed as the tastes of foods were intensified.

. Cleaning fruits and vegetables with pi-water removes toxins and prolongs their freshness (many Japanese restaurants use pi-water filtration systems

Unripened bananas can be soaked for 30 minutes to sweeten their taste.

*Gardening*- Spraying plants with pi-water improves their colors, watering with pi- ...  
water increases root growth and foliage.

Pi-water may also prove very useful in preserving our natural habitats.

*Pets* - *Pets* exhibit a higher energy level when drinking pi-water

It is also beneficial as an odor remover when simply sprayed by a spray bottle or if the pet consumes the water.

Spraying their coat with the water will enhance shinier and cleaner fur.

*Odor Removal*

Spraying areas with pi-water will remove odor possibly making other unnecessary.

*Cleaning* - Improved hair cleanliness, as well as skin (pi-water filtration systems are popularly found in many Japanese hair salons).

Laundry doesn't yellow as easily.

Two books by Dr. Shinji Makino and Dr. Tsurumi look to be interesting. They focus on medical issues as well as going onto greater detail about the creation of this substance.

## Solution: Pi-Mag Water Filtration System / Energy Water

Everyone should at least be drinking filtered water, preferably also water which is infused with magnetic energy from the earth, far-infrared light waves from the sun and pi energy from 'space'. Water should also have organic minerals, such as coral calcium.

Systems with water softeners, which use sodium, may be troublesome as the increased sodium may be contributing to hypertension. Typically two parts sodium extracts one part magnesium from the water.

Roughly 2 million water filtration systems are purchased annually. Most of these have a form of carbon filter which does not address the lead deposits found in water.

85% of Americans are deficient in calcium. We need approximately 1000 mg. Per day. Calcium is important to cellular communication, nerve functioning, heart function, bone stability and development and blood clotting ability. A system, which removes everything in the water without restoring natural substances, is shortchanging you.

Water filtration systems should have at least a 0.4-micron pore filter size to adequately remove microorganisms.

We currently know of no other filtration system, which has magnetic fields, far-infrared waves, maximum filtration, pi energy and the reinstatement of necessary minerals.

Once you have this technology you should drink 64 oz. Per day, at least. Drink at least one glass at room temperature in the morning 1/2 hr. before eating, 1 1/2 hr. after eating and at bedtime. This helps to clear the colon, promotes regularity, strengthens the heart, oxygenates the brain, removes lipids and instills tranquility. If you are bottling water the magnetic charge will last for approx. 3 days providing you don't rest it against a metallic surface. It can be refrigerated. This water can be used internally as well as externally for things like cleaning eyes, bathing wounds, healing burns, preventing blistering, healing various areas, rinsing hair for maximum cleanliness and therefore growth enhancing, etc.

Not all fluids count for water intake; in fact some actually have a strong diuretic effect. Sodas, coffee, alcohol, and teas have stimulants and dehydrate the system. The CNS stimulants liberate necessary energy from the ATP storage pool. People with Alzheimer's and children with learning disabilities should avoid caffeine. Orange juice has high potassium which promotes histamine production. It should be monitored for people with asthma, allergies, congestion, etc.

If dyspepsia is present water can restore the mucosal structure; sometimes it can take as little as 10 minutes of sipping water to prevent a dyspeptic episode. Using antacids with aluminum may be contraindicated as it has been strongly implicated as a precipitating factor in Alzheimer's, (aluminum sulfate is at times used in water purification for city water).

If you are suffering with any of the symptoms associated with water deficiency, properly hydrate yourself. In about 3 weeks you may notice a huge difference. Medications sometimes mask the symptoms of dehydration so be aware of this as well. To assist with sleeping difficulties drink a glass of water and put a pinch of salt on the tongue, letting it dissolve naturally.

As stated earlier, practitioners who place an emphasis on this primary component of healing and preventative care should be applauded! They are instrumental in supporting the paradigm shift which focuses on simple solutions to deal with some major health care issues. Remember that in order to be 100% healthy you must be 100% clean on an internal level.