

THE WATER CURE

Compiled by
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(The H₂O Cure)

(2012)

CMG Archives
<http://campbellmgold.com>

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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Introduction

One of the necessities to sustain life and health is water, and without this element we quickly *die. Additionally if we do not maintain a sufficient input of water, we become dehydrated and this compromises all physiological systems in the body and poor health and accelerated pathology occurs.

(*The survival rule of thumb is: 3 hours without shelter, 3 days without water, 3 weeks without food.)

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Dehydration Effects

The effects of even mild dehydration include decreased coordination, fatigue, dry skin, decreased urine output, dry mucous membranes in the mouth and nose, blood pressure changes and impairment of judgment.

Additionally, stress, headache, back pain, allergies, asthma, high blood pressure and many degenerative health problems are the result of UCD (Unintentional Chronic Dehydration).

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Signs of Dehydration

- You are thirsty - this means that cells are already dehydrated
- *A dry mouth - this should be regarded as the last outward sign of dehydration (this symptom develops when body fluids are depleted well below levels for optimal functioning)* - Dr Fereydoon Batmanghelidj

Other symptoms of dehydration may include:

- Dizziness or light-headedness
- Headache
- Tiredness
- Dry mouth, lips and eyes
- Concentrated urine (dark yellow)
- Passing only small amounts of urine infrequently (less than three or four times a day)

5% Total Fluid Loss

When the body reaches 5% total fluid loss the symptoms of dehydration include:

- Increased heart rate
- Increased respiration
- Decreased sweating
- Decreased urination
- Increased body temperature
- Extreme fatigue
- Muscle cramps
- Headaches
- Nausea
- Tingling of the limbs

10% Total Fluid Loss

When the body reaches 10% total fluid loss (10% fluid loss and above is often fatal) the symptoms of severe dehydration include:

- Muscle spasms
- Vomiting
- Racing pulse
- Shrivelled skin
- Dim vision
- Painful urination
- Confusion
- Difficulty breathing
- Seizures
- Chest and Abdominal pain
- Unconsciousness

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Monitor Your Urine to Determine Your Hydration Level

- A hydrated body produces clear, and almost colourless urine
- A partially dehydrated body produces yellow or straw-coloured urine
- A severely dehydrated body produces orange or dark-coloured urine
- The more the level of dehydration the stronger the urine's odour

Vit B Note - If you are taking a Vit B supplement (B-Complex, etc) your urine will take on a bright yellow colour. This is normal and indicates that the body has absorbed what it needed and is discarding the excess. Vit B is a water soluble vitamin and any excess is not stored - it is simply flushed out in the urine.

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What Should You Drink?

We are designed to drink pure, natural water - at that is what should be drunk.

Never drink unfiltered tap water or distilled water - EVER!

Drink filtered tap water or good quality bottled natural spring water. However, ensure that bottled water meets purity standards

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How Much Should You Drink?

The water should be drunk at room temperature or cool. Cold or iced water should not be used as it shocks the stomach lining and disrupts the digestive system.

To prevent the digestive juices from becoming diluted and weak, it is suggested that you drink two glasses (500ml) of water 30 minutes before meals.

To determine how much water is needed each day:

- 1) Divide your body weight (pounds) in half - this is the approximate number of "water oz" you should drink daily.

2) You should drink half of your body weight (pounds) in "water oz".

If you weigh +/- 200 lbs, you should then drink 100 oz water (6.25 pints or 3.125 quarts (2.96 litres - about twelve 250 ml glasses)) or about eight and a half 12-oz glasses daily.

If you weigh closer to 100 pounds you will need about 50 oz of water or about four 12-oz glasses daily.

Note: Individuals who are physically active or live in hot climates may need to drink more.

Conversions (US - Metric)

1 US pint	= 473.176 ml
1 US fluid oz	= 29.574 ml
1 US pint	= 16 US fluid oz
1 US fluid oz	= 0.0625 US pints
1 US tsp	= 5 ml / 5 g

Metric Example - 13st 8lbs person

Total weight in lbs = 190 lbs

190lbs / 2 = 95 "water oz" recommended being drunk daily

95 "water oz" = 2809.53 ml =

**2.81 litres of water recommended being drunk daily =
Eleven and a quarter 250 ml glasses of water**

VERY IMPORTANT

When you drink your glass of water, drink it down in 5 to 6 minutes - Do not take any longer

WARNING

Never drink more than 33.8 oz (1 litre) of water maximum at one time (or sitting)

Children

Children ages 2 and up will need 75% of their body weight in ounces of water per day, because their bodies are growing all the time and every cell in their expanding body needs this extra water (mitosis).

