



WATER AS A REMEDY



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Why is it Important to be Healthy in these Last Days?

1. *God is the owner of our body by creation and by redemption. As a "tenant," man has no right to do as he pleases with someone else's property. God watches how our bodies are treated and will demand an account.*
2. *Our body is the temple of God where God the Holy Spirit dwells. We have a sacred obligation to maintain these dwellings in an optimum condition.*
3. *The body, with the mind and its central nervous system, is the only medium through which God communicates with human beings. Satan strives to pollute, defile and destroy both. That is why We have a sacred duty to prevent this from happening.*
4. *We have come into this world for two purposes: to serve God and to serve man. To accomplish these two things, we need to take care of our bodies.*
5. *Violation of health laws and violation of natural laws (laws of our being), is violation of God's Moral Law/ the Ten Commandments. If, due to neglect, we die 10 years earlier than the lifespan God gave us, break the 6th Commandment: "Thou shalt not kill."*
6. *Adam lost Eden on the question of appetite. Those who wish to go to heaven should overcome appetite.*
7. *A clear mind and a strong body will help us to go through persecution.*
8. *"Pharmacy" comes from the word "Pharmacopia" which means "magic charm, poison, drug" and has origins in witch craft. Those deciding to go to heaven will have nothing to do with Satan or witch craft, a reason why they should be healthy and avoid drugs. Use natural remedies for healing.*
9. *it is likely that the Mark of the Beast is coming through the health care system. Obama health care bill has National Patient ID Card with GPS chip in it. The Affordable Care Act (ACA) is the law that requires everyone to get health insurance. Deadline - Feb. 15, 2015. Senators opposing it are meeting President Obama. Students of prophecy know well that America will enforce the Mark on all the nations.*

Friends, in India, Aadhar card may be a precursor to the Mark of the Beast. It is better to pay full amount for cooking gas than to go for Aadhar card for benefits such as free health check up, health care, subsidy on gas, etc., which is a method to trap the citizens. Try to avoid them as much as possible. On Youtube, watch the European Union President say that since 2009, the countries have been under the global government. Watch! We are very close to the end of time. Ellen

Ω



WATER

God's Natural Remedy 2

"There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simplest agencies of nature that will not tax or debilitate the system through their powerful properties. Water is one of God's appointed remedies and one of God's greatest blessings. Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. Water, wisely applied, is a most powerful remedy." EGW.

"If the medical profession is ever called upon to answer in a High Court for its Sins of Omission, one of the first questions it will have to meet will be, "Why have you, for almost twenty centuries, neglected to use water as a therapeutic agent?" Dr. R. Lincoln Graham, M.D.

"Life is a fortress. Why throw obstacles in the way of its defense? Its own means are superior to all the apparatus of your laboratories. - Napoleon to his doctors.

In the 18th century, Ellen G. White (1827-1915) had received over 2,000 visions from God and 60% of her visions and writings were on health, which God gave to prepare a healthy people for Christ's coming. J. H. Kellogg, her disciple, followed her advise about curing diseases with water, and in the 1800s, had established the largest treat-

ment center in the world: The Battle Creek Sanitarium, which admitted Kings and Prime Ministers from various countries. Today, the National Institute of Naturopathy, Dept. of AYUSH, Government of India uses his book: "*Rational Hydrotherapy*," which was originally printed in the 18th century.

We will first look at the inspired advise from Ellen G. White about the beneficial use of water; then we will study the scientific evidence from former and modern physicians on the use of water as a remedy for diseases; and lastly I will list the diseases which will be cured with water. Ω

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"I have been instructed by my guide that not only should those who believe the truth practice health reform but they should also teach it diligently to others." Ellen G. White.



WATER AS A REMEDY

by Ellen G. White

"I have had great light from the Lord upon the subject of health reform. I did not seek this light; I did not study to obtain it; it was given to me by the Lord to give to others. CD 493 from Ms. 29, 1897. EGW

♦ "Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Ascertain what are and what are not violations of the laws of health. Avoid wrong habits. God has endowed us with a certain amount of vital force. He has formed us with organs suited to maintain the various functions of life, and He designs that these organs shall work together in harmony. If we carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health; but if the vital force is too rapidly exhausted, the nervous system borrows power for present use from its resources of strength, and when one organ is injured, all are affected. Nature bears much abuse without apparent resistance; she then arouses and makes a determined effort to remove the effects of the ill-treatment she has suffered. Her effort to correct these con-

ditions is often manifest in fever and various other forms of sickness.

When sickness results, only the sufferer can do for himself what no one else can do for him. He should ascertain the true character of the sickness and then go to work intelligently to remove the cause. If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not adjust the difficulties with poisonous medicines. Fast for a meal or two. Take a fruit diet for a few days. Follow moderate eating for a month or two. The path of self-denial is the path to health.

Cold Water

♦ In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease.

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- ◆ A cool bath is an excellent tonic.
- ◆ Application of cold towels to the body removes fevers.
- ◆ Drinking it cleanses body's tissues; and invigorates vital organs.
- ◆ Water is important in treating invalids. Invalids guard themselves against the use of water. Young women who think that they are invalids should drink water freely.
- ◆ Drink before or after meals and never with meals. Taken with meals, flow of saliva is diminished.
- ◆ Ice taken with meals retards digestion. Stomach is injured by ice cold water. The colder, the greater injury to the stomach.
- ◆ Apply cold towels to the sick person with raging fevers. Give him water to drink. Cold or hot water baths heal the sick.
- ◆ For fever cases, if physicians entirely leave off drugs and use air and water (both internally and externally) hot and cold water, hot compresses, packs and dripping sheet, they would be alive today.
- ◆ Do not enter a cold room when in perspiration. Do not sit in cold breeze and expose yourself to cold. Do not sit with cold feet and limbs, and thus drive back the blood from the extremities to the brain or internal organs. Always protect feet in damp weather. When you violate the health laws, repent and reform and use the doctors God has provided: pure air, pure water and the healing sunlight.
- ◆ In case of severe fever, abstinence from food for a short time will lessen

the fever. While the fever is raging, food may irritate and excite the blood; but as soon as the strength of the fever is broken, nourishment should be given. If food is withheld too long, the stomach's craving for it will create fever. Without attending to diet, use of water will accomplish little.

- ◆ A man with terribly broken skull recovered in 3 weeks with gentle use of water, fresh air and spare diet.

Hot Water

- ◆ The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood.
- ◆ Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.
- ◆ Pain can be relieved by applying hot towels to the affected part of the body. It regulates blood circulation. Disease can be checked by applying hot towels to the painful part.
- ◆ Clear, hot water taken before meals aids in digestion.
- ◆ Use hot water and salt fomentation to treat the eyes.
- ◆ Regular bathing removes poisons from the system, kidneys and liver; purifies the blood; keeps the body well; overcomes system's bad conditions; resists disease; and maintains personal cleanliness.
- ◆ Use of water would prevent much suffering. Water is one of the most effective remedies for disease. Ω





THE HEALING POWER OF WATER!

By F. Batmanghelidj, M.D.

Every function inside the body is regulated by and depends on water. Water must be available to carry vital elements, oxygen, hormones, and chemical messengers to all parts of the body. Without sufficient water to wet all parts equally, some more remote parts of the body will not receive the vital elements that water supplies.

