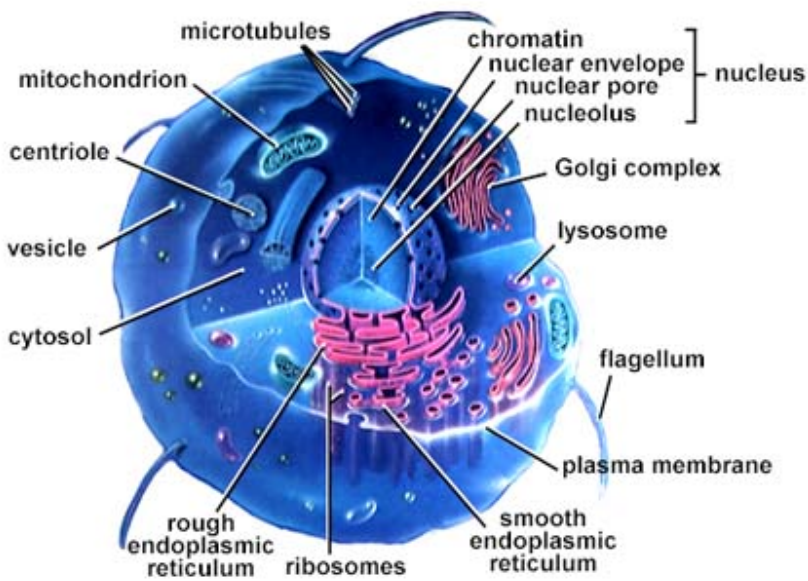


PASCAS CARE

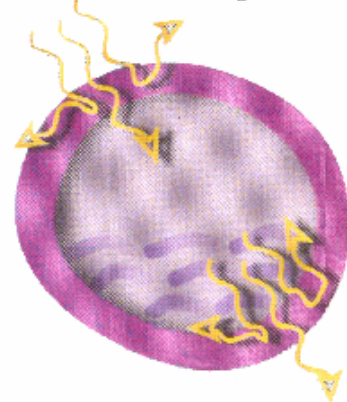
Water & Hydration



Healthy Cell
to
Unhealthy Cell

From this
to this
ooops!

Nutrients can't get in



Waste can't
get out

“Peace And Spirit Creating Alternate Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

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PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Health – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

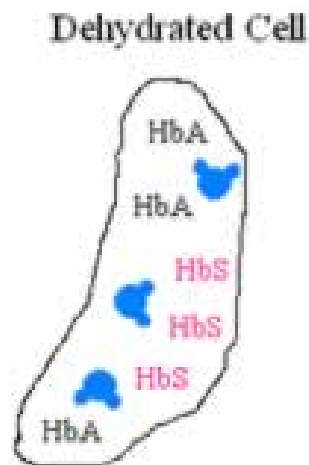
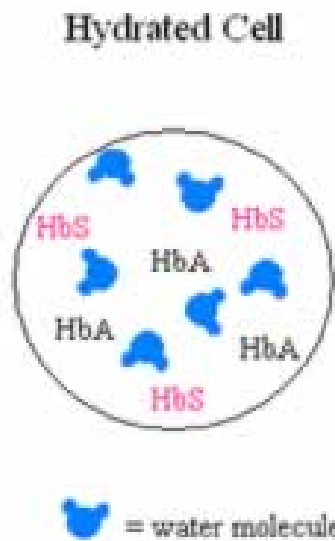
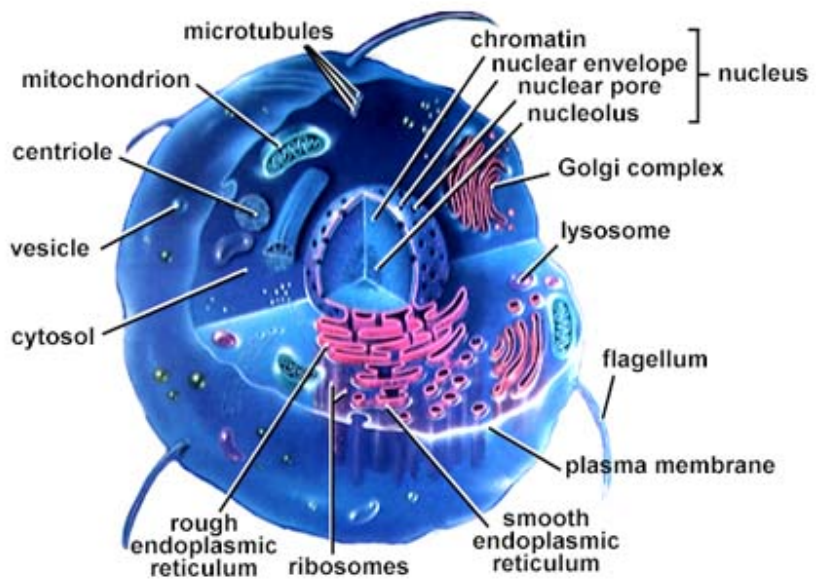


“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process to Divine Love.” JD

<http://www.truthnet.org/Christianity/Apologetics/Godlogical3/>

To understand the complexity of a cell, Michael Denton, illustrates if a cell magnified a 1000 million times until its 20 kilometres in diameter what would we see. He writes,

What we would then see would be an object of unparalleled complexity and adaptive design. On the surface of the cell, we would see millions of openings, like the portholes of a vast space ship, opening and closing to allow a continual stream of materials to flow in and out. If we were to enter one of these openings, we would find ourselves in a world of supreme technology and bewildering complexity. We would see endless highly organized corridors and conduits branching in every direction away from the perimeter of the cell, some leading to the central memory bank in the nucleus and others to assembly plants and processing units. The nucleus itself would be a vast spherical chamber more than a kilometre in diameter, resembling a geodesic dome inside of which we could see, all neatly stacked together in ordered arrays, raw materials which would shuttle along all the manifold conduits in a highly ordered fashion to and from various assembly plants in the outer regions of the cell... Is it really incredible that random processes could have constructed a reality, the smallest element of which...a functional protein or gene—is complex beyond our own creative capacities, a reality which is the very antithesis of chance, which excels in every sense anything produced by the intelligence of man.



