

THE WATER CURE

Water is the #1 Health Problem In America.

Most people do not drink enough pure water for their body weight and activity level. When you don't drink enough water for your body weight and activity level your blood becomes too concentrated, oxygen level falls, acidity level rises, toxicity increases, mental function declines and it is generally harder for all body systems to operate efficiently. This is the beginning of the disease process.

Dr. Martin has always been interested in the "first domino" when it comes to the disease process. He has always asked "WHY?" The traditional approach is to ask "WHAT?" -- "What is wrong?" -- "What can I do about it?" And, of course, the answer is almost always "Take this drug."

The problem is that drugs are poisons. This is why we are required to get a prescription for them. Even the drugs that Big Pharma manages to sell as "Over-The-Counter" (OTC) drugs are still poisons. Whether a drug kills you slowly (OTC) or more quickly (prescription) doesn't matter. I still do not understand the concept of "being poisoned into health".

SUB-CLINICAL DEHYDRATION

The body chemistry condition we are talking about is called sub-clinical dehydration. This means it is non-diagnosable using traditional medical methods and will not be disclosed by traditional blood tests, etc.

The problem with relying upon blood tests is that the body will "rob Peter to pay Paul" for years to keep the blood parameters within normal ranges. The blood is the lifeline of the body. By the time you have a problem that shows itself in the blood you have had a problem for a long time and you should have been alerted to it months or years earlier.

DETERMINATION METHOD

It is difficult to learn about ways to determine if you are suffering from "sub-clinical dehydration" because there are no official standards of measurement for "pre-diagnosable" conditions. However, it is one the first things you need to do if you want to live a life of healthy longevity. *You must learn how to determine your sub-clinical dehydration status.*

Even if you have had a condition for years, the reason you still have the condition may be that you have been sub-clinically dehydrated for all of those years. If having the correct concentration of pure water in your body is the first domino to being healthy then you need to know your status and you need to know it NOW.

An easy Determination Method is to obtain some urine test strips from the drug store. The test strips need to have a SPECIFIC GRAVITY pad on them. I prefer the ***Purification Test Strips*** from www.LongevityFormulas.com because they have two additional test pads on them that give you important feedback about your body chemistry.

USING THE TEST STRIPS

Use the Specific Gravity pad on the test strip to test your urine. If the test results are higher than 1.010 then you may be sub-clinically dehydrated. Until you correct this, many of your problems are going to persist no matter what else you change. You can test yourself daily but make sure that you always test approximately the same time of day because your dehydration level will vary throughout the day. You want to be comparing apples to apples. Your dehydration level will also vary according to your activity level so you have to take that into consideration when comparing one day to the next. No matter what time of day you test, if your specific gravity is higher than 1.010 you are not consuming enough pure water.

If your specific gravity reading is high (above 1.010) how do you lower it? *There is a right way and a wrong way to consume water.* Too much too soon is as bad as not enough because your body can process only so much water at one time. Drinking too much means you will spend more time in the bathroom due to the body sending it to your bladder instead of using it for metabolism purposes.

PROPER WATER INTAKE

It is important to note that even when you increase your pure water intake properly, for the first 3 days you will feel like you are living in the bathroom compared to before you started consuming more pure water. This will change on about the third day. Your body doesn't like change and it will not immediately take change seriously. For the first 3 days it will sit back and observe rather than change. The increased water intake will simply pass on through you. On about the third day it will finally take you seriously and begin to use the increased pure water. You will find yourself drinking the same amount of pure water but going to the bathroom less frequently.

Back to the proper way to consume pure water -- A general rule of thumb is to divide your body weight by 2 and that is the number of ounces you need daily for a sedentary lifestyle. If you are more active you may need more. If it is summer you may need more, especially if you active and perspiring. Your specific gravity test strip will be your guide.

So, if you weigh 160 lbs. then your daily requirement is 80 oz. However, you cannot consume all 80 oz. in the morning and think you are done drinking for the day. You must distribute your drinking throughout the day. A general rule of thumb is to consume no more than 4-8 oz. per 30 minutes throughout the day. A quick tip is to look at the center digit of your weight and that is the approximate amount your body can absorb in 30 minutes in a sedentary lifestyle. So, if you weigh 140 lbs then 4 oz is your 30-minute goal. Another way to calculate it is, if you weigh 160 lbs. and 80 oz is your requirement and you are awake for 16 hours, $80/16 = 5$ oz per hour. A better way is to break it down even further and consume 2.5 hours per 30 minutes. It is

amazing how difficult this will be to do. It sounds so simple but it is extremely difficult. Set a timer on your phone and you will see what I mean. All of these formulas apply only to a sedentary lifestyle.

The result of drinking the proper amount of water for your body weight will absolutely amaze you. The "proof is in the pudding". You have to experience this to believe it. How you feel and look at the end of 30 days is transformative.

WHAT TYPE OF WATER IS BEST FOR ME?

Not only is consuming ENOUGH pure water for your body weight and activity level very important but knowing what **TYPE** of water is best for you.

By TYPE of water I am referring to Highly Alkaline - Low ORP water such as **Healthy-OH** water or **IonPod**® water, or the slightly acidic Antioxidant -- Low ORP Hydrogen water made by devices such as the **H2CAP**. All of these are available from: www.HealthyHabits.com

Here is how you know which TYPE of water is best for you. For this you need pH strips available from the drug store or from www.HealthyHabits.com. Again, I prefer the **Purification Test Strips** available from www.LongevityFormulas.com because the strips contain two other important pads that give you important feedback from your body.

Take one test strip and test your Urine pH. Use another strip and test your Saliva pH. Do both tests at the same time of day. If your Saliva pH is 6.4 or greater, the total is (UpH + SpH). If your Saliva pH is less than 6.4 your total is (UpH + 2xSpH)/3.

If your total is above 13 you may benefit by consuming Hydrogen water made using RO water.

If your total is 13 you should drink **H2CAP** water made using **IONPOD**® water.

If your total is below 13 you may benefit from **Healthy-OH** water or straight **IONPOD**® water.

The above discussion is the main reason why some people are negatively affected or not affected at all by consuming the various so-called alkaline waters. They may need Hydrogen water instead. Knowing this simple technique can dramatically transform your life.

This one simple change in your lifestyle can dramatically affect how you feel, how you look, how you digest, how you assimilate and how long you live!

For more information regarding **Healthy-OH**, the **IonPod**® or the **H2CAP** Hydrogen Water Generator please visit www.HealthyHabits.com or call 800-604-6766. We are very interested in your feedback so feel free to contact Dr. Martin at www.biri.org or DrMartin@biri.org to let him know how his Water Cure discovery information has helped you.

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