Water is also needed to carry toxic waste away from the cells. In fact, there are at least 50 reasons why the body needs sufficient water on a regular basis. Without sufficient water to constantly wet all parts, your body's drought-management system kicks into action. The histamine-directed chemical messenger systems are activated to arrange a new, lower quota of water for the drought-stricken areas. When histamine and its subordinate "drought managers" come

across pain-sensing nerves, they cause pain. This is what I discovered in my research.

This is why dehydration produces pain as its first alarm signal. If the dehydration persists and is not corrected naturally with water, it becomes symptom-producing and, in time, develops into a diseased condition. This is why people who take antacids to silence their bodies' thirst pain become more vulnerable and eventually develop other serious complications of dehydration.

Medical professionals have been educated to treat pain and disease with medications. They do not understand the problems associated with dehydration. Nowhere in their training as doctors are they taught what happens if one does not drink an adequate amount of water every day. Ω

YOU'RE NOT DEMENTED, JUST DEHYDRATED

by Peter Ragnar

You don't need to be stranded in a desert to feel the effects of dehydration. Almost all the people you see and meet on a daily basis are dehydrated. How many folks complain of a lack of energy? It's the number one complaint in America. Insufficient energy is the first sign that the blood, tissues, and organs are not getting enough water, and your liver and brain are the least tolerant of a lack

of water. This has led some medical researchers to conclude that Alzheimer's disease is simply the result of long-term dehydration of the brain. The same loss of brain function that causes a lost and thirsty person to eat sand believing it to be water causes your wife, husband, mother, or father not to recognize you any longer. They are not demented, only thirsty."



Every time you move any body part, even a finger or toe, water is required. That's why dehydrated people have so many aches and pains. It's also why people look so old; their dehydrated organs steal the water from their skin in order to function. Remember, under ordinary circumstances, you expel up to a gallon of water every twenty-four hours. What do you think happens when you don't replenish that supply? Your body experiences a drought condition! A mere two percent drop in hydration

will make your short-term memory so fuzzy that you'll be unable to remember your friends' names, have trouble doing basic math, and forget where you put your keys. Since seventy-five percent of Americans are chronically dehydrated, it's no wonder people are losing their minds. Yet, the solution is so simple: cool, clean water. Drink eight to ten eight-ounce glasses a day of pure water, and you'll be amazed at how many ailments disappear. Don't worry; you're not demented—just dehydrated! Ω

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OF DISEASES CURED BY WATER

Alzheimer's disease - is simply the result of long-term dehydration of the brain. Prevent Alzheimer's disease and regain your memory even in old age. Think! The brain is 85 percent water. When water in the brain becomes insufficient, the brain shrinks. The plum-like cells become prune-like. Only in their natural fully hydrated state are brain cells able to connect and "talk" to one another, and we are able to remember things. Dr. Batmanghelidj's research indicates that Alzheimer's disease is caused by chronic dehydration of the brain cells. When dehydrated, many brain cells die. Unlike other cells in the body, new brain cells are not produced to replace the dying ones. Learn to prevent brain cells' early death. Learn to even partially reverse some of the damages of dehydration of your

brain by drinking plenty of water.

Anemia (Blood shortage) - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Angina - Water prevents and helps to cure angina. Heart pain/angina is a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake is angina's cure.

If you suffer from angina pain—that sudden, terrifying tightness in your chest that makes it difficult to move or even breathe—you've probably also been told you have coronary artery disease. Doctors will tell you it's cholesterol that's causing your arteries to narrow, and prescribe beta



blockers and ACE inhibitors, balloon angioplasty or major, life-threatening surgery like coronary artery bypass.

But it's not cholesterol that is causing your pain. Angina is actually caused by dehydration. As prolonged drought sets in, your body becomes more acidic. Acid-like chemicals are produced that burn into the cell membranes in the linings of your arteries, causing painful angina spasms. Cholesterol actually plays a protective role, bandaging the damaged membranes and keeping them from peeling away. Only water can correct this acid imbalance and relieve the tortuous pain it causes.

Ankylosing spondylitis (arthritis of spinal column) - "I suffered pain for 31 years, until I started to drink water and take salt. I continue to be pain-free with my ankylosis spondylitis one year after starting the water/salt regime. My blood pressure is normal as well." - Lloyd Palmer, Mayo Clinic.

Arthritis - Water prevents and helps to cure arthritis. Rheumatoid joint pain/arthritis is a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of pain-killers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

Asthma - Water and salt prevent and help to cure asthma. Asthma, which also affects 14 million children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapor, the winter steam. Increased water intake will prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs that obstruct the free flow of air in and out of the air sacs.

Not recognizing asthma as the indicator of dehydration in the body of a growing child not only will sentence many thousands of children to die every year, but will permit irreversible genetic damage to establish in the remaining 14 million asthmatic children.

Asthma can affect the young as well as the old. The use of pain-killers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

Back Pain, Low and Ankylosing Arthritis of the Spine are signs of water shortage in the spinal column and discs, the water cushions that support the weight of the body. These conditions should be treated with increased water intake, not a commercial treatment, but a very effective one.



Not recognizing arthritis and low back pain as signs of dehydration in the joint cavities and treating them with pain-killers, manipulation, acupuncture, and eventually surgery will, in time, produce osteoarthritis when the cartilage cells in the joints have eventually all died. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications.

“At 82 years of age I am still in fair shape and only regret I did not have the superb advice of Dr. Batmanghelidj sooner. I have used his advice (6-8 glasses of water per day) for the painful arthritis I have in my hands and back and, within two weeks, I have experienced considerable reduction of pain.” - Laurence Malone, OH.

Bladder cancer - Drink 6-8 glasses of water per day. You are 50% less likely to ever develop bladder cancer.

Bottled water - is produced by reverse osmosis and is called “hungry” or “death” water. It is so clean that there is nothing left in it. The water is charged with positive ions instead of negative ions and is also acidic instead of alkaline. The water you drink is supposed to bring all nutrients to the destination and to flush out any free radicals.

Free radicals are basically poisoned waste products produced by smoking, drinking, inhaling polluted air and even by eating

and exercising. Your body is like a car engine, every time you turn it on, it burns fuel to move your car, but by doing so produces smoke, which is poisoned.

If you take in this clean water then, instead of supplementing minerals to the body, it does just the opposite. It takes them away. If you spill clean water over a dirty rock you would have some of the dirt being washed away with the clean water. That is what happens with hungry (totally clean water) - except it does not take away the dirt but it depletes the body of minerals, calcium and anything else, as it passes through the body. Everything except the free radicals because they are charged positively. Disease and early death is more likely to be seen with the long term drinking of purified water. Avoid except in special circumstances. - Dr. Hidemitsu Hayashi, M.D.

“Any illness is the body’s effort to fix some foreign invader, which in most cases happens to be the poisoned waste products produced by the body and which can go nowhere because we have deprived the body of its “natural sewage system” when we took away the very things in the (bottled) water which do just that. The most common plastic used in water bottle manufacturing is PET (polyethylene terephthalate), an environmentally unfriendly substance that actually requires 17.5 kgs of water to produce only



1 kg. of PET. More water is used to make PET bottles than is actually put into them. These bottles have Freon, kerosene, toluene, trichloroethylene, xylene and cancer causing agent: benzene.