In general most people will feel they drink enough water, in reality though most people walk around in a dehydrated state. Either they don't drink enough water for their body mass (.3-.4litres per 1kg lean body mass) or they are not aware that drinking liquids such as coffee, alcohol and soft drinks dehydrate the body and the consumption of more water is required after drinking these particular liquids.



The round cells are healthy; the moon shaped cell is dehydrated and mutated

One cup of coffee or tea, or a glass of an alcoholic drink, produces more urine than the actual ingested volume of liquid of any of the beverages.

Only water and maybe some green or herbal teas will hydrate you!

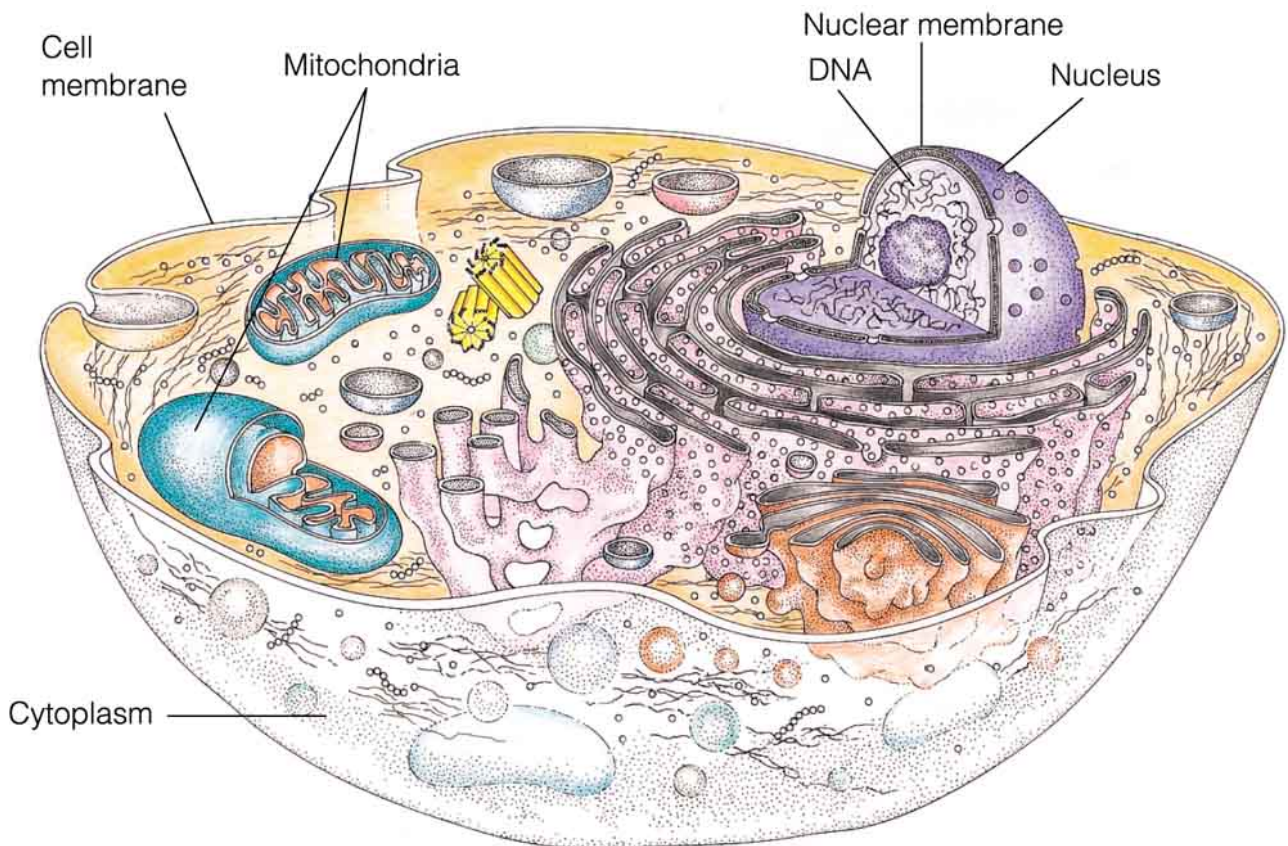
**PASCAS
HEALTH**



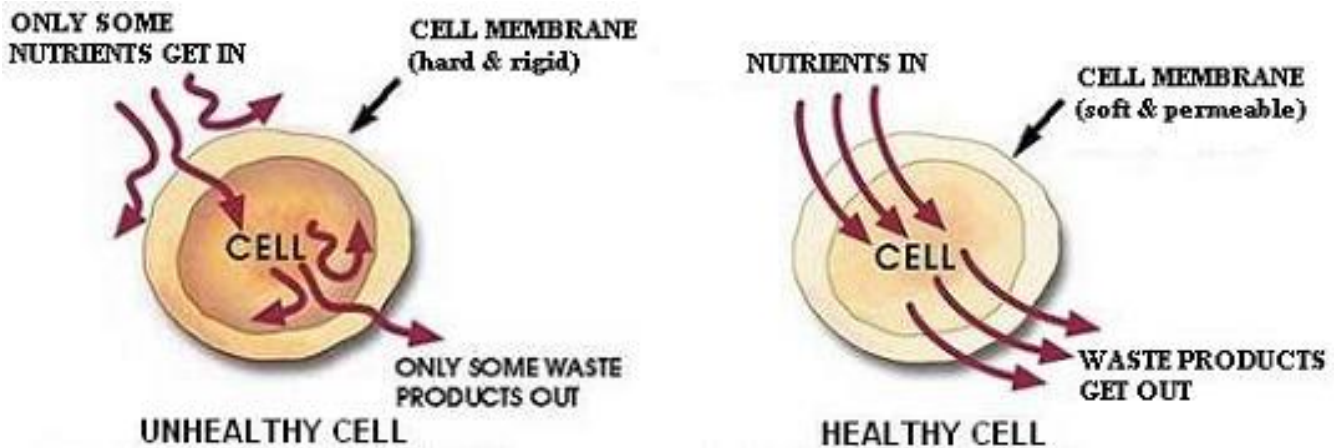
**PASCAS
PERS**

**Feeling
Healing with
Divine Love is
the key!**





The Wadsworth Group - a division of Thomson Learning



Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



Illustration by Seth Larson

"You're not sick; you're thirsty. Don't treat thirst with medication."

