

THE VITAL CONNECTION

The Connection Between Water and Disease.

1. Arthritis

- Back and neck pain may be caused by discs wearing out due to inadequate fluid within the disc.
- Discs are made up of a fibrous material called the annulus fibrosus which is filled with a jelly like substance called the nucleus pulposus.
- 75% of the weight of our upper body is supported by the nucleus pulposus.
- 25% of the weight is supported by the annulus fibrosus.
- When the discs are dehydrated, they are more prone to herniated and develop degenerative disc disease or arthritis.
- Cartilage provides the smooth surface so that joints can glide easily during movement.
- Cartilage is about 5 times slicker than ice.
- Cartilage is about 80% water.
- Dehydration equals increased friction which equals arthritis.
- Two quarts of water each day is preventative medicine for arthritis.

2. High Blood Pressure

- The body rations water to make certain the vital organs receive water first.
- Decreased water intake will result in decreased flow to the other areas of the body which in turn leads to constriction of the arteries.
- Constricted arteries results in increased blood pressure.
- Simply increasing our water intake helps to open up arteries.
- If high blood pressure is detected early enough, (prior to kidney damage) drinking two to three quarts of water a day may reduce the pressure to normal.
- If the disease progresses to the point that your kidneys suffer damage, they will not filter properly. In such cases, drinking this much water may cause edema.

3. Ulcers

- Water is required to hydrate the mucous lining of the stomach, which is 98% water.
- This mucous layer protects us against stomach acid and contains bicarbonate, which neutralizes the stomach acid.
- Water thickens the mucous layer, preventing the acid from burning the stomach lining.
- Most ulcers are caused by *Helicobacter Pylori*. Low gastric acid output encourages the growth of this bacteria. Most ulcer medications reduce or neutralize hydrochloric acid, thus encouraging the growth of the bacteria and creating a vicious cycle.
- Water provides lasting relief from ulcers.

4. Asthma

- Bronchial tubes need water to have moisture in order to prevent constriction.
- Asthmatics usually have elevated histamine levels. Histamine is a neurotransmitter that causes contraction of muscles in the bronchial tubes leading to constriction.
- Animal studies have shown that the production of histamine will decrease as water intake increases.
- Water is, for this reason, an excellent treatment for allergies since allergies are also usually associated with elevated histamine levels.

5. Alzheimer's disease

- The brain 75% water.
- Water is required to bring nutrients to the brain.
- Dehydration leads to a lack of nutrients, and increased toxicity due to improper elimination of waste matter.

6. Anti-aging

- When we remove water from grapes, what do we have? Raisins.
- When we remove water from our skin, what is the result? Wrinkles.

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