

Water Therapy:

Begin Drinking Water in the Morning

Editor's note: The following piece in its simplicity seems to hold great promise. We have taken the advice of the author and began drinking a liter and a half of water within twenty minutes of arising. The first two days were the most difficult, as drinking that much water seemed too much. To our surprise, within two to three days, the body seemed to now crave that much water, and sometimes more, each morning, and those mornings we missed doing this led to days where the feeling in the body was that it had not had enough water for its cleansing and life processes. This experience seemed especially to confirm the findings of F. Batmanghelidj, M.D. that the majority of us are dehydrated.

Without spending money on medicine, tablets, injections, diagnosis, doctor fees, etc. - just by drinking pure water - you will find that many diseases can be cured. It may be hard to believe it, until you have experienced it for yourself. Let us see the list of diseases being cured by this therapy:

Headache, blood pressure / hypertension, anemia, rheumatism, general paralysis, obesity, arthritis, sinusitis, tachycardia, giddiness, cough, asthma, bronchitis, pulmonary tuberculosis (TB), meningitis, kidney stones, urogenital diseases, hyperacidity, gastroenteritis, dysentery, constipation, diabetes, eye diseases, ophthalmic hemorrhage & ophthalmia (reddish eye), irregular menstruation, leukemia, uterine cancer, breast cancer, laryngitis.

How does pure water act?

Consuming ordinary drinking water by the right method purifies the human body. It renders the colon more effective by forming new fresh blood, known in medical terms as hematopoieses. That the mucosal folds of the colon and intestines are activated by this method is an undisputed fact, as is the theory that new fresh blood is produced by the mucosal fold. If the colon is cleaned, then the nutrients of the food taken several times a day will be absorbed, and by the action of the mucosal folds they are turned into fresh blood. The blood is all important in curing ailments and restoring health, and for this water should be consumed in a regular pattern.

How does one do this water therapy?

- 1) In the early morning after you get up from bed (without even brushing your teeth), drink 1.5 liters of water, i.e., 5 to 6 glasses. It's better to premeasure 1.5 liters of water. Let us all know that our ancestors call this therapy "Usha Paana Chikitsa." You may wash your face thereafter.
- 2) It is essential to note that nothing else - neither drinks nor solid foods of any sort - should be taken within 1 hour before and after drinking this 1.5 liters of water.
- 3) It is also to be strictly observed that no alcoholic drinks should be taken the previous night.
- 4) If required, boiled and filtered water may be used for this purpose.

Is it possible to drink 1.5 liters of water at one time?

To begin with, one may find it difficult to drink 1.5 liters of water at one time, but one will get used to it gradually. Initially, while practicing, you may drink four glasses first and the balance of two glasses after a gap of two minutes. Initially you may find the necessity to urinate 2 or 3 times within an hour, but it will become normal after some time.

Through research and experience, the following diseases have been observed to be cured with this therapy within the number of days indicated below:

Constipation	1 day
Acidity	2 days
Diabetes	7 days
BP & Hypertension	4 weeks
Cancer	4 weeks
Pulmonary TB	3 months

Note: It is advised that persons suffering from arthritis or rheumatism should practice this therapy thrice a day, i.e., morning, midday and night, 1 hour before meals for one week, and twice a day subsequently till the disease is cured. We make an earnest request that the above method should be read and practiced carefully.

Versions of this article appear on the Internet in web sites including: www.indiahealthzone.com.