(Now that we cannot avoid drinking bottled water, please drink per day, 1 glass of water into which is mixed 1 tbl. spoon of activated charcoal. Charcoal removes from our body, chemicals that come to us due to drinking bottled water. Ellen)

Breast cancer - 5 glasses of water per day decreases the risk of breast cancer by 79%.

Bronchitis - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Bulimia - Is an indication that your body is calling for water. Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Childhood allergies - Make the child drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Chlorine in the tap water - It is easy to find trace amounts of nitrates, pesticides, heavy metals, radioactive compounds, petrochemicals and parasites coming from the local municipal water supply. The toxins and free radicals in these waters are made significantly more toxic to humans by the addition of chlorine - a compound mandated by the public health department. The Environmental Protection Agency now reports that individuals who drink

and bathe in chlorinated surface waters (i.e., water from lakes, rivers and shallow wells) have a 50% greater likelihood of getting cancer in their lifetime. Most consumers are surprised to learn that one can absorb up to 600% more contaminants in your body in a ten-minute shower than in all the water consumed in a day.

Chlorine - is a skin irritant and can be associated with rashes like eczema. Chlorine aggravates asthma. Causes bladder, breast and bowel cancer as well as malignant melanoma. People who drink tap water are at greater risk of developing bladder and rectal cancers than people who drink unchlorinated water. Chlorinated tap water is linked to birth defects. Together with other natural remedies, use activated charcoal to absorb heavy metals and chemicals from your body. Mix 1 tbl. spoon activated charcoal in half a glass of water and drink. Pour another half glass water to rinse the glass and drink again.

Colitis - Water prevents and helps to cure colitis. Colitis pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze the last drop of water from the excrements - thus the lack of water lubrication.

Tragedy: Not recognizing colitis pain as a sign of dehydration will cause persistent constipation. Later in life, it will cause fecal impaction: it can cause diverticu-



litis, hemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum.

Colon Cancer - Drink 5 glasses of water per day to decrease the risk of colon cancer by 45%. Take an enema to clean the colon.

Colonic Hydrotherapy - Enemas were used by ancient Egyptians, the Chinese and in Ayurvedic medicine. Colon Hydrotherapy (enema) is a gentle internal massage and bath using warm, purified water that can help to eliminate stored fecal matter, gas, mucus and toxic substances from the colon.

Congestion in the upper respiratory passages, head and throat - Use the Cold sheet and cold sock water treatment.

Constipation - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Cough - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Detoxification program - It is essential to drink plenty of water to detoxify. Many health care professionals are encouraging patients to undergo detoxification regimes due to pesticides, herbicides and industrial wastes in the environment. These programs encourage the body to unload its stores of accumulated environmental toxins. As the body ingests foods, water contributes in the breakdown and absorption of nu-

trients and is a key element in the removal of wastes. During detoxification, wastes that have been stored in adipose tissues are dumped into the bloodstream and lymph, and then sent to the liver and kidneys for processing and elimination. Here is where water's function, that of electronegative enhancer, comes into play, by optimizing the natural space between red blood cells, which reduces the risk of heart disease by helping to avoid clotting; and by allowing the fat cell to detox by off-loading metabolic wastes and environmental toxins into the bloodstream for elimination. This also assists in weight loss and reduces water retention.

Diabetes (early adult-onset) - Water prevents and helps to cure early adult-onset diabetes. Adult-onset diabetes is another adaptive state to severe dehydration of the human body. To have adequate water in circulation and for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into all body cells. In diabetes, only some cells get survival rations of water. Water and some salt will reverse adult-onset diabetes in its early stages.

Tragedy: Not recognizing adult-onset diabetes as a complication of dehydration will, in time, cause massive damage to the blood vessels all over the body. It will cause eventual loss of the toes, feet and legs from gangrene. It will cause





eye damage, even blindness.

“After another month, my blood glucose (Bg) was completely normal! I weaned myself off of the oral medication and monitored my Bg levels—they remained normal and the Bg readings were generally below 120.” - Sean Daibbi Mac Airchinnigh.

Dysentery - Drink water to which 1 tbl. spoon activated charcoal powder has been added.

Eye diseases - Drink 6-8 glasses of water per day. Follow Water Cure Therapy. Wash your eye with hot water into which salt has been added. Put charcoal poultice to your eye.

Fluoridation - Water fluoridation has dangerous long-term consequences to health. For over 50 years, the U.S. government and media have trumpeted flouride as a safe and effective means of reducing cavities, especially in children. Flouride is a corrosive poison that will produce serious effects on a long range basis. *“Fluoridation is the greatest fraud that has ever been perpetrated and it has been perpetrated on more people than any other fraud has.”* Prof. Albert Schats, Ph.D., Discoverer of streptomycin and Nobel Prize Winner. 98% of Western Europe has rejected water flouridation. India and Japan have either rejected or banned its use.

Gastroenteritis - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Giddiness - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Haitus hernia - is an indication that body is calling for water. Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Headache - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage.

Tragedy: Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the esophagus, stomach and duodenum, hiatal hernia, and localized ulcerations. It will ultimately cause cancer of the esophagus, as well as other cancers in the gastrointestinal tract, including the liver and pancreas.

Heart patients - Drinking water at a certain time maximizes its effectiveness on the body.

- 2 glasses of water after waking up - helps activate internal organs.
- 1 glass of water 30 minutes before a meal - helps digestion.
- 1 glass of water before taking a bath - helps lower blood pressure.



- 1 glass of water before going to bed - avoids stroke or heart attack.
- A higher daily intake of water may reduce the risk of coronary heart disease. - **From a Cardiac Specialist.**

High Blood Cholesterol - Water lowers blood cholesterol. High cholesterol levels are an indicator of early drought management by the body. Cholesterol is a clay-like material that is poured in the gaps of some cell membranes to safeguard them against losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol, apart from being used to manufacture nerve cell membranes and hormones, is also used as a "shield" against water taxation of other vital cells that would normally exchange water through their cell membranes.

"Last year I was shocked to discover that my blood cholesterol level had shot up to 279. When you 'prescribed' ample water be taken before meals instead of medication that I was just about to submit myself to, I was very skeptical. In two months, and with very little observance of all the old 'rules' which were making my life miserable, my cholesterol went down to 203 for the first time in more than nine years! My weight too was surprisingly down by about eight pounds and has since been under control...I believe I owe you a big THANK

YOU." - Mohammed Whaby, Washington, DC., to Dr. B.

High Blood Pressure - Water prevents and helps to cure high blood pressure. Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood serum is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the "injection process." Just as we inject I.V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some salt intake will bring blood pressure back to normal! Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Tragedy: Not recognizing hypertension as one of the major indicators of dehydration in the human body, and treating it with diuretics that further dehydrate the body will, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain. It will cause heart attacks and small or massive strokes that paralyze. It will eventually cause kidney disease. It will cause brain damage and neurological disorders, such as Alzheimer's disease.