Dr. F. Batmanghelidj

<http://www.watercure.com/>

The Wonders of Water: Amazing Secrets for Health and Wellness

Water prevents and helps to cure 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.

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.

Water prevents and helps to cure 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, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will assist to cure this problem.

Water prevents and helps to cure 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 a commercial treatment, but a very effective one.

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. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications.

Water prevents and helps to cure 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. Medical supervision is prudent. However, increased water intake is angina's cure.

Water prevents and helps to cure 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.

Water prevents and helps to cure 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 faecal impacting: it can cause diverticulitis, haemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum.

Water and salt prevent and helps to cure asthma.

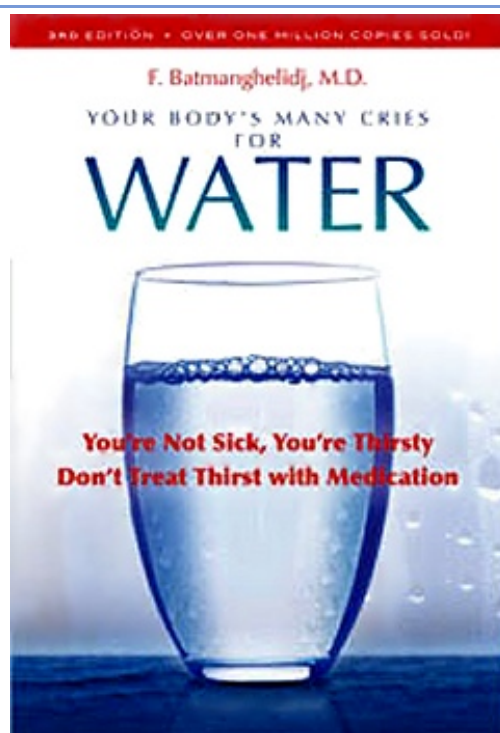
Asthma, which also affects 14 million children in USA, and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapour – the winter steam. 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.

Water prevents and helps to cure 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 diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood serum 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 paralyse. It will eventually cause kidney disease. It will cause brain damage and neurological disorders, such as Alzheimer's disease.



Water prevents and helps to cure 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, even blindness.

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 in 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 taxation of other vital cells that would normally exchange water through their cell membranes.



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. Medical supervision is prudent. However, increased water intake is angina's cure.

If you suffer from angina pain – that sudden, terrifying tightness in your chest that makes it difficult to move or even breathe – you've probably also been told you have coronary artery disease. Doctors will tell you it's cholesterol that's causing your arteries to narrow, and prescribe beta blockers and ACE inhibitors, balloon angioplasty or major, life-threatening surgery like coronary artery bypass.

But it's not cholesterol that is causing your pain. Angina is actually caused by dehydration. As prolonged drought sets in, your body becomes more acidic. Acid-like chemicals are produced that burn into the cell membranes in the linings of your arteries, causing painful angina spasms. **Cholesterol actually plays a protective role**, bandaging the damaged membranes and keeping them from peeling away. Only water can correct this acid imbalance and relieve the tortuous pain it causes.

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, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

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 a commercial treatment, but a very effective one.

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. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications.

Asthma, which 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. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapour – the winter steam. 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 in USA.

Dehydration Also Causes Neurological and Autoimmune Disorders.

Persistent dehydration inside some vital cells, in its extreme stages, will result in a number of disruptive conditions that have been labelled as different diseases – depending on the specialty of the "medical specialist" who first labels the problem. The initial stages of these health problems will begin by the loss of some of the most essential amino acids that get used up as detoxifying agents – antioxidants, when the person is not producing enough urine to get rid of the toxic waste of metabolism.

Since brain activity desperately depends on the presence of some of these amino acids, their depletive overuse will result in an inadequate presence of certain neurotransmitters – such as serotonin, tryptamine, melatonin and indolamine that are made from the amino acid tryptophan; or adrenaline, noradrenalin and dopamine that are made from the amino acid tyrosine.

As a result of an imbalance in the neurotransmitter composition of the brain, and based on proportionate depletion of a number of primary elements, a wide range of health problems have been recognized by the medical profession. Instead of recognizing these conditions as "deficiency disorders, they have been labelled as "diseases of unknown cause." In short, when dehydration produces health problems, instead of correcting the dehydration and its metabolic complications, people are given toxic medications.

These conditions have received various labels. Most frequently used labels are: depression, impotence, anxiety neurosis, chronic fatigue syndrome, attention deficit disorder in children. At more serious pathological stages, they are labelled as autoimmune diseases – such as insulin-dependent or juvenile diabetes, lupus, multiple sclerosis, muscular dystrophy, amyotrophic lateral sclerosis (Lou Gehrig's disease), Parkinson's disease, Alzheimer disease, and even AIDS.

These conditions are caused by prolonged chronic dehydration and the metabolic complications of dehydration. For more information on these topics, read the book **ABC of Asthma, Allergies and Lupus**. In order to understand old-age diabetes, read the book **Your Body's Many Cries for Water**.

To understand AIDS as a metabolic disorder, a number of referenced articles have been posted in the science page of this website.

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 a commercial treatment, but a very effective one.

"At 82 years of age I am still in fair shape and only regret I did not have the superb advice of Dr. Batmanghelidj sooner. I have used his advice for the painful arthritis I have in my hands and back and, within two weeks, I have experienced considerable reduction of pain."

- Laurence Malone, Chagrin Falls, OH

Tragedy: 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. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications.

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.

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

Diabetes

"After another month, my blood glucose (Bg) was completely normal! I weaned myself off of the oral medication and monitored my Bg levels--they remained normal and the Bg readings were generally below 120." – Sean Daibbi Mac Airchinnigh

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 before it becomes an autoimmune disease with a destruction of insulin-producing cells.