Children that are active or playing sports can require up to 100% of their body weight in ounces of water per day.

WARNING

The water cure program does not apply to newborns up to 2 years of age

Salt

The Water Cure recommends that salt be taken with the water.

The ONLY salt that should be used with The Water Cure is non-refined, sea salt. However, iodized table salt will work in a pinch, but unrefined non-oven-dried sea salt is best, because of the extra trace minerals found in it. Also, Sea salt tastes better.

Salt Dosage

Use 1/4 tsp. of salt for every Quart (2 pts (0.95 litres)) of water that is drunk.

Use 1.25 mg (just under 1/4 tsp) of salt for every litre of water that is drunk.

Taking the Salt

Method 1 - The relevant amount of salt for the day's cure activity (number of glasses to be drunk) can be measured into a container, and then when each glass of water, or relevant amount of water, is drunk an appropriate dab of salt can be picked up on the end of a moistened finger and taken. The key is to take the correct amount of salt with the amount of water being currently drunk. This is the preferred method.

Method 2 - The relevant amount of salt can simply be directly added to the water (in the glass, bottle, pitcher, etc.). However, many individuals found that they tended to retain fluid when adding salt to the water. By using method 1, placing the salt on the tongue, the problem was solved. This method is not recommended by some authorities.

Method 3 - Spread the relevant amount of salt for the day's cure activity (number of glasses to be drunk) on your food throughout the day. This method is not recommended by some authorities.

Method 4 - If you are very salt-sensitive then obtain some empty capsules and put the amount of salt that you require into the capsules and take it with food.

Method 5 - When ill or having a problem, you can do a "quick fix" by dissolving 1/8 tsp (625 mg) of salt in 8 oz (236.59 ml - round up to 250 ml) of water. Swish, gargle and spit one mouthful of the salt water at a time and swallow just the last mouthful.

Whatever method you employ, the important thing is to ensure that the relevant amount of salt is taken with the water that is drunk.

IMPORTANT - SWELLING

If you have any swelling of your feet, ankles, legs, arms, fingers, eyelids or excessive diarrhoea you must stop all salt for 2 to 3 days, just drink the water. The exception to this would be swelling from an injury/accident.

Note: Too much salt can also cause diarrhoea.

Then begin taking the salt again, but add it back slowly. You should use no more than

1/8 tsp (625 mg) of salt per 16 oz (500 ml) of water.

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Iodine

Some authorities recommend that you ensure that you are getting at least 350 mcg of Iodine in your multi-vitamins each day, up to a maximum of 450 mcg daily.

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What should be avoided?

- Avoid un-filtered tap water. Tap water contains chlorine and other treatment chemicals which can be harmful to health. Additionally, tap water may contain other contaminants, heavy

elements, and bacteria from the pipes and the delivery system. Consequently, if un-filtered tap water is used, then fill a pitcher with the tap water and let it stand for 30 minutes - the chlorine will evaporate and the water will be "more drinkable". However, other heavy elements, additives, and bacteria may still be present - if in doubt use an appropriate water filter jug.

- Avoid beverages with high content of sugar, any artificial sweeteners, and artificial flavours - these can be very harmful to health.
- Tea, coffee, and other caffeinated drinks to contain water; however, the diuretic effect of such caffeinated beverages flush water out of the body and Unintentional Chronic Dehydration could occur (monitor your urine to check hydration level).Consequently, do not rely on such beverages to maintain or replenish fluid loss.
- It is OK to drink caffeinated beverages moderately; however, if you drink them constantly and do not drink enough water, then long-term health could be seriously compromised (e.g. Unintentional Chronic Dehydration).

IMPORTANT

There is a Need to Re-hydrate if Caffeinated or Alcoholic beverages have been consumed.

