

Avena News

Water is Life and Essential for Healing

Did you know that a person can live without food for more than a month, but can die as little as two or three days without water? Good water is simple, convenient, and has a major impact on your body—almost three-quarters of your body is made up of water and 78% of your joints are water. It supplies life-giving energy, and acts as a waste disposal agent for all living beings. Water brings oxygen and nourishment to every living cell; facilitates all bodily functions and exchanges; transports nutrients between the skin, organs, and tissues; provides circulation of body fluids; regulates the body's temperature; cleanses the body; and keeps skin and pores clean, open, and breathing properly. It is second only to oxygen in importance. Billions of electrical impulses that stimulate our heart, lungs, and brain would not occur without water. Biological processes such as cardio-vascular circulation, digestion, absorption, and excretion depend on the efficient flow of water. It forms the foundation of blood & lymph fluids, maintains heart muscles & younger-looking skin, lubricates joints & organs, and helps regulate body equilibrium. Messages in the brain cells are transported on “water-ways” to nerve endings, a 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page! (Cooper Clinic, TX). Water transports minerals, vitamins, proteins, and sugars around the body for assimilation, and flushes wastes & toxins. You can't function without it!

When your body receives enough water, fluid retention decreases, gland & hormone functions improve, fat is broken down & released by the liver, and hunger is curtailed. Dehydration plays a **big** role in heartburn, adult-onset diabetes, chronic constipation, urinary tract infections, migraines, colitis, hemorrhoids, kidney stones, and even in degenerative diseases like arthritis. If you are using diuretics to try to stop water retention, they will cause a ravenous thirst and have a compromising effect on important nutrients such as potassium.

Daily, the body loses about two litres of water through normal activity. Exercise or hard physical labour, and air conditioned/heated air use up even more of your moisture. Since the body does not store water for use should it run dry, continuous replenishing is important. To replace the body's *normal* water losses, nutritionists recommend that we drink *at least* 8 – 10 glasses of water a day, unless you are more physically active, stout, or in hot temperatures. Spread your water consumption throughout the day, as drinking lots of water all at once can severely depress electrolytes that are imperative to your vibrant energy, your pH balance, and your mineral uptake. Also, you may place a couple of grains of Celtic Sea Salt (NOT table salt) on the tip of your tongue and, holding them against the bottom of your top teeth, drink your water through these salt granules. This will turn on your body's potassium pumps in your cells, and thus assist in the needed water/salt balance. (*The Body's Many Cries for Water* Dr F Batmanghelidj).

Are you drinking enough water? Check your urine, the colour should be pale straw and you should be voiding (urinating) every two hours. If your urine colour is dark yellow or has an odor, start drinking more water. Thirsty cells do not work at their best and trigger all manner of

inappropriate bodily responses as a result. Dr Joe Pendergast reports that 37% of us have forgotten how to read our thirst signals, causing the thirst mechanism to become so weak that it is often mistaken for hunger. Instead of drinking a glass of water, we eat a ‘tasty’ snack! Tea, coffee, juices, soft drinks (‘pop’), and alcohol do not count in measuring fluid intake. In fact, they make things worse! Caffeine, for example, is a diuretic.

If you are drinking only when thirsty, it may not be enough to keep skin moist & supple, brain sharp, or eliminations regular, and you actually may already be suffering from some degree of dehydration. As well, many people may have even reduced their intake of good oils and Essential Fatty Acids (Omega 3, 6) to the point where their bodies will not hold or utilize the water taken in. Gradual loss of body water can be an aging factor, partly because of a constant deficiency of water in previous years. The cellular **capacity** to hold water decreases by 10 - 15% as a person matures towards 65 years of age—at a time when people start drinking less, partly because of a loss of thirst sensitivity and/or of fear of urinary incontinence! Our thirst sensation can also shut off before we have had enough water for our cellular well-being.

Water is a most important catalyst in losing weight, and in keeping it off! It will naturally suppress appetite and help the body metabolize stored fat. Low water-intake causes fat deposits to increase—more water intake actually reduces fat deposits. Larger people have larger metabolic loads, they need more water. When dehydrated, the activity of histamine (one of the brain’s messenger chemicals in regulating the way the body uses and distributes water) is exaggerated, which may cause the body to close down its airways in defense. Asthmatics are able to breathe IN, but have difficulty breathing OUT because their body does not want to lose any water, even in the form of vapour. So you can see we need to plan for our water intake.