Tragedy: 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, even blindness.

Learn how to naturally put an end to your diabetes and all its vascular degenerative complications NOW with My Forever Healthy & Pain-Free Program! Or Learn more about dehydration by listening to the audiotapes Water RX for a Healthier Pain-Free Life, designed for drive-time listening – 10-hour educational program.

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.

All too often, doctors fail to recognize heartburn as a sign of dehydration – and treat it with antacids, acid blockers, and other potentially harmful medications. Over time, these drugs produce stomach inflammation, ulcers, hiatal hernia, and eventually cancers in the gastrointestinal tract, including the liver and pancreas.

The truth is, chronic heartburn is a sign of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. Taking antacids to treat this pain does nothing to correct dehydration, and your body continues to suffer as a result of its water shortage.

Tragedy: Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the esophagus, stomach and duodenum, hiatal hernia, and localized ulcerations. It will ultimately cause **cancer of the esophagus**, as well as other cancers in the gastrointestinal tract, including the liver and pancreas.

High Blood Cholesterol

"Last year I was shocked to discover that my blood cholesterol level had shot up to 279. When you 'prescribed' ample water be taken before meals instead of medication that I was just about to submit myself to, I was very sceptical. In two months, and with very little observance of all the old 'rules' which were making my life miserable, my cholesterol went down to 203 for the first time in more than nine years! My weight too was surprisingly down by about eight pounds and has since been under control...I believe I owe you a big THANK YOU." – Mohammed Whaby, Washington, DC

High cholesterol levels are an indicator of early drought management by the body. Cholesterol is a clay-like material that is poured in 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 taxation of other vital cells that would normally exchange water through their cell membranes.

High Blood Pressure

"Leaving years of diuretics and calcium-blockers behind, for three months I drank your recommended amount of tap water, occasionally more. My blood pressure, heretofore contained by drugs, gradually dropped from an average of 150-160 systolic / over 95-98 diastolic to an amazing, drug-free 130-135 systolic / over 75-80 diastolic average. This drug-free approach, based essentially on tap water and a pinch of salt, has relaxed my system and justifies the confidence that you hold the handles of a truly revolutionary and marvellous medical concept."

- Walter Burmeister, Lt. Col., El Paso, Texas.

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 diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood serum 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!

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Migraines

"I also noticed that my girlfriend started drinking it as religiously as I have and she hasn't had any headaches and she used to have them all the time. And her energy level is up. She said it is unbelievable what it has done for her. And my mother used to have horrible sinus headaches and she doesn't have these anymore." – Nathaniel Clevenger

If you've ever suffered from migraine headaches, you know how incapacitating they can be. But just as frustrating is not knowing what causes them to happen and when the next agonizing attack is going to occur.

Doctors will tell you there is no cure. Instead, they prescribe painkillers, vasoconstrictors, and nausea medications to help you cope with the symptoms. Sometimes even calcium channel blockers are used as a "preventative" – yet one of their many side effects is, of all things, a headache.

Why would anyone want to increase their suffering by taking medications riddled with side effects that worsen the very problem they are trying to correct? Instead, you must address the root cause of migraine headaches. Migraines are a sign that your peripheral vessels are excessively dilated, due to factors like heat stress, hangover, and allergic or dietary triggers, all of which are made worse by dehydration. Drinking sufficient water promotes the closing of your vascular system throughout your body, alleviating your pain and preventing future attacks.

Pain

Scientific Information on Dehydration Pain Signifies Thirst For Water

F. Batmanghelidj, M.D.

There has been a groundbreaking medical breakthrough that you need to be aware of. It has already shaken the foundation of mainstream medical establishment in this country. Simply put, it is the "new scientific understanding" that chronic unintentional dehydration can manifest itself in as many ways as we in medicine have invented diseases.

Tragically, this Medical Breakthrough is not reaching the public through the Health maintenance systems in this country (USA).

It is estimated that more than 110 million people in America are prone to suffer from various pains; in some cases with crippling intensity. "Pain of dehydration" afflicts Americans in various ways not usually associated with dehydration. They are:

- **Arthritic Pain** – By far the largest sector of our society reveal their chronic unintentional dehydration in form of arthritic pains.
- **Heartburn** – Heartburn, reflecting dehydration, destroys many a night's rest or a day's peace of mind for many millions.
- **Back Pain** – This devastating pain is a periodic yearly affliction for over 30 million people.
- **Migraines** – This debilitating pain devastate the lives of the young and the old.
- **Colitis pain** – This pain is associated with constipation. They are everyday companions and concern of a large sector of our society.
- **Fibromyalgia** – The pain felt in the muscles and joints all over the body is a crippling problem suffered by millions.
- **Angina pain** – Since angina is an ominous sign of impending heart attacks and possible death, it is the most feared of all body pains.

To relieve these devastating pains, a variety of pain medications have been produced and prescribed by doctors who never realized the physiologic significance of why the human body possesses a pain alarm system at all, and what is the common factor and trigger mechanism for these pains. Since these pains are felt in different locations, obviously they meant different diseases, or so it seemed! Because pain research has until now focused entirely on its solid composition, the common factor of water shortage in the interior of the body had not been apparent.

The new scientific understanding since 1987 is that localized or regional dehydration is the primary common factor and pain-producing problem of the human body. It becomes established when there is persistent regional water shortage, including in the interior of the pain-sensing nerve cells in the human body. This is the common factor to all body pains. In drought management mode, and when there is not enough "fresh water" to go around and wash out the toxic by-products of metabolism from the areas that are engaged in continuous activity, the nerve endings in those areas sense the increased toxicity, sound the alarm of pain and force the person to stop doing whatever that would increase toxic waste production – hence the loss of function in painful areas.

As an example – when the heart muscle itself is short of "fresh water" and yet has to beat faster and forcefully to cope with any strenuous physical undertaking, pain is produced. In that instance, pain means thirst for "fresh water," even if it is believed that the blood flow to the heart muscle is reduced because of narrowing of its blood vessels. Interestingly, even cholesterol plaque formations in the heart arteries are caused by the same dehydration.

