

SECOND EDITION

HEALTH / ALTERNATIVE MEDICINE

YOU ARE NOT SICK, YOU ARE THIRSTY!
Don't treat thirst with medications

Your Body's Many Cries For Water



F. Batmanghelidj, M.D.

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A PREVENTIVE AND SELF-EDUCATION MANUAL

For those who prefer to adhere to the logic of the natural and the simple in medicine

**YOUR
BODY'S
MANY
CRIES
FOR
WATER**

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THE NEW PARADIGM

"A new scientific truth is not usually presented in a way to convince its opponents. Rather, they die off, and a rising generation is familiarized with the truth from the start."

Max Planck

The new scientific truth and *level of thinking* about the human body that will empower people to become practitioners of preventive medicine for themselves is as follows: It is the solvent—the water content—that regulates all functions of the body, including the activity of all the solutes (the solids) that are dissolved in it. The disturbances in water metabolism of the body (the solvent metabolism) produces a variety of signals, indicating a "system" disturbance in the particular functions associated with the water supply and its rationed regulation.

Let me repeat: every function of the body is monitored and pegged to the efficient flow of water. "Water distribution" is the only way of making sure that not only an adequate amount of water, but its transported elements (hormones, chemical messengers and nutrients) first reach the more vital organs. In turn, every organ that produces a substance to be made available to the rest of the body will only monitor its own rate and standards of

production and release into the "flowing water," according to constantly changing quotas set by the brain. Once the water itself reaches the "drier" areas, it also exercises its many other most vital and missing physical and chemical regulatory actions.

Within this view, water intake and its priority distribution achieve paramount importance. The regulating neurotransmitter systems (histamine and its subordinate agents) become increasingly active during the regulation of water requirements of the body. Their action should not be continuously blocked by the use of medication. Their purpose should be understood and satisfied by drinking more water. I have made exactly the same statements to a body of scientists that had gathered from all over the world in Monte Carlo in 1989 for a conference on the topic of inflammation, analgesics, and immune modulators.

The new paradigm permits an incorporation of the "*fourth dimension of time*" into scientific research. It will facilitate an understanding of the damaging effect of an establishing dehydration that persists and continues to increase during any duration of time. It will make it possible to forecast the physiological events that will lead to disease states at some later years, including what at present appears as genetic disorders. It will transform the present "shot-in-the-dark, symptoms-treating" approach to the practice of medicine into a scientifically accurate medical art; it will make preventive forecasting possible. It will establish excellent health and reduce health care costs to individuals and to any society that fosters its spread.

Since water shortage in different areas of the body will manifest varying symptoms, signals, and complications now labeled as diseases, people may think water could not be offered as a natural solution. Water cures so many diseases? No way!

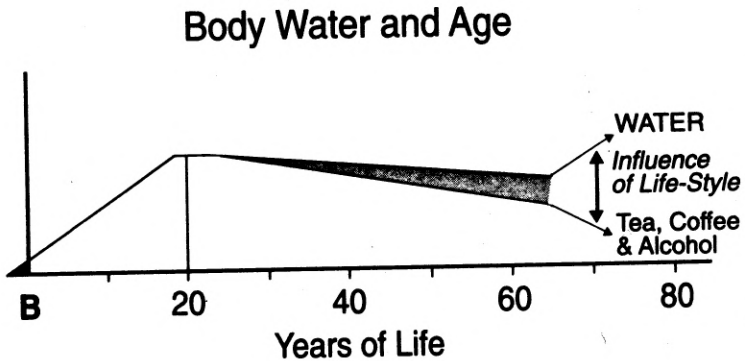
Speaking thus, they shut their minds to the new possibility of preventing and possibly even curing so many different "diseases" that are dehydration produced. It does not occur to them that the only remedy for conditions that come about when the

body begins to get dehydrated is water and nothing else. A number of sample testimonials are published in different sections of this book to open the eyes of skeptics to the fact that the greatest health discovery of all times is that water is a natural medication for a variety of health conditions.

Water Regulation at Different Stages of Life

There are basically three stages to water regulation of the body in the different phases of life. One, the stage of life of a fetus in the uterus of the mother (left of B in Figure 1). Two, the phase of growth until full height and width is achieved (approximately between the ages of 18 to 25). Three, the phase of life from fully grown to the demise of the person. During the intrauterine stage of cell expansion, water for cell growth of the child has to be provided by the mother. However, the transmitter system for water intake seems to be produced by the fetal tissue, but registers its effect on the mother. The very first indicator for water needs of the fetus and the mother seems to be morning sickness during the early phase of pregnancy. *Morning sickness of the mother is a thirst signal of both the fetus and the mother.*

Water regulation at different stages of life



Water intake and thirst sensations

Figure 1: *There are basically three stages to water regulation of the body in the different phases of life.*

One, the stage of life of a fetus in the uterus of the mother (to the left of B in the diagram).