"Leaving years of diuretics and calcium-blockers behind, for three months I drank your recom-





mended amount of tap water, occasionally more. My blood pressure, heretofore contained by drugs, gradually dropped from an average of 150-160 systolic/over 95-98 diastolic to an amazing, drug-free 130-135 systolic/over 75-80 diastolic average. This drug-free approach, based essentially on tap water and a pinch of salt, has relaxed my system and justifies the confidence that you hold the handles of a truly revolutionary and marvelous medical concept.” - Walter Burmeister, Lt. Col., El Paso, Texas.

Hostorthobics - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Hyper acidity - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Irregular Menstruation - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Kidney stones - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Laryngitis - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Leg Cramps - Drink water at bed time to help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with cramps in the legs.

Leukemia (white blood) - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Lumbago and fevers - **Cold Water**

Treatment - Many years ago a peasant was heading home on foot, with miles to go. He was racked with fever, colds, and lumbago. While crossing a stream, over a log for a bridge, he slipped and fell into the icy cold water and was drenched to the skin. It was a bitterly cold day and the man had to walk home in the cold in sloppy wet clothes. By the time he had arrived home, his clothes were nearly dried out. The fevers and heat in his body had been raised, while hurrying miles home, to a point of healing climax and was down to nearly normal at the end of his journey. The lumbago and fever were gone and he rejoiced! The next time he got lumbago and fevers he knew the cure—he would return to the stream, fall in and walk home again.

Meningitis - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Migrains - Water prevents and helps to cure migraines. Migraine headache is a sign of water need by the brain and the eyes. It will totally clear up if dehydration is prevented from establishing in the body. The type of dehydration that causes migraine might eventually cause inflammation of the back of the eye and possibly loss of eye sight. Drink 6-8 glasses of water per day.

“I also noticed that my girlfriend started drinking it as religiously as I have and she hasn’t had any headaches and she used to have



them all the time. And her energy level is up. She said it is unbelievable what it has done for her. And my mother used to have horrible sinus headaches and she doesn't have these anymore." - Nathaniel Clevenger.

If you've ever suffered from migraine headaches, you know how incapacitating they can be. But just as frustrating is not knowing what causes them to happen and when the next agonizing attack is going to occur.

Doctors will tell you there is no cure. Instead, they prescribe painkillers, vasoconstrictors, and nausea medications to help you cope with the symptoms. Sometimes even calcium channel blockers are used as a "preventative" - yet one of their many side effects is, of all things, a headache.

Why would anyone want to increase their suffering by taking medications riddled with side effects that worsen the very problem they are trying to correct? Instead, you must address the root cause of migraine headaches. Migraines are a sign that your peripheral vessels are excessively dilated, due to factors like heat stress, hangover, and allergic or dietary triggers, all of which are made worse by dehydration. Drinking sufficient water promotes the closing of your vascular system throughout your body, alleviating your pain and preventing future attacks.

Multiple Sclerosis - Drink 6-8 glasses

of water per day. Follow Water Cure Therapy.

Neurological and Autoimmune Disorders - Persistent dehydration inside some vital cells, in its extreme stages, will result in a number of disruptive conditions that have been labeled as different diseases - depending on the specialty of the "medical specialist" who first labels the problem. The initial stages of these health problems will begin by the loss of some of the most essential amino acids that get used up as detoxifying agents - antioxidants, when the person is not producing enough urine to get rid of the toxic waste of metabolism.

Since brain activity desperately depends on the presence of some of these amino acids, their depletive overuse will result in an inadequate presence of certain neurotransmitters - such as serotonin, tryptamine, melatonin and indolamine that are made from the amino acid tryptophan; or adrenaline, noradrenalin and dopamine that are made from the amino acid tyrosine.

As a result of an imbalance in the neurotransmitter composition of the brain, and based on proportionate depletion of a number of primary elements, a wide range of health problems have been recognized by the medical profession. Instead of recognizing these conditions as "deficiency disorders, they have been labeled as "diseases of unknown cause." In



short, when dehydration produces health problems, instead of correcting the dehydration and its metabolic complications, people are given toxic medications.

These conditions have received various labels. Most frequently used labels are: depression, impotence, anxiety neurosis, chronic fatigue syndrome, attention deficit disorder in children. At more serious pathological stages, they are labeled as autoimmune diseases - such as insulin-dependent or juvenile diabetes, lupus, multiple sclerosis, muscular dystrophy, amyotrophic lateral sclerosis (Lou Gehrig's disease), Parkinson's disease, Alzheimer disease, and even AIDS.

These conditions are caused by prolonged chronic dehydration and the metabolic complications of dehydration. For more information on these topics, read the book [ABC of Asthma, Allergies and Lupus](#). In order to understand old-age diabetes, read the book [Your Body's Many Cries for Water](#).

To understand AIDS as a metabolic disorder, a number of referenced articles have been posted in the science page of my website.
- J. Batmanghelidj, M.D.

New Fresh Blood - 2500 years ago, Confucius said: "Health of an organism is tempered wholly by the mechanics of the stomach." Paramahansa Yogananda analysed: "It is over-eating on all the 365 days of a year that leads

to and complicates diseases.

Consuming ordinary drinking water by the right method purifies the human body. It renders the colon more effective in forming new fresh blood, known in medical terms as 'haemotopaisses.' That the mucousal folds of colon and intestines are activated by this method, is an undisputed fact. Just as the theory that new fresh blood is produced by the absorption of the nutrients of the food by the function of the mucousal. If the colon is cleaned, then the nutrients of the food taken several times in a day will be absorbed and by the action of the mucousal folds, they are turned into fresh blood. This blood is all important in curing ailments and restoring health, and for this, water should be consumed in a regular pattern. Read about WATER THERAPY given in the treatment methods. Experience has shown that the following diseases were cured by WATER THERAPY within the time shown:

1. Hypertension - 1 month
 2. Constipation - 1/2 day
 3. Diabetes - 1/2 week
 4. Cancer - 1 month
 5. Pulmonary tuberculosis - 3/4 month
- Deccan Chronicle, 29.09.91.

Obesity - Drink 6-8 glasses of water per day. Follow Water Cure Therapy. Night time hunger pains will be cured with a glass of water.



Ophthalmic Hemorrhage & Ophthalmia (reddish eye) - Drink 6-8 glasses of water per day. Follow Water Cure Therapy. Drink 1 glass of water into which activated charcoal has been mixed. Also, wash your eye with hot water into which salt has been added, and put a charcoal poultice to your eye.

Pain - Signifies Thirst For Water. There has been a groundbreaking medical breakthrough that you need to be aware of. It has already shaken the foundation of mainstream medical establishment in this country. Simply put, it is the "new scientific understanding" that chronic unintentional dehydration can manifest itself in as many ways as we in medicine have invented diseases.

Tragically, this Medical Breakthrough is not reaching the public through the Health maintenance systems in this country.

It is estimated that more than 110 million people in America are prone to suffer from various pains; in some cases with crippling intensity. "Pain of dehydration" afflicts Americans in various ways not usually associated with dehydration. They are:

- Arthritic Pain - By far the largest sector of our society reveal their chronic unintentional dehydration in form of arthritic pains.
- Heartburn - Heartburn, reflecting dehydration, destroys

many a night's rest or a day's peace of mind for many millions.