In treatment of chronic pains of the body, simple water has natural medicinal effects far superior to any pain medication. Pain medications shut down the crisis calls of the body for water, but do not correct the "fresh water" shortage in the interior of the body. Whereas, water intake corrects the basic pain-producing drought and saves the body from further danger.

For more simplified information

Read the book **"Your Body's Many Cries for Water"** which is the product of over 20 years of full-time research and gives detailed information on this topic.

References:

Posted on this website, and links require Adobe Acrobat Reader

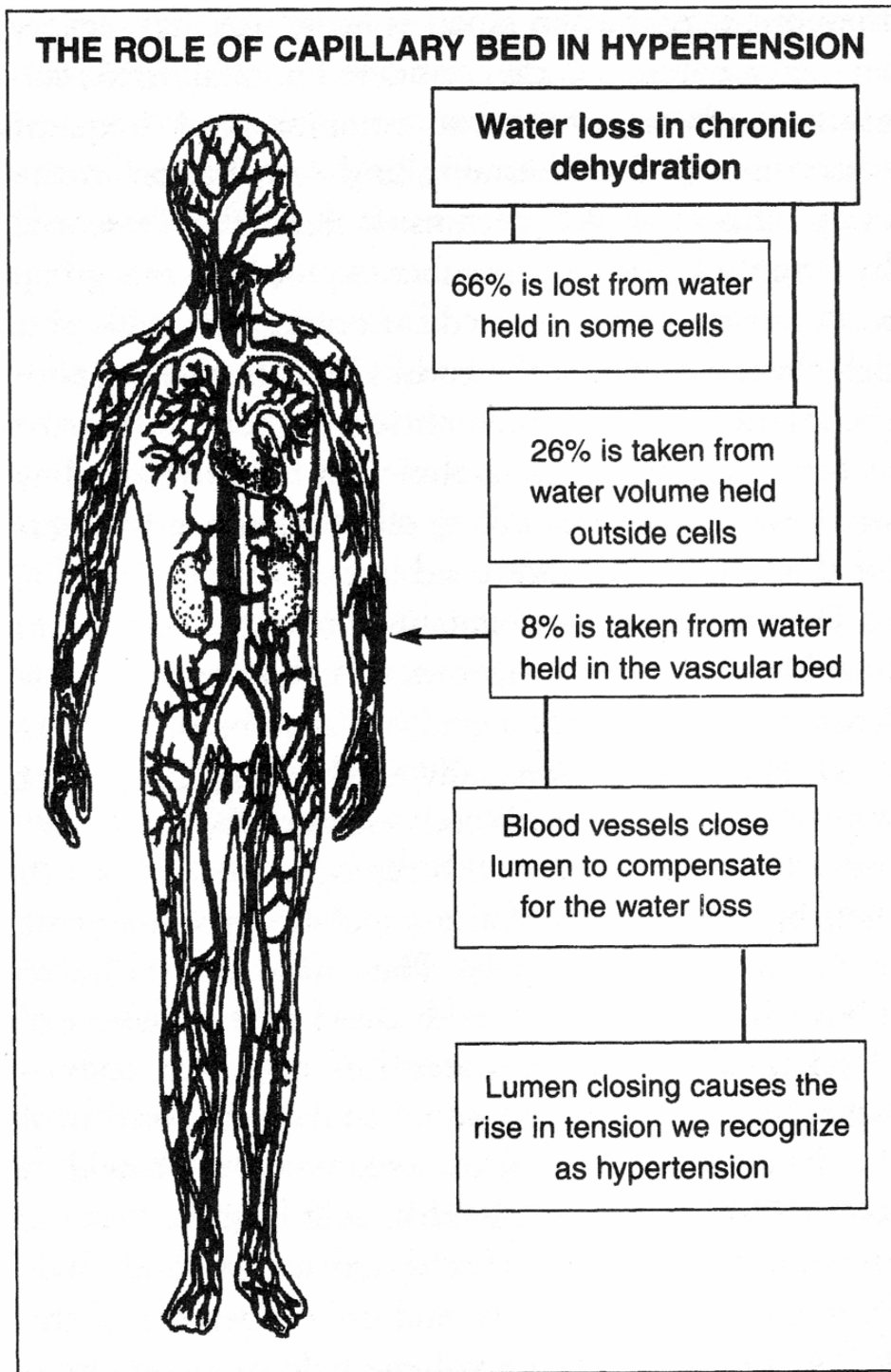
Batmanghelidj, F.; **"A New and Natural Method of Treatment of Peptic Ulcer Disease;"** J. Clin. Gastroenterology 5: 203-205, 1983

Batmanghelidj, F.; **"Pain: A Need for Paradigm Change;"** Anticancer Research, vol. 7, No.5B, PP 971-990, Sept.-Oct. 1987 – Guest Lecture – the International Workshop, New Perspectives in Cancer Research, 15-18 October 1987, Greece.

Batmanghelidj, F.; **"Neurotransmitter Histamine: An Alternative View Point;"** 3rd Interscience World Conference on Inflammation, Antirheumatics, Analgesics, Immunomodulators; Monte-Carlo, March 15-18, 1989, In Win 89, page 37, Book of Abstracts – invited presentation.



By living true to ourselves, true to our feelings, we are living true to God. It's that simple.



The vascular system all over the body adapts to blood volume loss by selective closing of the lumen. One major cause for blood volume loss is the loss of body water or its undersupply through the loss of thirst sensation.

UCD: A New Medical Discovery

"It Is Unintentional Chronic Dehydration That Causes Pain and Disease, Including Cancer In The Body. This information had been methodically and fraudulently concealed until now!"

F. Batmanghelidj, M.D.

Dear Friend:

At Last: We Can Now Cure Pain and Prevent Disease -- Naturally -- At No Cost:

My ground-breaking medical discovery reveals the missing natural element that prevents -- even cures -- the body's painful degenerative diseases -- naturally and at no cost!

I am honoured and proud to inform you that my research over 18 years -- in addition to my medical training and subsequent 33 years as a doctor -- has exposed the simplest natural cure to a vast number of health problems.