Caffeinated and Alcoholic beverages are diuretics and will dehydrate you; consequently for every 6 oz (177.44 ml) of caffeine or alcohol beverage consumed, you will require an additional 10 to 12 oz (295.74 to 354.89 ml) of water to re-hydrate you - this is in addition to the day's cure activity (number of glasses to be drunk).

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What is the best Choice?

Natural pure water (bottled is acceptable) is the best choice - so, if you are committed to a healthy lifestyle and long-term health, make water a key element in your life.

Do not use unfiltered tap water or distilled water.

However, ensure that your choice of water does not become a limiting factor to drinking it.

If you are drinking less water because of the cost of bottled water, supplement your bottles with reusable bottles or just fill up a previously used bottle with filtered tap water - or with un-filtered tap water once you have let it "breathed" in a pitcher for 30 minutes to allow the chlorine to evaporate.

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2 to 3 Hours

Water should stay inside your body for 2 to 3 hours so your body has time to use it properly.

If you are urinating sooner than 2 to 3 hours after drinking the water, you should stop drinking plain water and switch to drinking orange juice, natural lemonade, grape juice, cranberry or any other fruit juice.

CAUTION

Asthmatics should never drink orange juice

NOTE

When drinking orange juice, you should add 1/8 tsp (625 mg) of salt per 8 oz (250 ml) of juice.

Bagel Fix

If drinking juice does not work, the next thing to try is experimenting with drinking your juice while eating a bagel.

This means:

- Drink and eat the bagel at the same time.
- Or - Eat the bagel first then drink the juice.
- Optional - increasing the salt to 1/4 tsp (1.25 g) salt per 8 oz (250 ml), when you are eating the bagel may help retain the water longer.
- You can put cream cheese, real butter or jam on the bagel.

After using a whole bagel for a day or two, then you can cut down to using half a bagel, then a quarter and just stop the bagel and use your normal food to take with the juice.

Returning again to drinking plain water from drinking juice

After a few days of drinking juice you should try drinking 2 oz (59.15 ml) of plain water a half hour before eating food. Then you can increase the water to 4 oz (118.3 ml) a half hour before eating food. Next it would be 6 oz (177.44 ml), and then 8 oz (236.6 ml) and so forth until the target amount is reached.

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Things to Avoid

Coffee, tea, carbonated soft and energy drinks containing caffeine, smoking, alcohol, chocolate, and ginseng (ginseng works like caffeine).

Caffeine and alcohol act as a diuretic by forcing water out of the body.

Caffeine

- Robs the body of vitamins B-1, B-2, B-6, B-12, vitamin C, zinc, potassium and other essential minerals
- Interferes with DNA replication (how cells repair and reproduce in the body)
- Can be highly toxic (lethal dose approx. 10 g)
- Can interfere with learning and memory (Attention Deficit Disorder - ADD)

Daily intake of caffeine adds up over a year - it accumulates in the body's fat tissues and is not easily eliminated. The amount of caffeine that accumulates in the body depends on the amount of caffeine intake. One cup of coffee contains an average 80 mg of caffeine. Starbucks 8 ounce (236.6 ml) coffee has 160 mg caffeine.

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Daily Supplements

Acidophilus or a good pro-biotic - Good bacteria is needed by intestines - take one with each meal. 4 billion per cap is recommended.

Beta Carotene - eat one or two medium raw carrots, with skin, per day - substitute with a high strength supplement; however, carefully follow manufacturer's dose recommendations

Vit B-Complex - 100 mg after breakfast and evening meal - The body uses up B Vits every day, especially when stressed

Zinc - 50mg after breakfast and evening meal. This is for stress - the body uses up zinc every day - males also take 50 mg after noon meal also - when body is low in zinc, it borrows it from the prostate

Vit C - 500-1,000 mg after breakfast, lunch and evening meal - "time released" with rose hips is recommended

Vit E - 400 IU. Take 1 after breakfast and evening meals

Selenium - 100 ug - take 1 after breakfast and evening meals

Flax Seed Oil - 6-9 g - two x caps after breakfast, lunch, and evening meals - **Note: This does not apply to young children or to the underweight elderly**

Multi-Vit - Take one x good Multi-Vit tablet 2 x daily with meals

Kelp (Iodine) - 150 mcg - 1 x daily if it is not in the Multi-Vit

Chlorophyll - Take 1 tbsp of liquid 2-3 x daily - equivalent chlorophyll capsule(s) may be substituted

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Exercise

Walk morning and evening (mall, treadmill, around the block, etc).