- Back Pain - This devastating pain is a periodic yearly affliction for over 30 million people.
- Migraines - This debilitating pain devastate the lives of the young and the old.
- Colitis pain - This pain is associated with constipation. They are everyday companions and concern of a large sector of our society.
- Fibromyalgia - The pain felt in the muscles and joints all over the body is a crippling problem suffered by millions.
- Angina pain - Since angina is an ominous sign of impending heart attacks and possible death, it is the most feared of all body pains.

To relieve these devastating pains, a variety of pain medications have been produced and prescribed by doctors who never realized the physiologic significance of why the human body possesses a pain alarm system at all, and what is the common factor and trigger mechanism for these pains. Since these pains are felt in different locations, obviously they meant different diseases, or so it seemed! Because pain research has until now focused entirely on its solid composition, the common factor of water shortage in the interior of the body had not been apparent.



The new scientific understanding since 1987 is that localized or regional dehydration is the primary common factor and pain-producing problem of the human body. It becomes established when there is persistent regional water shortage, including in the interior of the pain-sensing nerve cells in the human body. This is the common factor to all body pains. In drought management mode, and when there is not enough “fresh water” to go around and wash out the toxic by-products of metabolism from the areas that are engaged in continuous activity, the nerve endings in those areas sense the increased toxicity, sound the alarm of pain and force the person to stop doing whatever that would increase toxic waste production - hence the loss of function in painful areas.

As an example - when the heart muscle itself is short of “fresh water” and yet has to beat faster and forcefully to cope with any strenuous physical undertaking, pain is produced. In that instance, pain means thirst for “fresh water,” even if it is believed that the blood flow to the heart muscle is reduced because of narrowing of its blood vessels. Interestingly, even cholesterol plaque formations in the heart arteries are caused by the same dehydration.

In treatment of chronic pains of the body, simple water has natural medicinal effects far superior to any pain medication. Pain medications shut down the crisis calls of the

body for water, but do not correct the “fresh water” shortage in the interior of the body. Whereas, water intake corrects the basic pain-producing drought and saves the body from further danger.

For more simplified information Read the book “Your Body’s Many Cries for Water” which is the product of over 20 years of full-time research and gives detailed information on this topic. You can order this groundbreaking book online after you have read its extensive professional and international reviews.- Dr. Batmanghelidj, F.

Paralysis (General) - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Premature aging - Drink 6-8 glasses of water per day. Follow Water Cure Therapy. It reverses premature aging.

Purified water - The continued drinking of purified water is a bad idea. The ideal water for the human body should be slightly alkaline and this requires the presence of minerals like calcium and magnesium. Filter water through a solid charcoal filter. Alkaline living water is the best water to drink and is recommended for the treatment of degenerative diseases.

Pulmonary tuberculosis - A Bavarian monk, Father Sebastian Kneipp, was taken ill during his studies with pulmonary tuberculosis, at that time, a fatal disease. By chance, a book on Hydro-



therapy, authored in 1734 by Dr. Hahn, found a way into his hands; which motivated Kneipp to take short full-immersion dips in the icy waters of the winter Danube. The treatment enabled him to stimulate his physical stamina or immune system, so much that his tuberculosis went into remission. He treated many ill patients with hydrotherapy for which he was dragged to the court. All charges were dropped when Kneipp offered the judge about his own health.

Rectal Piodapse - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Rheumatism (Pain in joints/muscles) - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Rheumatoid joint pain - See Arthritis.

Sea water - has therapeutic use. Warm sea water penetrates the skin more easily and enters into the blood. It is relaxing, regenerative and stimulating. To make one drop of sea water in a laboratory, will cost billions of dollars, which no one can do. Therefore, when you swim in the sea, drink freely to give the body the much needed minerals. Sea water is marketed for health purposes.

Sinusitis - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Tachcardia - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Urogenital diseases - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Uterine cancer - Drink 6-8 glasses of water per day. Follow Water Cure Therapy.

Weight Control /weight loss - begins with hydration. Water acts as an appetite suppressant and is instrumental in breaking down and reducing fat deposits. The rate at which we burn calories is a chemical process requiring water. Water helps to flush toxins out our system. The more toxins in our body, the less capable it is of losing weight. Drink plenty of water. One glass of water shut down midnight hunger pants for almost 100% of the dieters studied in a University of Washington study. Ω

* Treatment methods mentioned in the few pages of this small magazine are NOT complete. Dr. J. H. Kellogg mentions water treatments for diseases such as leprosy, Dengue, HIV, etc. For lack of space, these and many others could not be included. Those interested should obtain the book: Rational Hydrotherapy, from the Dept. of AYUSH. The amazing thing about this book is that only natural remedies are prescribed in its 1,265 pages and NO DRUGS! A truly wonderful book!

A GLASS OF WATER OR COCA-COLA?

www.shirleys-wellness-cafe.com

- In many states in the USA, the highway patrol carries two gallons of Coca-Cola in the truck to remove blood from the highway, after a car accident.



- You can put a T-bone steak in a bowl of Coca-Cola and it will be gone in two days.
- To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the “real thing” sit for one hour, then flush clean. The citric acid in Coca-Cola removes stains from vitreous china.
- To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
- To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
- To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
- To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

FOR YOUR INFORMATION

- The active ingredient in Coke is phosphoric acid. Its PH is 2.8. It will dissolve a nail in about 4 days.
- To carry Coca-Cola syrup (the concentrate), the commercial trucks must use the “Hazardous Material” place cards reserved for highly corrosive materials.
- The distributors of Coca-Cola have been using it to clean the engines of their trucks for about 20 years! Now the question is, would you like a glass of water or Coca-Cola? Ω

Editorial— A Honorable Mention of Two Physicians Who made a Difference in the World.

Ellen G. White, in the 1800s, under the inspiration, said that “**Water is a most powerful remedy.**” While researching for this issue on Water, I found some rare physicians in each generation, who understood this secret and gave exclusive life-saving information to the world. I chose to give an honorable mention of two of them.

**DR. F. BATMANGHELIDJ, M.D.
(1931-2004), IRAN**

Author of: “Your Body’s Many Cries for Water”

Dr. Batmanghelidj, who returned from UK to help his country, became a political prisoner in 1979 for 2.7 years, during the Shah regime. The over-crowded prison became a death hole. This is when



the human body revealed to him some of its greatest secrets never understood by the medical profession and changed his life forever.

At midnight he was awakened to see an inmate in excruciating stomach pain. He was suffering from peptic ulcer disease and wanted some ulcer pain medication. Dr. Batmanghelidj did not have the medication, but gave him two glasses of water. His pain disappeared in minutes. “What happens if the pain comes back?” he asked. “Drink two glasses of water every three hours,” he told him. He became pain-free and disease-free the rest of his time in the prison.

“If water could cure a painful disease condition in that stressful environment, surely it needed further research!” decided Dr. Batmanghelidj. He began his medical research in the prison.

