WATER & OUR BODIES

As defined in Webster's New World Dictionary: "Water is a colorless, transparent liquid occurring on earth as rivers, lakes, oceans, etc., and falling from the clouds as rain. It is a chemical compound of hydrogen and oxygen (H_2O). At various temperature conditions it freezes (at 32° F./0° C.) forming ice; it boils (at 212° F./100° C.) forming steam."

Water has a tremendous effect on our lives. Our bodies need it, animals need it, plants, trees and grasses need it, etc. In the simplest of terms, we cannot survive without water. It is an extremely essential part of our lives.

At birth, a baby is 85% water. It has been cradled in a sack of water in the womb. The percentage of water in a human's body varies from 65% to 85%.

Need of Water in the Body

The purposes of water in the human body are to cleanse the blood, cells and pores. Water helps the digestive system. It regulates the body's temperature. Water helps the assimilation process and lubricates the joints.

Pure, unadulterated water is vital for good health. Water helps to maintain the water balance of the body, which would collapse with a 5% loss and die with a 10% loss.

Water helps cleanse the body through the kidneys, which strain out the waste of the body through the urine and returns the purified liquid into the blood stream. The average person loses 6 pints of water daily.

Water and the Kidneys

One of the chief functions of the kidneys is to rid the blood of excessive water. The kidneys, remarkable organs in the body are designed to be the "great purifier" of the body. Each kidney can filter seventeen hundred quarts of viscous fluid in twenty-four hours. Of the numerous chemicals dissolved in this liquid, the kidney's determine which are needed by the body, reabsorbs them and filters out the unneeded ones.

The kidneys act as an automatic regulator which keeps the water in the blood and body tissues at about the same mildly salty concentration as that found in fish. The blood serum contains salts identical to those found in sea water, and so body cells are literally bathed in the sea.

As to elimination of water and toxins from the body, Henry G. Bieler, M.D. has concern about the use of great amounts of water taken into the body for the passing of more urine to remove toxins. He states that neither the sweat glands nor the kidneys can eliminate a great quantity of toxins from the blood over a short period of time without great strain or damage to the heart. After five minutes of intense sweating, or thirty minutes after excessive water drinking, no toxic

compounds can be found either in the sweat or urine. There is only a clear colorless secretion which is nothing but water. It takes about twenty-four hours before the toxic content of the blood rises enough to make another elimination possible. A short sweat, or a small increase of drinking water daily, does more good than drinking a continuous large amount of water, which makes it necessary to push all the excess fluids around the body.

Water Absorption

The body absorbs water through the skin, which represents the human's largest organ. Water is also absorbed through the oral, nasal, mouth cavity and eye and ear areas. In regard to toxins or contamination of water, the water you shower or bathe in is important. When showering, the water is aerated and allows gases to escape which are then inhaled. Also, the hotter the water the more the pores open. Here again, is a need for pure, unadulterated water.

The American Journal of Public Health notes that the skin absorption of contaminants in drinking water has been underestimated and that ingestion may not be the sole route of exposure to contaminants in water.

Fruits and vegetables when eaten raw, contain from 70 to 90 percent water, milk as high as 85 percent, and meat from 50 to 60 percent.

Sources of Water for the Body

In addition to drinking plain water, there is also water in foods which is introduced into the body. Foods with a high water content are vegetables, fruits, meats and milk. Fruits and vegetables, when eaten raw, contain from 70 to 90 percent water, milk as high as 85 percent, and meat from 50 to 60 percent.

The body also receives *metabolic water*, originating from the metabolism of sugars, starches and fats. As they are metabolized, they are gradually oxidized to their end products, which consist of carbon dioxide and water (CO_2 and H_2O). This is called *metabolic water* and is often reabsorbed and used in the body while the carbon dioxide is eliminated through lung exhalation. All this helps maintain the body's water balance.