Get at least 15 minutes of sunlight 2 x daily - expose as much skin as possible.

You should strive to drink at least 1 x 8 ounce (250 ml) glass of Orange Juice every morning. "No pulp" and "not from concentrate" is the recommends. Add 1/8 tsp (625 mg) of salt per 8 oz (250 ml) Orange Juice so that your body can utilize the potassium in the orange juice.

(If a person has any breathing problems such as asthma, they should limit their orange juice intake to one, at most, two glasses a day.)

NOTE

If you're tired, take a glass of water and a dab salt. If you still feel tired 10-15 minutes later, then take a glass of orange juice with salt as described above. Any time you feel you need water, drink some. If you feel hungry (when it's not your scheduled time to eat), first drink some water and a dab of salt and wait 30 minutes. If you still feel hungry, then have something to eat.

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What to Expect

Going to the toilet after one week of doing the water cure - your stool will become light yellow, brown or light green, float, have little odour and can be reasonably long. You should be using very little paper to wipe.

Urine will have little colour except after eating meals or taking vitamins. You will urinate a lot, but the time will get longer in between visits to the toilet. Water taken first time in morning will be passed quickly.

If your eyelids, ankles or fingers swell, then you are getting too much salt. Drink your next couple glasses or bottles of water without using salt. Recommendation: when you restart the salt, reduce a

little from the original amount. However, if you get muscle cramps, you need more salt. Add a little salt to your fruit or take extra salt on your food.

NOTE

If you urinate sooner than 2 hours after drinking water - do the bagel fix as described previously and or eat sooner after drinking.

An average child over 3 yrs old needs 3/4 their body weight in oz. of water - daily total in 6 to 8 doses.

Elderly (above 65) or very ill or dehydrated persons should begin the suggested program slowly; for example, start by taking 8 oz. of water with salt 2 times daily; one am and one pm. Then, after two days, add another glass to the daily intake. Keep adding a glass to the daily intake until the target level is reached.

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Daily Food Requirements

Some water cure proponents recommend the following:

At Breakfast, Lunch and Evening meal choose one of the following food groups:

- At least 2 eggs daily
- Beans - red, white, kidney, pinto, green, lentils, lima - If ill, 4 or more eggs - raw, hard-boiled, soft-boiled, poached, scrambled etc - not fried
- Nuts - 1 or 2 handfuls. pecans, walnuts, almonds, cashews or brazil nuts
- Cottage cheese (4%)
- Yogurt - live culture without artificial sweeteners.

Add the following 2 food groups:

- Fresh fruits - cantaloupe, apple, peach, pear nectarine, melon, banana etc.
- Fresh vegetables - broccoli, green beans, snow peas, celery, carrots, squash, cabbage, etc. (raw, sliced broccoli stems with light dressing OK).

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Appendix

What ailments and conditions are claimed to have been cured through the water cure?

The following information has been compiled from various unverified sources.

According to the proponents of the water cure, water can dramatically help the following conditions:

Acid reflux	pain, fatigue, and tenderness in localized areas)	inflammation, swelling, pain, and damage)
Addiction	Free radical remover	Lymphoma (any of various usually malignant tumours that arise in the lymph nodes or in other lymphoid tissue)
Alcoholism	Gout	Male erection problems
Allergies	Headaches	Migraines
Angina	Heart disease and stroke	Multiple sclerosis
Ankle (long-term postoperative break pinning pain)	Heart pain	Muscular dystrophy
Ankylosing arthritis of the spine (a type of arthritis that causes chronic inflammation of the spine and the sacroiliac joints)	Heartburn	Obesity
Anti-aging	Herniated discs	Oedema
Arthritis	Herpes	Osteoporosis
Asthma	Hiccups	Poor libido
Attention Deficit Disorder	High blood pressure (hypertension)	Prevent premature aging
Autoimmune Disorders	High cholesterol	Problems of aging
Back problems	Hot flushes	Reverse premature aging
Bronchitis	Hunger pains	Rheumatoid joint pain
Cancer	Infection	Scleroderma and other skin problems
Chest pain that extends down the pain	Insomnia	Severe exhaustion
Chronic Fatigue Syndrome	Itchy eyes	Sinus
Chronic Pain	Joint pain	Skin Ailments
Colitis	Kidney problems	Sleep disorders
Depression	Kidney stones	Sluggish and tired
Detox	Lack of energy	Stroke Symptoms
Diabetes	Leukaemia	Suicidal Tendencies
Digestive problems	Light headedness	Syncope (fainting)
Dizziness	Liver problems	Terminal cancer
Early adult-onset diabetes	Loss of energy	Tinnitus
Exhaustion	Loss of libido	Tiredness
Eye oedema	Low back pain	Ulcers
Fibromyalgia (a chronic disorder characterized by widespread musculoskeletal	Low blood pressure (hypotension)	Watering eyes
	Lowers blood cholesterol	Weight loss
	Lung disease	
	Lupus (an autoimmune disease causing	