Water Could Cure Someone Who was Literally Dying of Pain

It was again past 11 pm that Dr. B heard another piercing groan. “My ulcer is killing me,” the person cried. Two glasses of tap water reduced the pain and a third glass of water completely stopped the pain within four minutes. This man, semi-unconscious, on the verge of death, who had taken a huge amount of ulcer medication with no result; pain-free, sitting up and socializing with his friends was a humbling discovery

to Dr. B. who said that he had seen water completely reverse conditions such as: *Asthama, Angina, Hypertension, Migraine headaches, Arthritis pain, Back pain, Colitis pain and chronic constipation, Heartburn and hiatal hernia, Depression, Chronic fatigue syndrome, High cholesterol, Morning-sickness, Overweight problems, and even heart problems needing bypass surgery.*

After 20 years of full-time research, he presented his findings to the medical research in America: “American Medical Association” and “National Institutes of Health” but they were not interested in this medical breakthrough because medical research institutions and pharmaceutical companies are hand in hand in this multi-billion fraud. They cannot admit that this blunder has cost society trillions of dollars. If this discovery is made public, they know that pharmaceutical companies will run in loss.

Disappointed, and to help the public, Dr. Batmanghelidj has made all his books, research and CDs available on the internet. He says: “A medical student spends over \$200,000 to become a doctor. He is only taught how to treat your “dehydration” with medications. It is time you learn how to recognize dehydration yourself and to prevent it from causing your body harm. He concludes by saying: “As Louis Pasteur, discoverer of bacterial diseases, said: “Chance favors the prepared mind,” I have tried to pre-



pare your mind to understand the cause of painful degenerative diseases. I hope you will do yourself the favor of continuing to learn more than my report can teach you, now that you have the chance." Below are the Book reviews of his book: "Your Body's Many Cries for Water," which sold tens of thousands of copies in the United States:

Book Reviews

"The water principle has a convincing logic but turns much of current medical practice on its head." - *The European*, London; *The Daily Telegraph*, London, UK, Aug. 1997.

"As his controversial book quietly gathers support worldwide, the doctor behind one of medicine's most extraordinary theories explains why he has turned his back on conventional wisdom to treat his patients with water, not drugs" - **Daily Mail**, London, U.K., Aug. 2001

"Rare indeed are those books destined to become all-time classics. Even rarer are books destined to accomplish a paradigm shift in any major area of modern knowledge. Of still greater rarity are books destined to benefit significantly the health of countless millions of human beings, at no cost to them. Such a landmark book is *Your Body's Many Cries for Water* by Dr. F. Batmanghelidj. He has made revolutionary discovery about water metabolism of the human body."

"The new paradigm shift for future research should be 'water, the solvent of the body, regulates all functions, including the activity of the solutes

it dissolves and circulates." - Dr. George J. Georgiou, Ph. D., Clinical Nutritionist, WORLDWIDEHEALTH-CENTER.NET, Nov. 2002.

"If, instead of taking painkillers and medication, we just drank lots of ordinary tap water, we would probably find that not only the pain, but also the condition would go away for ever." --**The Independent**, London, U.K., Jan. 1994

A Medical Atom Bomb! - *Nutri-Books*.

DR. J. H. KELLOGG, M.D.
(1852-1943), U.S.A.

Author of : "Rational Hydrotherapy"

Recently I have seen a big book, of 1265-pages, in a Muslim woman's hands, named: "**Rational Hydrotherapy**" and was pleasantly surprised to see the name: Dr. J. H. Kellogg on it. I was also happy to note that the Ministry of Health, Dept. of AYUSH, had republished this book in India. For growing up in a Seventh-day Adventist church, I am familiar with Dr. Kellogg's name since my High School. He and his parents were contemporaries of Ellen G. White. As his parents gave their all for the gospel work, it was Ellen White who sent him to study medicine. Later, he became popular for his large sanitarium: The Battle Creek Sanitarium, in Battle Creek, MI, USA.

The water treatment methods I mentioned in this magazine are only a tip of an ice berg because in his



book, Rational Hydrotherapy, Dr. Kellogg gives hundreds of treatment methods with water, such as the dorsal douche, the lumbar douch, the thoracic douch, the abdominal douch, the cerebral douch, the anal douche, etc. Douch means water directed against a body part or into a cavity of the body by a water pipe.

In his book he mentions: The shallow foot bath, the alternate foot bath, the sitz bath, cold compress, the abdominal heating compress, the head pack, the spinal pack, etc. The list and chapters run into over a thousand pages. Once when he was asked about the secret of his success, he said, "What God shows to Ellen White, I practice it on the people." Sometimes he used to ask Ellen White what new things she had received from the Lord.

I recommend every physician to own this book, and to rediscover the methods of water treatments Dr. Kellogg listed in his book for each disease. This doctor was willing to follow God's methods and used natural remedies to heal diseases. Dr. Kellogg had treated over 10,600 patients and systematically wrote down his notes. Some examples:

Some Excerpts from the book: Rational Hydrotherapy

1. "The pain of pleurisy is best relieved by very hot applications, as fomentations, a rubber bag filled with hot water, hot bricks, hot sand-bags, or similar means. The same means may be employed for the relief of pain in the

stomach, as in colic gastralgia, gastric crisis, also in hepatic colic, renal colic, and other painful affections. For the relief of pain, the fomentations should be as hot as can be borne (140° to 160°).

2. A short, very hot sitz bath (112° to 120°) is a most excellent means of relieving chronic pelvic pain. The duration should be from 3 to 5 minutes, and it should be instantly followed by a dash of cold water upon the hips or rapid cold friction of the parts. This is a most excellent and serviceable analgesic measure, and may be advantageously employed in chronic ovarian and uterine pains, painful affections of the rectum, and chronic inflammation of the prostate. Sitz bath is a bath taken in a sitting position in a tub.
3. The pain of sciatica and other forms of neuralgia is best relieved by either revulsive applications, which may consist of very hot fomentations continued for 15 or 20 minutes followed by a well wrung, very cold compress for 30 to 60 seconds, or by cold friction.
4. Painful affections of the eyeball are generally best relieved by very hot applications with thin compresses of six thicknesses of cheese-cloth, heat for 3-5 minutes, then cold for 15 to 30 seconds.
5. The thyroid and perhaps other glands not only destroy poisons, but act as general regulators of nutrition through the internal se-



cretions formed. These secretions produce various physiological effects, as vaso-dilatation and stimulation of the spinal cord.

6. The kidneys aid in the defense by eliminating poisons. The liver purifies the blood by removing the alkaline wastes, and forming urea from uric acid and other toxic bodies.
7. The natural methods by which the body resists disease must be clearly understood. First of all is the blood, of which Holy Writ declares, "The blood is the life." The nerve supply of a part may be destroyed, a limb, for example, may have lost entirely both sensation and power of motion, yet its life is maintained through the fact that the living blood is still circulating through its vessels. Cut off the blood supply, and even though no other injury be done to the limb, death will speedily occur. The blood is not only the source of life, but is the great healing agent of the body.
8. Fever is due to the disturbance of the heat-regulating centers. Such disturbances may result from three classes of causes: viz., (1) toxic substances, (2) nervous impressions, (3) changes in the temperature of the blood. It is not the fever, but the cause of the fe-

ver, that we must combat. An infected frog dies without rise of temperature. Recovery rarely occurs when the temperature exceeds 107° F.

