



Amazing Health from Water

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The great healing properties of water

Healing Properties of Water

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Water

The Great Healer

Drinking plenty of water is one of the most important things you can do to get healthier as it helps to dilute and eliminate toxin accumulations. It is likely the most important detoxifier. It helps clean us through our skin and kidneys, and it improves our sweating with exercise. Water is like a garbage truck; the body uses water to transport waste out and away from our cells. The more water is in the body, the easier it is for our cells to keep themselves clean and healthy – if there are no garbage trucks available, then our body turns into a toxic rotting dump. This is why they say that you should drink lots of fluids when you have the flu – so that your body can detoxify and help your immune system. But don't stop there, you should always drink water as the process of cleaning & regenerating your cells and fighting viruses & bacteria is ongoing 24/7. 8 to 10 glasses a day (depending on our size and activity level) of clean, filtered water are suggested.

Many people think that they should only drink when thirsty – but thirst is actually a loud blaring warning siren telling you that you are dangerously dehydrated. It would be like eating food only when you get extremely hungry. A healthy person is never thirsty because they are always drinking adequate amounts of water. Another thing to remember is that juices, tea, milk and other non-water drinks do not count because the water is not “free” water, it is bound to other molecules. You must drink pure, clean, water that is “free” water which is ready to do its job immediately upon entering your system. You must drink your share of water even if you drink lots of other fluids.

Drink 1/2 your body weight of water in ounces, daily. If, for example you weigh 180 lb, drink 90 oz. of water daily. Divide that into 8 or 10 oz. glasses and that's how many glasses you will need to drink, daily. Use 1/4 tsp. of salt for every quart of water you drink. Use ONLY non-refined pure sea salt.

Water Cures

Cure # 1: Water prevents and cures heartburn.

Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage. Just like with most other drugs, by using an antacid you are not fixing the problem, just masking the symptoms so they come back another day.

Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually cancers in the gastrointestinal tract, including the liver and pancreas.

Cure # 2: Water prevents and cures arthritis.

Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of pain-killers does not cure the problem; it just eliminates short term pain

while the underlying problem continues to persist. This in turn exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

Cure # 3: Water prevents and cures back pain.

Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs - the water cushions that support the weight of the body. These conditions should be treated with increased water intake.

Not recognizing arthritis and low back pain as signs of dehydration in the joint cavities and treating them with pain-killers, manipulation, acupuncture, and eventually surgery will, in time, produce osteoarthritis when the cartilage cells in the joints have eventually all died from dehydration. Remember – your joints and back aren't suffering because of lack of pills or surgery – they are suffering because of lack of water. Long term dehydration will produce deformity of the spine, and crippling deformities of the limbs. In addition to these serious complications due to severe dehydration, pain medications have their own list of life-threatening side-effects.

Cure # 4: Water prevents and cures angina.

Heart pain - angina - is a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications.

Cure # 5: Water prevents and cures migraines.

Migraine headache is a sign of water need by the brain and the eyes. It will totally clear up if dehydration is prevented from establishing in the body. The type of dehydration that causes migraine might eventually cause inflammation of the back of the eye and possibly loss of eye sight.

Cure #6: Water prevents and cures colitis.

Colitis pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze the last drop of water from the excrements - thus the lack of water lubrication.

Not recognizing colitis pain as a sign of dehydration will cause persistent constipation. Later in life, it will cause fecal impacting: it can cause diverticulitis, hemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum.

Cure # 7: Water and salt prevent and cure asthma.

Asthma, which also affects 14 million children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. What happens in asthma is the free passage of air is obstructed so that water does not leave the body in the form of vapour. This is because your body is experiencing severe chronic dehydration and is doing everything it can to prevent any more loss of water. Increased water intake will prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs that obstruct the free flow of air in and out of the air sacs.

Not recognizing asthma as the indicator of dehydration in the body of a growing child not only will sentence many thousands of children to die every year, but will permit irreversible genetic damage to establish in the remaining 14 million asthmatic children.

If you have children, think of how much water they drink every day. Many kids don't drink water until they are "thirsty". And when they do drink, it might be a juice or pop or milk –fluids that do not help your body stay hydrated. This leads to most children's bodies constantly lacking water.

Cure # 8: Water prevents and cures high blood pressure.

Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that distribute water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the "injection process." Just as we inject I.V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some salt intake will bring blood pressure back to normal!

Not recognizing hypertension as one of the major indicators of dehydration in the human body, and treating it with diuretics that further dehydrate the body will, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain. It will cause heart attacks and small or massive strokes that paralyze. It will eventually cause kidney disease. It will cause brain damage and neurological disorders, such as Alzheimer's disease. Notice again, how most drugs don't treat the underlying cause but just treat the symptoms which make everything even worse.

Cure # 9: Water prevents and cures early adult-onset diabetes.

Adult-onset diabetes is another adaptive state to severe dehydration of the human body. To have adequate water in circulation and for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into all body cells. In diabetes, only some cells get survival rations of water. Water and some salt will reverse adult-onset diabetes in its early stages.

Not recognizing adult-onset diabetes as a complication of dehydration will, in time, cause massive damage to the blood vessels all over the body. It will cause eventual loss of the toes, feet and legs from gangrene. It will cause eye damage, and even blindness.

Cure # 10: Water lowers blood cholesterol.

High cholesterol levels are an indicator of early drought management by the body. Cholesterol is a clay-like material that is poured into the gaps of some cell membranes to safeguard them against losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol, apart from being used to manufacture nerve cell membranes and hormones, is also used as a "shield" against water depletion of other vital cells that would normally exchange water through their cell membranes.

So in essence, your body builds what you might call little clay houses around your poor dehydrated cells to stop them from losing the tiny amounts of water they have left. Doctors see this and start you on cholesterol lowering drugs with tons of side effects - instead of just telling you to start drinking a lot more water.

Cure # 11: Water cures depression, loss of libido, chronic fatigue syndrome, lupus, multiple sclerosis, muscular dystrophy.

These conditions are caused by prolonged chronic dehydration. They will clear up once the body becomes well and regularly hydrated. In these conditions, exercising one's muscles should be part of the treatment program.

Some people falsely believe that you shouldn't filter water since it contains beneficial nutrients that your body needs – what those people don't realize is that with those nutrients comes chlorine, fluoride, pesticides, pharmaceutical chemicals, birth control pill chemicals, that water treatment plants can't filter out, lead, rust, or even fecal matter from cracks in sewage pipes that can leak into your water intake. Even if the municipal water didn't have these contaminants, the amount of nutrients we get from water is less than 5%! You should be getting your nutrients from your food, not from water. For more info on the contaminants in city water, [click here](#).

Remember that **chlorine** is not a substance you want to be part of your diet. If you don't have a filter in your house, we recommend you let your water sit for a day before drinking it – preferably in a glass container as plastic leeches toxic chemicals. This way the chlorine can evaporate before you ingest it. You want to drink clean filtered, distilled, and negatively charged water only. An even better solution would be to get a water distiller as it removes more foreign matter from water than any other filter system. And you never even have to change filters. The one I use at home is a [H2O Labs Water Distiller](#) - you wouldn't believe the things that are in our water once you see what it removes.