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Salt Note

For every eight glasses of water you drink, you should take 1/4 tsp of unrefined sea salt. If you don't, your body will not be able to retain the water - and you may remain dehydrated. A dab of salt on the tongue with each glass of water is the recommended way of taking the salt.

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Unverified Therapy

Stroke Symptoms

25 glasses of water per day
Some orange juice for potassium
Some salt at the end of the day
Repeat for two days.
Standard treatment/dosage thereafter

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Appendix

"The Water Cure" of Dr Fereydoon Batmanghelidj, M.D

Dr Fereydoon Batmanghelidj, M.D, was an internationally renowned researcher, author and advocate of the natural healing power of water - he was born in Iran in 1931 and died in 2004.

"When Dr. Batmanghelidj thinks of a glass of water, he doesn't think of it as half full or half empty. He thinks of it as brimming over with the essential fluid of life. He thinks of it as the solvent of our ills and deliverer of ripe old age. He thinks of it as the wave of the future." - The Washington Times

Dehydration is a primary factor in the producing of disease all over the body. "Furthermore, dehydration is one of the greatest producers of free radicals in the body - and free radicals cause more rapid aging. And water is the greatest free radical remover.

"When you take a drug with a glass of water to swallow it, believe it or not, the water is off en doing you more good than your medication." - Dr Fereydoon Batmanghelidj, M.D

The following information and testimonials regarding Dr Fereydoon Batmanghelidj, M.D appear on <http://www.watercure.com/index.html>:

- Pain - Scientific Information on Dehydration Pain Signifies Thirst For Water
- Water prevents and helps to cure **autoimmune diseases** - Autoimmune Disorders - Dehydration Also Causes Neurological and Water prevents and helps to cure heartburn
- Water prevents and helps to cure **arthritis** - Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint
- Water prevents and helps to cure **angina** - Heart pain - angina - is a sign of water shortage in the heart/lung axis
- Water prevents and helps to cure **migraines** - Doctors will tell you there is no cure

"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

- Water prevents and helps to cure **colitis**
- Water to cure **Back Pain** - Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs

"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 for the painful arthritis I have in my hands and back and, within two weeks, I have experienced considerable reduction of pain." - Laurence Malone, Chagrin Falls, OH

- Water and salt prevent and helps to cure **asthma** - Asthma, which affects 14 million children (USA - 2012) and kills several thousand of them every year, is a complication of dehydration in the body
- Water prevents and helps to cure **high blood pressure**

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

- Water prevents and helps to cure **early adult-onset diabetes**

"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

- Water **lowers blood cholesterol**

"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

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Patients testimonials include being cured of:

Terminal Cancer - Diabetes - Herniated Discs - Chronic Pain - Depression - Fibromyalgia - Suicidal Tendencies - Oedema - Acid Reflux - Watering Eyes - Hiccups - Pet Arthritis - Asthma - Syncope - Migraines - Chronic Fatigue - Bronchitis - Vision - Raccoon Eyes - Energy - Skin Ailments - Dizziness - Allergies - Diabetes - Eye Oedema - herpes - Weight Loss - Leukaemia

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Applying the Cure

Dr Fereydoon Batmanghelidj, M.D's books which explain "The Water Cure" and how to apply it are available at <http://www.watercure.com/index.aspx>

Dr Batmanghelidj was born in Tehran, Iran in 1931, and died 15 Nov 2004 (Age 73)

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