Two, the phase of growth until full height and width is achieved (approximately between the ages of 18 to 25).

Three, the phase of life from fully grown stage to the demise of the person. During the intrauterine stage of cell expansion, water for cell growth of the child has to be provided by the mother.

It Should Be Thoroughly Understood

It is now becoming obvious that *because of a gradually failing thirst sensation*, our body becomes chronically and increasingly dehydrated, from an early adult age. With increase in age, the water content of the cells of the body decreases, to the point that the ratio of the volume of body water that is inside the cells to that which is outside the cells changes from a figure of 1.1 and becomes almost 0.8 (see Figure 2). This is a very drastic change. Since the "water" we drink provides for cell function and its volume requirements, the decrease in our daily water intake affects the efficiency of cell activity. It is the reason for the loss of water volume held inside the cells of the body. As a result, chronic dehydration causes symptoms that equal disease when the variety of emergency signals of dehydration are not understood—as they are until now not understood. You see, these urgent cries of the body for water are treated as abnormal and dealt with by the use of medications.

The changing ratio of the water content in cells to the water outside cells

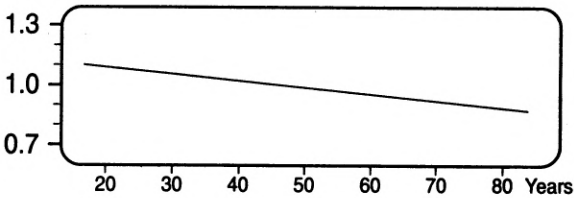


Figure 2: A gradual and steady loss of sensitivity of the thirst sensation and insufficient water intake will alter the ratio of the amount of water held inside all the cells to the volume of water held outside the cells of the body. The water we drink will keep the cell volume balanced and the salt we take will maintain the volume of water that is held outside the cells and in circulation.

The human body can become dehydrated even when abundant water is readily available. *Humans seem to lose their thirst sensation and the critical perception of needing water. Not recognizing their water need, they become gradually, increasingly, and chronically dehydrated with progress in age* (see Figures 1 & 2).

Further confusion lies in the idea that when we're thirsty, we can substitute tea, coffee, or alcohol-containing beverages. As you will see, this is a common error.

The "dry mouth" is the very last sign of dehydration. The body can suffer from dehydration even when the mouth may be fairly moist. Still worse, in the elderly, the mouth can be seen to be obviously dry and yet thirst may not be acknowledged and satisfied.

Water Has Other Important Properties

Scientific research shows that water has many other properties besides being a solvent and a means of transport. Not having paid attention to the other properties of water in the regulation of different functions in the body has produced the pitiful confusions that are infrastructure to our so-called, science-based modern medicine.

- Water has a firmly established and essential *hydrolytic* role in all aspects of body metabolism—water-dependent chemical reactions (hydrolysis). Similar to the chemical powers of water that make a seed grow and produce a new plant or a tree: *the power of water that is used in the chemistry of life.*
- At the cell membrane: the osmotic flow of water through the membrane can generate "*hydroelectric*" energy (voltage) that is converted and stored in the energy pools in form of ATP and GTP—two vital cell battery systems. ATP and GTP are chemical sources of energy in the body. The energy generated by water is used in the manufacture of ATP and GTP. These particles are used as "cash flow" in elemental exchanges, particularly in neurotransmission.
- Water also forms a particular structure, pattern and shape that seems to be employed as the *adhesive material* in the

bondage of the cell architecture. Like glue, it sticks the solid structures in the cell membrane together. It develops the stickiness of "ice" at higher body temperature.

- Products manufactured in the brain cells are transported on "waterways" to their destination in the nerve endings for use in the transmission of messages. There seem to exist small waterways or microstreams along the length of nerves that "float" the packaged materials along "guidelines," called microtubules (see Figure 3).
- *Proteins and the enzymes of the body function more efficiently in solutions of lower viscosity; this is true of all the receptors (receiver points) in the cell membranes. In solutions of higher viscosity (in a dehydrated state), proteins and enzymes become less efficient (possibly includes the recognition of thirst of the body). It follows that water itself regulates all functions of the body, including the activity of all the solutes it carries around. The new scientific truth (paradigm shift)—"Water, the solvent of the body, regulates all functions, including the activity of the solutes it dissolves and circulates"—should become the basis of all future approach to medical research.*

When the body is dehydrated, apart from the establishment of a "locked-in" drive for water intake, a rationing and distribution system for the available water in the body becomes operative according to a predetermined priority program—a form of *drought management*.