I invite you to read this report in its entirety. Read about my discovery, and in the light of the new information, learn how to become your own healer and cure your own health problems naturally -- I repeat, *at no cost!* Become your own diagnostician and doctor during these health care crisis times -- when you need to take charge of your own health and well-being. Also, you will discover:

- Why we in medicine were not able to permanently cure any of the painful degenerative diseases -- until now. And why we have frequently made deadly mistakes that add more pain, suffering, and irreversible complications in the process!
- Why we constantly had to experiment using different chemicals in the futile hope of finding something that would work -- and nothing has worked until now! Look at the spiralling health care costs every year.
- Why the drug companies have had to produce so many chemicals that are now proven to make 2,000,000 sicker and have killed over 100,000 annually -- even when used according to their manufacturers' recommendations! Judge for yourself how vulnerable we have become! The Washington Post of Wednesday, April 15, 1998 quotes the Journal of the American Medical Association: "One in 15 hospital patients in the United States can expect to suffer from a prescription or over-the-counter medicine, and about 5 percent of these will die as a result!" You should know that 1 in every 4 hospital admissions are said to be due to the side effects of routinely used prescription drugs.
- Why all of this is about to change, and with what mind-boggling simplicity!

What you are going to find out may at first sound too good to be true! This newly uncovered "ultimate cure" is so simple you will wonder why it has not been discovered until now! But I will prove every word you are about to read. I will also tell you why I think the drug industry has concealed this information when asking trusting physicians to prescribe its medications.

What you will discover in this letter is that we in medicine are trained to use chemicals to treat pain and disease when all the body needs is water -- a simple and abundantly available natural element.

Yes! Only water!

This is the reason why we in medicine have made so many deadly mistakes! We are routinely treating symptoms, signs and complications of drought in the body with toxic chemicals that kill more rapidly than the dehydration itself!

Who in his/her right mind would want to take toxic chemicals when all that their body needs is water -- free water -- natural water, the ultimate medication of choice to cure pain and prevent disease?

The commercial "sick-care" system and the drug industry do not want you to know that in most health problems you are only thirsty and not sick!

They survive and thrive if we remain ignorant of the knowledge of the different ways our bodies show we are thirsty -- that we are suffering from local or regional drought. When there is shortage of water, some parts of the body are forced to go without water. In this report, you will get to know how the drought-stricken parts reflect dehydration, and how you can recognize that you are truly thirsty. ***You will recognize why "dry mouth" is not a sign of thirst, but why different pains are!***

Understanding dehydration will empower you to become much healthier and live longer. There is more to it than just drinking water. *You will need to invest a little bit of your time and concentration and begin to understand the subject.* You might think: "I now know I need to drink water; that is enough." But you knew that all along. What you did not know -- and need to know -- is why and what happens if you too become forgetful and complacent, like millions of others who did not drink water until they got seriously sick -- with this or that disease -- but actually died of dehydration. Also remember, the body is not a container that can be replenished when empty. When dehydration has become symptom-producing, the reversal of its complications take time and understanding. This is the information you need.

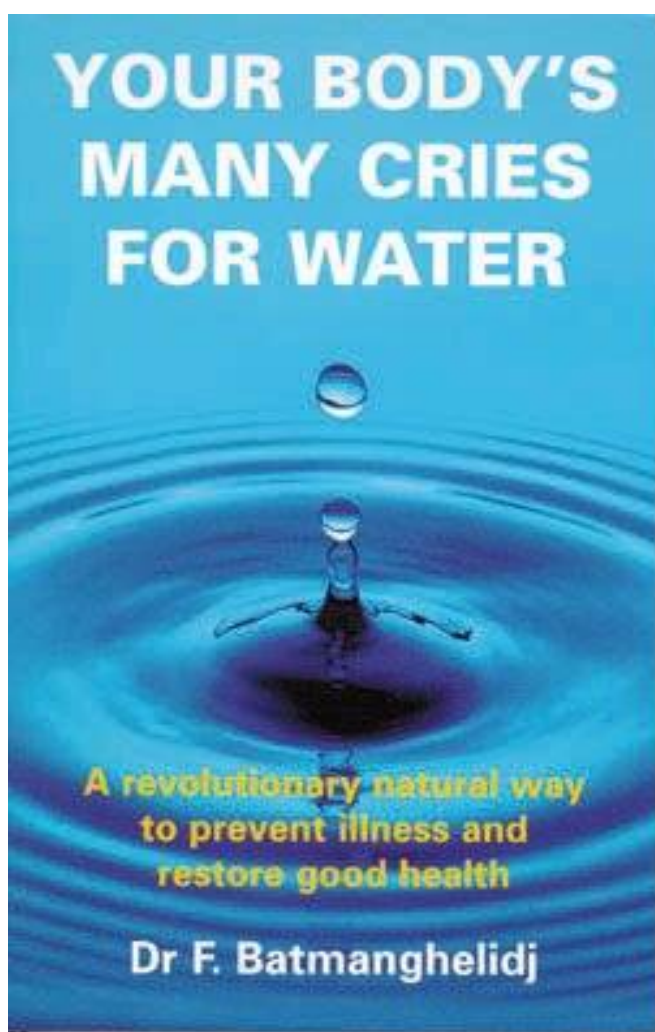
The fundamentals of the information you have in your hands have been scientifically peer-reviewed and presented at different national and international medical conferences -- and published in scientific journals. You are receiving this information directly because the **AMA** and **The National Institutes of Health** -- that you fund with your tax dollars and believe they are working for you -- have so far refused to tell the American people they were wrong in their past assumptions about the cause of pain and disease in the human body.

Now that I am at it, and before we get into the meat of this report, let me first give you some background information, and then tell you a *true story* that will dispel any illusions you may have had about the drug companies being on your side!

As you will learn, I have the scientific distinction of having successfully treated with only water over 3,000 people suffering from peptic ulcer disease. My report of this event was published as the main editorial of the Journal of Clinical Gastroenterology in June 1983, and also reported in the SCIENCE WATCH (Science Times) of the New York Times, Tuesday, June 21, 1983.

To me as a clinician, it became obvious that these people were suffering from a "thirst problem" and the label of "disease" is something we have concocted because we have not understood that pain and local damage can be one of the ways that persistent drought in the body shows itself.