In spite of treatment plants, city tap water may contain disease-causing bacteria, viruses and/or parasites, and the water is often treated with alum to clarify it. In fact, the United States Environmental Protection Agency has identified more than 80 unwanted substances that may be present in tap water, including pesticides, ethylenes, methanes, viruses, particulate matter, radon, and nitrates, to name just a few (Consumer Reports, 1990). Most tap water is chlorinated (Cryptosporidium is unaffected by chlorine—Jack Sullivan, American Water Works Association), fluoridated, and treated, to where it can be an irritating, disagreeable fluid, instead of a healthful drink. If the chlorine, added to the water, happens upon organic matter already in the drinking water, the interaction can result in THM (trihalomethane), which is a strong contributing factor to bladder problems (Dr Dave Hepburn). Fluoridated water increases absorption of aluminum from deodorants, pots and pans, foil, painkillers, antacids, baking powder, toothpaste, and table salt. (The fluoride used now is corrosive and a by-product of the phosphate fertilizer industry—hydrofluosilicic acid which is costly to dispose of otherwise, *Healthy Healing* by Linda Page, PhD). In her book, Linda Page also refers to scientists who believe that interference with enzyme activity, with continued exposure to fluoride, is the mechanism by which fluoride exerts its harmful impact. Combined with the industrial chemicals that seep into ground water and thus into our drinking water, your body has to exert enormous effort in order to dispose of these toxins and pollutants. These factors can undermine your health because your body has to exert enormous efforts to dispose of such toxins and pollutants, so choose your water source carefully.

Whether you know it or not, your body is craving not only for water but for more foods that contain lots of water. If health is your goal, that craving must be answered. You are living on a planet that is approximately 70% water and where life is perpetuated by water. Common sense should say that to maintain a healthy, vibrant body, your diet must also be made up of foods having a 70% water content! The only foods with a water content of 70% are raw fruits and vegetables. Instead of fruit and vegetables making up the *majority* of our daily diet, they probably make up less than 15%! This is another good reason for following Avena's recommendation that your diet consist of at least 80% raw foods and only 20% cooked foods.

Water is critical for an effective detoxification program because it dilutes and eliminates toxin accumulations in the bloodstream, and cleanses the kidneys. Add half a squeezed lemon to each glass of water for the best cleansing effects (and to help counteract chlorine in the water). Adding few drops of lemon to each glass of water also helps alkalize the water for your system.

How much water does your body use every day? Typically more than 6 pints (3+ litres)

- Your kidneys receive and filter your entire blood supply 15 times each hour
- When overheated, your 2 million sweat glands perspire about a pint of water a day to cool your skin and keep your internal organs at a constant temperature
- Usually two pints of water is used during breathing, one pint in perspiration, three pints in urine
- Water is used, through your tear ducts, to lubricate upper eyelids 25 times per minute
- Crying and/or hearty laughter releases water from your eyes and nose
- Normal activity of the day uses up to at least 3 quarts of replacement water each day
- Strenuous activity, a hot climate or table salt (instead of healthy Celtic Sea Salt) in your diet all cause increases above the 3 quarts—you can easily lose a quart of water before thirst is even recognized.

What is the sequence when your body does not receive enough water?

1. A water shortage message is sent from your brain
2. Your kidneys start conserving water by urinating less (constipation & bloating follow)
3. At 4% water depletion, muscle endurance diminishes-can start to get dizzy, metabolism slows
4. At 5% water depletion (loss), headaches from mild to quite severe begin-you become drowsy, lose the ability to concentrate, and become unreasonably impatient
5. At 6% water depletion (loss), your body temperature is impaired, heart begins to race
6. At 7% body water depletion, there is a good possibility of collapse

Other common signs that you might be dehydrated are:

- unexplained headaches (mild to severe) with fuzzy short-term memory, dizziness, daytime fatigue
- unexplained irritability, impatience, restlessness, difficulty sleeping, loss of energy
- unusually dry skin, loss of appetite, constipation
- dull back pain or joint pain that is not relieved by rest
- unexplained weight gain, swollen hands and/or feet (from water retention)
- hypertension, an indicator of dehydration-extra pressure is needed to diffuse water into cells
- possibility of build-up of calcium in joints that have been dehydrated by water deficiency