Type of Water to Use

The type of water one drinks and bathes in is very important. Demineralized water (distilled and reverse osmosis processes) have 85-99% of everything removed including minerals. This type of water is termed "aggressive" meaning it will seek out minerals to

electromagnetically balance itself. In drinking this type of water, the water will pull minerals from the body. In cooking foods in it, the water will pull the nutrients from the food into it. The cooking liquid could be used then, rather than discarding it. Persons drinking demineralized water can supplement their mineral intake. One could also add a portion of sea water, as sea water contains a wealth of minerals.

The studies show the importance of drinking water with a high degree of total dissolved solids and hardness (calcium and magnesium).

In "Mineralizing with Sea Water" Dr. Royal Lee states: "Distilled water is entirely devoid of the minerals necessary for osmotic interchange across the cell membrane. It is hypertonic and is more likely to withdraw minerals than add them to the body. That is why hard water, with its associated calcium salts, is the natural water supplied by nature to nourish our blood streams. Sea water, perhaps the hardest water known - as you may have realized if you try to produce a lather of soap from it - is a wondrous complex of mineral elements, including valuable trace minerals. No one has ever been able to duplicate it in the laboratory. A near-perfect imitation was once produced, but the inventor found that fish could not live in his concoction until a small amount of natural sea water was added to it."

Martin Fox in "Healthy Water for a Longer Life" reports studies that show the relationship of drinking water to heart disease and cancer and the importance of a variety of minerals for good health. The studies show the importance of drinking water with a high degree of total dissolved solids and hardness (calcium and magnesium). The conclusion is that hard water high in calcium and magnesium, is healthier for you than soft water (water with the minerals removed). Martin Fox also states that water high in calcium and magnesium provide protection from a variety of potentially harmful agents such as cadmium, lead, chlorine and dietary fat.

The water used by the Hunzas and the Vilcambas tribe, as discussed by Dr. Betty Lee Morales and John Clark in "Organic Consumer" is highly mineralized water, which flows naturally in mountain streams over rocky formations that release high levels of minerals. The water is also naturally charged as it tumbles and flows. The Hunzas and the Vilcambas tribe are known for their long, vibrantly healthy lives.

Contaminated Water

Although it is desirable to have pure, unadulterated water, it may be necessary to purify it. There is an awareness of the contamination

of our water sources with such substances as toxic metals, pesticides, hydrocarbons and other toxic materials. Municipalities add chlorine and fluoride to the water supply. They also need to provide bacteria-free water. It may be necessary to purify your water supply with one of the methods available and then to provide additional minerals in some form to compensate for that which has been removed from the water.

Water for Other Health Reasons

Other suggested uses of water for one's health are as follows:

- Water will help you swallow medicines, such as home remedies or prescription drugs (which we hope you will not need). It will help get the healing agent into your system and to the area needed.
- Water will help prevent dehydration if you are an active sports performer.
- Water will help create easier bowel movements by enlarging and softening the stool.
- Take showers which will invigorate you, baths for relaxation.
- A pan of cold water will give relief from bruises and minor burns.
- Frozen water in a bag can be applied to bruised or strained parts of the body.
- Steam from water in a sauna will refresh the body.
- Steam water with various herbs to relieve congestion.

Ref: "Water the Foundation of the Body" in Health Freedom News, Sept. 1989; "Food Is Your Best Medicine" by Henry G. Bieler, M.D., Random House, NY; *"The Sea Within Us" published by Wis. NFA; "Natural Home Remedies" by Mark Bricklin, Rodale Press, Emmaus, Pa

*The Sea Within Us" is available from Wis. NFA at $5 postpaid. It contains much information on fluids in our cells, on sea water and on the internal body environment.

Sea Water Components

The major components of sea water salts, according to the order of magnitude of these elements rather than their relative nutritional value, are as follows:

Chlorine..... 55.2%, Sodium.... 30.4%, Sulfur (as SO4).. 7.7.%, Magnesium... 3.7%, Calcium... 1.16%, Potassium... 1.1%, Carbon (as carbonic acid and CO2)... .35%, Bromine... .19%, Boron (as H2BO3)... .07%, Strontium... .04%

The so-called "minor elements" in sea water include 40 or more elements which, no doubt, contain every known or unknown trace element of nutritional significance.

--from The Sea Within Us - a Wis NFA publication