

JAPANESE WATER CURE

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IMPORTANT

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Introduction - A Japanese Water Cure - Drink Water on an Empty Stomach

In Japan, a popular approach to the water cure is to drink water, every morning, immediately after waking up. In addition, scientific tests have confirmed the value of this approach.

For old and serious diseases, as well as modern illnesses, the water cure had been found successful, by a Japanese medical society, as a 100% cure for the following diseases:

- Arthritis
- Asthma
- Body ache
- Bronchitis
- Constipation
- Diabetes
- Diarrhoea
- Ear, nose, and throat diseases
- Epilepsy
- Excess fatness
- Eye diseases (all)
- Fast heartbeat
- Fat in the blood (cholesterol)
- Gastritis
- Headache
- Heart problems and cardiovascular disease
- High blood pressure
- Kidney and urological diseases

- Meningitis
- Haemorrhoids (piles)
- TB
- Vomiting
- Womb cancer and menstrual disorders

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Application

The water cure is applied as follows:

- 1) After waking up in the morning and before brushing teeth, drink 4 x 160 ml (640 ml) glasses of water.
- 2) Brush your teeth and clean your mouth; however, do not eat or drink anything for a further 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 -- i.e. you can drink straight after a meal (within the first 15 minutes) but not for 2 hours after that.
- 5) Those who are older or sick and are unable to drink 4 glasses of water at the beginning may commence by taking a little water and gradually increasing it to 4 glasses per day.

It is recommended that the water be at room temperature when drunk. It is interesting to note that the Chinese and Japanese traditionally drink hot tea with their meals, not cold water.

This treatment method has no side effects; however, at the commencement of treatment you may have to urinate more frequently. Nevertheless, it is better to continue and to make this procedure a routine part your life.

The Japanese have the most longevity as a nation, and there were 33.000 Japanese persons registered older than 100 years in 2008.

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Prognosis

The following list gives the number of days of treatment required to cure/control/reduce main disease groups:

- Constipation -- 10 days
- Gastric -- 10 days
- High Blood Pressure -- 30 days
- Diabetes -- 30 days
- TB -- 90 days
- Cancer -- 180 days

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Note for Arthritic patients:

Such individuals should follow the above treatment for only 3 days in the 1st week, and from 2nd week onwards follow it daily.

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A Japanese Note about the Heart:

You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms.

60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware.

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A Japanese Note about drinking Cold or Chilled Water:

It is nice to have a cup of cold water after a meal. However, the cold water will solidify the oily content that you have just eaten, and it will slow down the digestion process. Once this "sludge" reacts with the stomach acid, it will break down and be absorbed by the intestine faster than the solid food. Consequently, it will line the intestine, and very soon this will turn into fats and lead to cancer. That is why it is better to drink hot soup or warm water after a meal.

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A Note about Drinking Additional Water:

Drinking further water throughout that day enhances the whole process. It is therefore recommended that a further 2 to 3 litres of water be drunk during the day.

Small amounts of salt should also be taken with the water.

End

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