**REMEMBER IF YOU DON'T FILTER YOUR WATER,
YOU BECOME THE FILTER!!**

To help you understand how to prevent such problems and what the function of water inside our body is, we offer:

1. ***Heartburn is one signal of water shortage in the upper part of the digestive tract, a major thirst signal.*** Not recognizing this sign of dehydration and thus treating it with antacids and pill medications will, in time, produce inflammation in the stomach and duodenum, hiatal hernia, ulceration and, possibly, cancers in that tract and perhaps in the liver or pancreas. Regular and systematic intake of water helps alleviate ulcer disease and dyspeptic pain (Journal of Clinical Gastroenterology June 1983).
2. ***Water helps prevent and alleviate arthritis.*** Rheumatoid joint pain can affect the young and old, and is a signal of water shortage in the painful joints. Increased water intake and a grains of Celtic Sea Salt will help.
3. ***Water helps prevent and alleviate low back pain.*** Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs—the water that cushions this main support of body weight. Treating this with painkillers, manipulation, acupuncture, and eventually surgery will, in time, produce osteoarthritis when the cartilage cells have given way. Deformity of the spine and then crippling deformities of the limbs is next. Pain medications have their own threatening complications.
4. ***Water helps prevent and alleviate angina.*** This heart pain is a sign of water shortage in the heart/lung axis. Increase water intake until free of pain and also independent medications, always under medical supervision.
5. ***Water helps prevent and alleviate migraines.*** These are a sign of water needed by the brain and the eyes. The type of dehydration that causes migraine headaches might eventually cause inflammation of the back of the eye, and possibly lessen eyesight as water transports oxygen in and CO₂ out.
6. ***Water helps prevent and cures colitis pain.*** This is a signal of water shortage in the large intestine. It is associated with constipation because the large intestine constricts to squeeze the water from the materials—thus the lack of water lubrication. Not recognizing this sign of dehydration will cause persistent constipation. Later in life, it will cause fecal impacting which can lead to diverticulitis, hemorrhoids, and polyps, and also increases the possibility of developing cancer in the colon and rectum.
7. ***Water and Celtic Sea Salt help prevent and alleviate asthma.*** Asthma, affecting about 14 million children, is a complication of dehydration in the body. (A clue? To resist an attack, a mother will take her child out into the moist, damp night air!) In asthma, free passage of air is obstructed so that water does not leave the body in the form of vapor. Asthmatics need the Celtic Sea Salt to help break the mucus plugging the lungs and obstructing the free flow of air in and out of the air sacs. Not recognizing the problem as dehydration can allow irreversible damage.
8. ***Water helps prevent and alleviate high blood pressure.*** Hypertension is a state of adaptation to a generalized drought—when not enough water to fill all the blood vessels that diffuse water into vital cells is available. Without hydration the extra pressure required for the filtered water in the blood serum to be injected into cells through membrane access is not available. Not recognizing hypertension as a major dehydration indicator and treating it with diuretics can, in time, cause blockage by cholesterol of arteries including those to the brain. It can also eventually contribute to kidney disease and neurological disorders (such as Alzheimer's disease).
9. ***Water helps prevent and alleviate adult-onset diabetes.*** In a dehydrated state, to have adequate water in circulation for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into body cells. In diabetes, only some cells get the survival rations of water. Water and some Celtic Sea Salt will reverse early stages of adult-onset diabetes. Not recognizing adult-onset diabetes as a complication of dehydration can, in time, cause massive damage to blood vessels all over the body. It can cause eventual loss of toes from gangrene, and eye damage.
10. ***Water lowers blood cholesterol.*** Cholesterol is a clay-like material poured over gaps in cell membranes to safeguard against their losing vital water content to the osmotically more powerful blood circulating in the vicinity. It is also used to cover any tiny lesions in the vascular system so that the blood, that may be thicker due to dehydration, may pass by more smoothly.
11. ***Water helps alleviate depression, loss of libido, chronic fatigue syndrome, lupus, multiple sclerosis, and muscular dystrophy.*** The originating cause of these conditions is prolonged chronic dehydration. They will be reduced immensely once the body becomes well, regularly hydrated, and Celtic Sea Salt is utilized. In these conditions, exercising one's muscles should be part of the treatment program.