It is now scientifically clear that the *histamine* directed and operated neurotransmitter system becomes active and initiates the subordinate systems that promote water intake. These subordinate systems also redistribute the amount of water in circulation or that can be drawn away from other areas. Subordinate systems employ *vasopressin* (vayso-press-in), *renin-angiotensin* (RA), *prostaglandins* (prosta-glan-din, PG) and *kinins* (ky-nin) as the intermediary agents. Since *the body does not have a reserve of water to draw on*, it operates a priority distribution system for the amount of water that is already available or has been supplied by its intake.

The nerve water transport system in the body

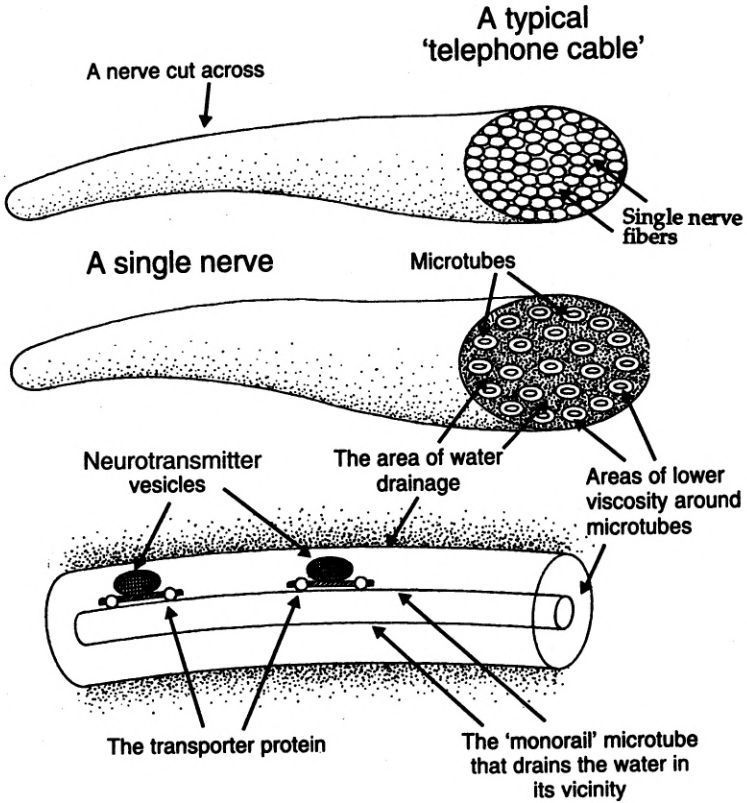


Figure 3: *This is a schematic presentation of a single nerve fiber and the waterway system of transport along the line of microtubes that act as drainage pipes and create areas of lower viscosity by drawing water from the surrounding areas.*

In the amphibian species, it has been shown that histamine reserves and their rate of generation are at minimal levels. In the same species, histamine generation becomes established and gets pronounced whenever the animal is dehydrated.

A proportionate increase in the production rate and storage of the neurotransmitter histamine for rationing regulation of the available water in dehydrated animals—drought management—becomes established. Histamine and its subordinate water intake and distribution regulators, *prostaglandins*, *kinins*, and *PAF* (another histamine associated agent) also cause pain when they come across pain-sensing nerves in the body.

The above "view shift" in medicine establishes two major points that have been disregarded until now. One, the body can become dehydrated as we progress in age. At the same time, it *disregards "dry mouth" as the only indicator of body thirst*. Two, when the neurotransmitter histamine generation and its subordinate water regulators become excessively active, to the point of causing allergies, asthma, and chronic pains in different parts of the body, *these pains should be translated as a thirst signal—one variety of the crisis signals of water shortage in the body*. This "paradigm shift" will now make it possible to recognize many different associated signals of general or local body dehydration.

The adoption of the "view shift" (new paradigm) dictates that chronic pains of the body that cannot be easily explained as injury or infection should *first and foremost* be interpreted as signals of chronic water shortage in the area where pain is registered—a local thirst. These pain signals should be first considered and excluded as primary indicators for dehydration of the body before any other complicated procedures are forced on the patient. *Non-infectious "recurring" or chronic pains should be viewed as indicators of body thirst*.

Not recognizing the thirst signals of the body will undoubtedly produce complicated problems in the present way of treatment of these conditions. It is all too easy to assume these signals as

complications of a serious disease process and begin to treat signal-producing dehydration with complicated procedures. Although water by itself will alleviate the condition, medications or invasive diagnostic procedures may be forced on the person. *It is the responsibility of both patients and their doctors to be aware of the damage chronic dehydration can cause in the human body.*

These chronic pains include *dyspeptic pain, rheumatoid arthritis pain, anginal pain* (heart pain on walking, or even at rest), *low back pain, intermittent claudication pain* (leg pain on walking), *migraine* and *hangover headaches, colitis pain and its associated constipation* (See figure 4 on page 23).