9. Cerebral congestion may be relieved by the hot foot bath.
10. Bathing the face with very hot water is a most effective means of checking nosebleed. Hot sponging of the head and neck often gives complete relief in insomnia from cerebral congestion.
11. Splenic and hepatic congestion, the usual accompaniment of malarial disease, is relieved by very hot fomentations applied over these organs. Uterine hemorrhage may often be checked by a short, very hot foot bath, although the warm foot bath causes dialation of the uterine vessels. Relief from congestive headache is obtained by very hot sponging of the back of the neck.
12. Indigestible substances and dishes of all sorts must be avoided. In this list must be included pickles, spiced pickles, green olives, preserved and brandied fruits, fried foods, rich pastry, cheese, griddle cakes, ices, ice-cream, tea, coffee, cocoa, beer, and alcoholics of every description. Ω

DID YOU KNOW? - EU President says that "we have a global government right now. G20 is a Global government. 2009 is the first year of global governance with the establishment of the G20 in the middle of financial crisis. The Climate Conference in Copenhagen is a step towards the global management of our planet." These are EU President's words which you may watch on the Youtube. Ready or not, the world leaders are ushering in Satan's New World Order!



TREATMENT METHODS

From the book *Healing Edibles & Other Home Remedies* by Joe and Elsa Willis

COLD SHEET AND COLD SOCK WATER TREATMENT

This simple safe treatment is utilized during times of detoxification, infection and inflammation to boost the immune system by increasing circulation and white blood cells as well as speeding up healing time. It's best to start the wet sock treatment on first day of an illness, ideally repeating it for three nights in a row.

1. Take a pair of cotton socks and soak them completely with ice cold water. Be sure to wring the socks out thoroughly so they do not drip.
2. Warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming can be accomplished by soaking your feet in warm water for at least 5-10 minutes or taking a warm bath for 5-10 minutes.
3. Dry off feet and body with a dry towel.
4. Place ice cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
5. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

Dr. Wallace - "The wet sock treatment is only one component of an integrated treatment plan that includes hydration, proper nutrition

and immunity-boosting supplements."

Summary: Effects of the Wet Sock Treatment: This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a sedating action and many patients report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections.

CONTRAST BATHS

Summary: This form of hydrotherapy has several health benefits such as improved circulation and increased blood flow.

Contrast baths are the immersion of a body part alternately in cold and hot water. This causes alternate contraction and dilation of blood vessels, which increase blood flow, white blood cell activity, and the oxidation process to speed up healing.

This treatment is based on the principle that by alternate contraction and dilation of the blood vessels, brought about by the contrasting application of heat and cold, the circulation is improved and the removal of waste products is hastened (*Hydrotherapy in the Home*, p.12).



Indications and Counter Indications

Contrast bath treatment can help with the following health problems:

1. Congestive headaches
2. Infections (give treatment 2-6 times per day to stimulate local defense against infection)
3. Sprains, strains, and other traumas
4. Poor circulation, congestions, indolent ulcers
5. Osteoarthritis

However, contrast bath treatment is dangerous if you have the following health conditions:

1. Loss of feeling in the feet or legs
2. Extreme peripheral vascular disease of the feet or legs
3. Hemorrhages

Here are some indications from Dr. Neil Nedley's book Depression: The Way Out:

For more than 100 years, Mental illness has occasionally been treated with warm baths utilizing natural hot springs or other sources. Before the 1950s, special showers, baths, wet sheet wraps, and other forms of hydrotherapy were routinely used in psychiatric hospitals throughout the United States and Europe. These approaches were not only used to treat depression, but were also used to treat delirium, agitation, insomnia, gastrointestinal disturbances, and pain syndromes.

Procedure

Equipment

1. Two containers large enough to allow body part to be immersed completely
2. Thermometer
3. Drape sheet or gown
4. Thick towels
5. Cold compress for head or neck, ice bag for heart if necessary
6. Pitcher to add hot water
7. Container to heat water in
8. Ice for cold compress and cold bath if desired

Important Considerations

1. If a large part of the body is treated, used cold compress to head and neck (ice bag to heart if pulse goes over 80 BPM)
2. Do not use temperatures over 115° F (46°C)
3. Temperatures above 103° F (39°C) should not be used in cases of blood vessel disease of the legs and feet
4. Extremes of hot and cold should not be used on patients with 'peripheral vascular disease' (this is different from varicose veins) or diabetes
5. Begin hot water immersion at lower limit than tolerance, increasing the temperature during the application

Treatment

1. Assemble the necessary materials
2. Have treatment room warm and free of drafts (cold air or breeze).



3. Explain the procedure to the patient
4. Check the patient's pulse
5. Assist the patient as necessary
6. Place area to be treated in hot water (about 103° to 105° F or 39°C to 41°C) and quickly increase temperature to the highest you intend to use for that treatment, keeping submerged for three minutes
7. Place part in cold water for 30 seconds to one minute
8. Check the patient's pulse every five minutes; apply cold compress to neck and ice bag to heart if needed
9. Make six to eight changes, ending with the cold water, except when treating rheumatoid arthritis, in which case, finish with a hot application. Total treatment time should be 20 to 30 minutes.
10. Dry the patient thoroughly and give cooling measures if needed, encouraging patient to rest for at least half an hour.

HOT FOOT BATH

Summary: Immersing the foot and ankle in hot water for up to 30 minutes is a proven method for drawing blood from inflamed or congested areas of the body.

When the feet are in hot water, the blood which is congesting distant parts of the body is brought to the dilated vessels in the feet and legs. Congestion of the brain, lungs, ab-

dominal and pelvic organs can be relieved in this manner.

A hot foot bath is a local immersion bath covering the feet and ankles at temperatures ranging from 100° to 115° F (43°C- 46°C).

Hot foot baths increase blood flow through the feet and entire skin surface, relieving congestion in internal organs and brain. This type of bath also elevates the body temperature, relaxing tense muscles and increasing white blood cell activity.

Indications and Counter Indications

Foot bath treatment can help with the following health problems:

1. Cold feet
2. Colds, chest congestion, flu, coughs, pelvic inflammatory disease
3. Headache
4. Pelvic cramps
5. Hemorrhoids and prostate problems
6. Pain anywhere in the body from toothache to backache
7. Foot baths may also help with depression, according to Dr. Neil Nedley:

Warm baths can help, according to a recent preliminary study conducted at Michigan State University. More than 40 patients ranging from 18-62 years of age who were admitted to a hospital psychiatry unit with an episode of major depression were given a



warm, 30-minute bath (102 to 106 degrees Fahrenheit, or 39 to 41 degrees Celsius) just before going to bed. Improvements occurred in tension, anxiety, anger, hostility, confusion, bewilderment, and depression. The findings were the same for men and women.

However, hot foot bath treatment is dangerous if you have the following health conditions:

1. Buerger's disease
2. Insulin-dependent diabetes
3. Arteriosclerosis
4. Any condition where circulation in the feet and legs is poor, such as severe vascular disease of the feet and legs, or a loss of sensation in the feet or legs.

Procedure

Equipment

1. Five-gallon foot tub or container
2. Thermometer to test that the water is between 100° and 115° F (43°C- 46°C)
3. Sheet and blanket
4. Heavy towel and washcloth for cold compress
5. Material for protection of the bed, if needed
6. Pitcher to add hot water
7. Pitcher of ice water

Important Considerations

1. Do not use hot foot bath on patients with diabetes or peripheral vascular disease unless the temperature is low; maximum 103°F (39°C). Not recommended for

frostbite except where the temperature is not above 103° F (39°C).