One day, at a meeting held in the office of Professor Howard Spiro of Yale University, I made this view known. Professor Gregory Eastwood, who was then head of the department of gastroenterology at the University of Massachusetts, and who is now dean of a prestigious medical school, asked me if I could prove this view scientifically. I said I could.



I set out to scientifically prove the view that the human body can produce pain when it is thirsty...

And I did it!

Drug companies manufacture a class of chemicals that are strong antihistamines. Histamine is a brain chemical whose action the drug industry is determined to block when there is pain. Most strong pain medications are antihistamines. There are many kinds produced by different companies. One variety is called Tagamet. It is now a non-prescription drug that you can buy off the shelf.

I set out to research why histamine is the target when pain medications are used.

I discovered that histamine is a vital chemical messenger in the brain. Histamine has a most important function *not written about in medical textbooks*. It is in charge of water intake and drought management in the body. It is less active when the body is fully hydrated, and becomes increasingly active when the body becomes dehydrated. This was the connection I was looking for. In short, *histamine produces pain when an area in the body is suffering from drought!*

I had to search through numerous scientific journals to collect this information. It took several months to put this information together. I made several copies of a thick scientific volume, and had each volume bound -- in April 1985, 13 years ago! A copy was sent to each of the professors who were present at the meeting in Professor Spiro's office.

I presented at various conferences the discovery that the human body produces pain and develops various diseases when it is suffering from drought. One such conference was the 3rd Interscience World Conference on Inflammation, held in Monte Carlo in 1989.

Deception and Human Suffering! Here is the story that should dispel any myths about drug companies being on the side of consumers! In the autumn of 1988 I was invited to speak at the Gastroenterology Society meeting held at the Armed Forces Hospital in Riyadh, Saudi Arabia -- a hospital and a country that lack nothing money can buy. I was introduced to the local representative of a major drug company that manufactures one of these special pain medications. He did not know me or the topic of my presentation.

He was curious. Here I was in Saudi Arabia, from America, addressing a medical gathering.

He asked me, "Do you use our product?" I answered, "No, I do not."

He asked, "Are you using the product of our competitor?" I said, "No, I do not use the product of your competitor either."

With much surprise he asked, "Then, what do you use to treat your patients?" I told him, "I use water."

In amazement, he said, "What, water alone?" "Yes," I said, "Water alone."

Then I asked him the two questions that had bothered me for some time.

"As a researcher into the effect of histamine functions on the body physiology, your company must be aware of the primary role of histamine in water regulation and drought management of the body. Firstly, why do you insist that its actions should be blocked? And, secondly, why do you not explain this water-regulatory role of histamine in the body to the clinicians who are being asked to block its action by the use of your product?"

What do you think was his answer?

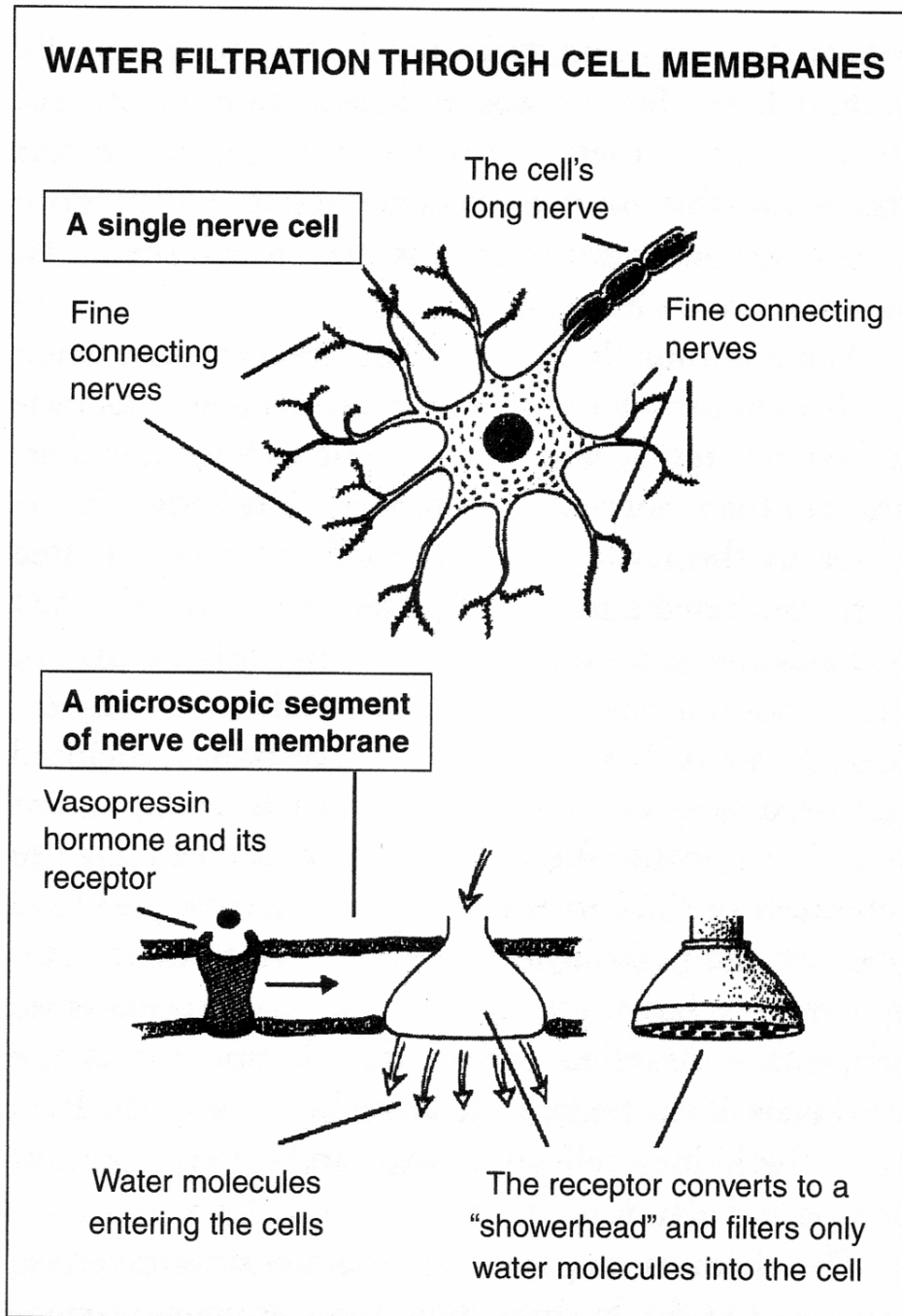
In an irritated tone of voice, he replied, "We are not here to educate the doctors. They should discover that for themselves! We are a manufacturing company interested in selling a product!" Exactly what I expected!