The "view shift" dictates that all these pains should be treated with a regular adjustment to daily water intake. No less than two and a half quarts (two and one half liters) in 24 hours should be taken for a few days prior to the routine and regular use of analgesics or other pain-relieving medications such as antihistamine or antacids—well before permanent local or general damage can establish and reach an irreversible disease status. *If the problem has persisted for many years, those who wish to test the pain relieving property of water should make sure their kidneys can make sufficient urine so that they do not retain too much water in the body.* Urine output should be measured against water intake. With increase in water intake, the urine output should also increase.

This new understanding of the *physiology of pain production in dehydration* will shed light on cause of disease in future medical research. It exposes as detrimental to the well-being of the body the long-term use of pain medications for "killing" a cardinal signal of chronic and local dehydration of the body.

Dehydration and some chronic pains

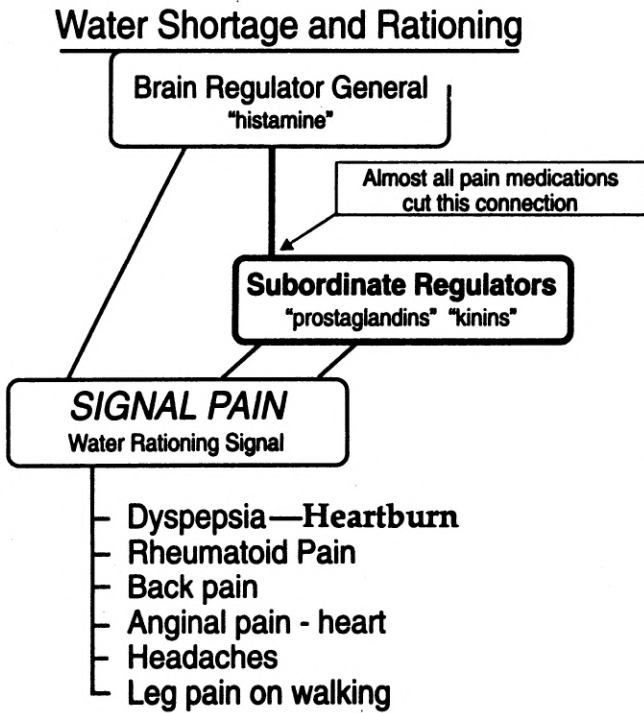


Figure 4: *There are two components to the sensation of pain. One is local and the other is central nervous system-registered. At an early phase, the locally registered pain can be alleviated with painkillers. After a certain threshold is reached, the brain becomes the direct center for monitoring its perpetuation until hydration of the body takes place.*

In their own right, these *pain-killers* (analgesics) can cause fatal side effects, apart from the damage that is caused by the ongoing dehydration that is temporarily silenced without removing the root cause of these pains—dehydration. Very often, these analgesics cause gastrointestinal bleeding. *A few thousand people die every year from this complication of frequent analgesic intake. It is now (1994) clear that over-the-counter pain-killers can in some people cause liver and kidney damage and act as people killers.*

The scientific background for the above views is already available to scientists in pain research. This brief is intended to brush aside the professional resistance of the AMA and the NIH which are aware of my findings and have, contrary to their oath and obligations to the society, refused to propagate it to the ultimate benefit of the public. This "view shift" on the role of water in the body can work wonders in the future practice of clinical medicine—which is why these professional bodies, who gain by the perpetuation of their past ignorance, have not engaged in the dissemination of information about the problems associated with lack of sufficient water in the human body.

The moment medical professionals adopt this paradigm shift, the present form of "ignorance of the human body based medical practice" will transform to a thoughtful, preventive approach to health care. More importantly, simple *physiology-based cures* to early disease emergence will become available well *before* irreversible damage can establish.

Learn to Understand When Your Body Is Calling for Water

This book explains a new discovery that lack of water in the body—chronic dehydration—is the root cause of many painful degenerative diseases, asthma, allergies, hypertension, excess body weight, and some emotional problems including depression. The book explains the damaging effects of dehydration in the fourth dimension of time.

You will learn how to use water to:

- Prevent and reverse premature aging
- Eliminate pains including heartburn, back pain, arthritis, colitis pain, anginal pain, migraine headaches
- Cure asthma in a few days, naturally and forever
- Cure hypertension without diuretics or other medication
- Lose weight effortlessly and naturally, without strict dieting

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The European, London, England

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I put your book next to the Bible and read them both.”

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“He is arguing for a new scientific approach that turns clinical medicine on its head.”

The Daily Telegraph, London, England

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