2. Be careful to not burn the patient when adding hot water
3. Use cold compress to head when oral temperature exceeds 100° F (38°C), or when patient begins sweating

Treatment

1. Explain procedure to the patient
2. Have room warm and free of drafts
3. Assemble the materials
4. Protect the bedding, if needed
5. Drape the two blankets over a chair or spread on a bed
6. Fill bucket with water 100° F to 115° F (43°C- 46°C) high enough to cover ankles
7. Assist patient in undressing and wrap in sheet
8. Wrap towel around patient's neck to catch sweat and prevent escape of body heat
9. Assist patient to place feet in tub. Reassure patient by putting your hands in the water first
10. Wrap the blankets one at a time around the patient, enclosing the tub to allow heat to build up
11. Add hot water as patient can tolerate it, up to 120° F (49°C)
12. Continue treatment for 5-30 minutes as needed, keeping a cold compress on the patient's head
13. Raise feet out of tub, pour ice water over the feet, dry feet, legs and thighs, dress in bed clothes



14. Put thick, warm socks on the patient, allowing them to rest in bed for at least 30 minutes, drinking lots of water.

ICE MASSAGE

Summary: Ice Massage relieves muscle, back, and joint pains caused by injuries.

When the entire body has been in chilly surroundings it becomes thoroughly chilled and its various functions are slowed down and depressed. However, if only a portion of the body is chilled, its activities are heightened.

An ice massage is the local application of ice to a portion of the body. During ice massage, blood flow to the body part is greatly decreased at first but then greatly increased. Exercise afterward may further heighten blood flow.

The patient will normally experience four stages during treatment:

1. A cold, uncomfortable sensation
2. Burning
3. Aching of short duration
4. Relative numbness

Indications and Counterindications

Ice massage treatment can help with the following health problems:

1. Joint pain such as bursitis
2. Muscle pain such as strains or myositis
3. Acute neck or lower back pain

According to Dr. Neil Nedley, massage can have psychological benefits as well:

There is clear evidence that massage helps humans deal with stress. The mechanisms by which massage exerts its effects are not completely understood. What is not clear is whether those stress-relieving effects are due to the physical benefits of massage, physical contact with another supportive individual, or a combination of the two. Without knowing whether it works mostly on a physical or social level, I have arbitrarily placed it in the physical category.

In one illuminating study, family members massaged children who were suffering from juvenile rheumatoid arthritis. Children with mild to moderate juvenile rheumatoid arthritis were massaged by their parents 15 minutes a day for 30 days (while a control group engaged in relaxation therapy). The children's anxiety and stress hormone (cortisol) levels were immediately decreased by the massage. Over the 30-day period their pain decreased according to self-reports, parent reports, and their physician's assessment of pain (both the incidence and severity). Pain-limiting activities were also increased. Massage also appears to benefit individuals who have primary psychiatric disorders. A 30-minute back massage was given daily for a five-day period to 52 hospitalized children and adolescents with personality problems who were also de-



pressed. Compared with a control group who viewed relaxing videotapes, the massaged subjects were less depressed, less anxious, and had lower saliva cortisol levels after the massage. In addition, nurses rated the subjects as being less anxious and more cooperative on the last day of the study, and night time sleep increased over this period.

However, ice massage treatment is dangerous if you have the following health conditions:

1. Coldness
2. Stroke
3. Rheumatoid arthritis
4. "Shoulder-hand syndrome"

Procedure

Equipment

1. Two pillows
2. Plastic sheet
3. Four thick towels
4. One pair of mitts
5. One or two pieces of ice the size of a one-ounce glass or small juice can

Important Considerations

1. Do not prolong a rub directly over a bony area
2. Be certain patient is warm—give a hot foot bath if necessary

Treatment

When treatment is given to the back, have the patient lie face down with one pillow under the abdomen, another pillow under the feet and a small towel under the head.

1. Hold the ice block firmly with the mitt on one hand.

2. Rub ice in circular motion over painful area and slightly beyond on all sides.
3. For the first few strokes, alternate rubbing with the ice and with your bare hand, to reduce the shock of the cold on the skin.
4. If acute pain relief is the object of the treatment, stop the ice massage once the area becomes numb, or continue for 12-15 minutes if healing a sprain or strain is needed.
5. Immediately following the ice massage, the patient should do carefully planned resistive exercise involving every muscle around the painful part. A second ice rub may be necessary for complete relief.

STEAM INHALATION

Summary: Steam inhalation is a simple and effective method for improving respiratory problems, headaches, and bronchitis.

Warm moist air directed toward the mucous membranes of the upper respiratory tract will often help to loosen a dry cough or congestion. Moistening the mucous membranes also relieves irritation and congestion.

Procedure

Equipment:

1. Tea kettle with boiling water
2. Newspaper cone
3. Hot plate
4. Pine, mint, or eucalyptus oil (op-



tional)

5. Sheet
6. Umbrella

Important Considerations:

1. Check inhalation frequently
2. Be careful to not burn patient
3. Be very careful when treating children

Treatment

1. Assemble necessary equipment
2. Bring water to a boil
3. Be sure the treatment room is warm and free from cold air.
4. Fill the kettle with boiling water and add medication if desired
5. Place kettle on hot plate beside bed
6. Cover spout with a paper cone in order to carry the steam directly to patient's mouth or nose
7. Treatment should last for 30-60 minutes, applied two or three times a day
8. For continuous inhalation, place tea kettle on hot plate without the paper cone and let steam fill the room
9. If patient desires to lie down, place the umbrella at the head of the bed and drape sheet over it to form a tent only over the patient's head. Place the kettle with the paper cone carefully under the tent
10. Once treatment is complete, be sure patient is warm and dry, and encourage bed rest for at least half an hour.

WATER CURE THERAPY

From Wikipedia

1. As you wake up in the morning, before brushing teeth, drink 4 glasses (1 litre) of water.
2. Brush and clean the mouth but do not eat or drink anything for 45 minutes.
3. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for 2 hours.
5. Those who are old or sick and are unable to drink 4 glasses of water at the beginning may commence by taking little water and gradually increase it to 4 glasses per day.

6. The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

The following list gives the number of days of treatment required to cure/control/reduce main diseases such as:

1. Acidity - 2 days
2. Arthritis patients should follow the above treatment only for 3 days in the first week, and from the 2nd week onwards - daily.
3. Cancer - 180 days or 6 months
4. Constipation - 1 day
5. Diabetes - 30 days
6. Gastric - 10 days
7. High Blood Pressure and Hypertention - 30 days
8. TB, Pulmonary - 90 days or 3 months



- Ice cold water should not be taken as it will solidify the oily food that you have just consumed and it will slow down digestion.
- Over 30 diseases will be cured by drinking 6 glasses of water (1.5 litres) per day, without spending on medicine, tablets, injections, diagnosis, doctor fees, etc.
- Herbal teas for that particular disease - if taken along with water - will speed up the healing process. It is not possible to be healed without natural remedies. Ω

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