

## **WATER THERAPY: A REFRESHING LOOK AT AN OLD TREATMENT**

*By Dr. Ruth Martens*

Water is essential for life, we all know this. After all, our body is 75% water. But most people think of dehydration as dying of thirst on a desert island. That is dehydration in its acute form.

**Chronic dehydration** may start with thirst and a dry mouth, but if water intake is not increased, ironically, thirst vanishes and is replaced by other symptoms over time. The less water in our body, the more difficult it becomes to expel waste, chemicals or toxins from the body since everything travels in a fluid highway. Less fluid also means oxygen and nutrients reach our cells more slowly – so it would be no surprise to experience slower thinking, digestion, lower energy, etc. For every 1% of water weight we lose, our capacity to do work or exercise goes down 10%. So if a 160 pound person loses 1.2 pounds of water his physical ability decreases 10%. (1.2 pounds water = 2.3 cups)

### **Other signs and symptoms of chronic dehydration include:**

- Fatigue, low energy, weak muscles
- Longer healing time
- Increased or decreased blood pressure
- Constipation
- Cystitis
- Eczema
- Rheumatic pain
- Dry wrinkled skin (premature aging)
- Increased weight

Dehydration causes an increase in histamine which can mimic allergies or asthma, cause heartburn, GERD, colitis, chronic pain or depression.

**How much water is enough?** Eight glasses of water a day has been touted as the gold standard for many years but for some individuals and circumstances (marathon runners, hot climates, profuse perspiration, dry weather, high altitude, wind) even 8 glasses may not be enough. The best indicator is when your urine is clear or lightly colored.

**If you drink coffee, tea, soda, or juice, doesn't that count?** There is indeed water in those drinks but the body has to work to extract it. In addition, drinks containing caffeine, alcohol, sugar or other chemicals actually carry out more water when they are eliminated than you took in, making the overall effect negative. Many drugs also have a similar diuretic effect. **The best option is pure, clean, filtered water.** Tap water is better than no water but a reverse osmosis filter will remove chemicals, contaminants, bacteria and parasites. It is my experience that I drink more filtered water because it just tastes better.

A champion of water therapy was Dr. Batmanghelidj who dedicated his life to the study of chronic dehydration. He documented cures of many diseases most people would say could only be treated with medication simply by increasing their water intake. Dr.

Batmanghelidj recommended drinking four 8 oz glasses of water in the morning on an empty stomach and then wait 45 minutes before eating. Avoid things which dehydrate, such as:

- Coffee
- Tea
- Soda
- Juice
- Beer
- Anything containing aspartame (NutraSweet, Equal)
- Sparkling water

I started water therapy 2 1/2 weeks ago and have noticed a decrease in gastrointestinal symptoms, increased alertness in the morning (without coffee), decreased appetite and, strangely, more thirst.

This could possibly be the most inexpensive therapy you will ever try. So go have a drink of water right now, and make it a double.

*References:*

Batmanghelidj, MD, F., *Your Body's Many Cries For Water*

Vasey, ND, Christopher, *The Water Prescription*, 2006

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