Fortunately, I am now able to reveal what drug companies have been for years concealing from the doctors and their patients. This new knowledge will make the practice of medicine much simpler -- and friendlier to you, your health, and your financial resources. What is more, medical jargon will no longer get in your way of understanding your own body and its ways of talking to you.

And, of course, the profession of medicine will once again become an honourable calling and not just a way to get rich quickly.



Fresh is Best!



The schematic model of a nerve cell, its membrane wall, and the vasopressin receptor that becomes transformed into a type of "showerhead" that lets only water through its very small perforations. This is part of the mechanism of reverse osmosis that the body employs to deliver filtered water into vital cells.

Pain No More: A Much Longer Healthier Life Too Was The Message

How and where do you think I made my discovery?

Secrets of "water cure" were revealed to me in the unlikeliest place you could imagine.

In a Middle Eastern political prison.

It was 1979 when all hell broke loose and I was caught in the inferno.

After graduating from St. Mary's Hospital Medical School of London University and having the honour of being selected as the resident doctor in my own medical school, I returned to Iran, where I was born, to set up medical centres and clinics for those in need. I became very successful in this endeavour. Then the political volcano erupted.

You saw it on the television screens. Angry masses engaged in the violent overthrow of the Shah and the Iranian government.

There was a tragic side to this historic event. Almost all professional and creative people who had stayed in the country were rounded up and taken to prison to be investigated, tried, and "dealt with" as quickly as possible.

Some people were shot on the first day or two. Their "revolutionary" trials consisted of establishment of identity, pronouncement of guilt, followed by the sentence. The trial would last no more than ten minutes. Other people were given a little more time before being "processed."

I was lucky to be among the latter group. I suppose my skills as a doctor were useful to prison authorities, hence the delay in my being "processed."

Evin Prison where I was held was built for 600 persons. At one point, it was "sardine-packed" with 8,000 to 9,000 prisoners. At the height of their revolutionary fervour, when segregating different political factions, prison authorities used some cells built for six to eight people to isolate up to 90 persons. One third would lie down, one third would squat, and one third would have to stand. Every few hours, prisoners would rotate position.

The nightmare of life and death in that hell-hole haunted everyone and tested the mettle of both the strong and the weak. This is when the human body revealed to me some of its greatest secrets, secrets never understood by the medical profession.

For most of the prisoners, who ranged in age from 14 to 80, pressures of the exceptionally harsh life caused much stress and ill health. Destiny must have chosen me to be there to help some of these desperate people.

One late night, about two months into my imprisonment (I had begun with six weeks in solitary confinement), my destiny revealed itself. It spoke to me in the loudest of words and forever changed my life.

It was past 11:00 p.m. I was awakened to see an inmate in excruciating stomach pain. He could not walk by himself. Two others were helping him stay upright.

He was suffering from peptic ulcer disease and wanted some ulcer pain medication. His face dropped when I told him I had not been allowed to bring medical supplies with me to prison.

Then the revolutionary breakthrough occurred!

I gave him two glasses of water.

His pain disappeared in minutes and he could begin to stand up by himself. He beamed from ear to ear. You cannot imagine the joy of relief he experienced, even in those harsh surroundings.

"What happens if the pain comes back?" he asked.

"Drink two glasses of water every three hours," I told him.

He became pain-free and remained disease-free for the rest of his time in prison. His "water cure" in that harsh environment totally amazed me as a doctor. I knew I had witnessed a healing power to water that I had not been taught in medical school. I am sure no other such observation has ever been made in medical research.



If water could cure a painful disease condition in that stressful environment, surely it needed further research! The penny dropped there and then. I realized that my destiny as a healer had brought me to this "human stress laboratory" to teach me a new approach to medicine and to reveal many other hidden secrets about the human body. I opened my eyes. Instinctively, I realized why I had come to prison!

I stopped thinking about myself and started to think about doing medical research in the prison. I began to identify the health problems that "blossomed" due to the stress of prison. By far the largest number involved ulcer pains. I treated those who came to me with what proved to be the best "natural elixir" -- water. I found water could treat and cure more diseases than any medication I knew about.

It Could Even Cure Someone Who Was Literally Dying of Pain

It was again past 11:00 p.m. I was on my way to a sick inmate when I heard a piercing groan from one of the cells at the end of the corridor. I followed the sound and found a young man curled up on the floor of his cell. He seemed to be totally detached, giving out deep, piercing groans.

"What is wrong?" I asked. He did not react. I had to shake him several times before he could reply.

"My... ulcer... is killing me."

"What have you done for the pain?" I asked. He told me: "Since one o'clock... when it started... I have taken three Tagamets... and one full bottle of antacid. But... not only has the pain not stopped... it has got worse since then." (At that time, prisoners were able to get medications from the prison hospital.)

By now, I had a much clearer understanding of peptic ulcer pain. What I did not realize until then was the severity it could reach when not even strong medications could stop it.

After examining his abdomen for possible complications, I gave him two glasses of tap water. Just over one pint.

I left him to visit another sick inmate. Ten minutes later I returned.

Groans of pain no longer filled the corridor.

"How do you feel?" I asked.

"Much better," he replied. "But I still have some pain."

I gave him a third glass of water.

And his pain stopped completely within four minutes.

This man had been semi-conscious, on the verge of death. He had taken a huge amount of ulcer medication -- with no result. And now, after drinking only 3 glasses of tap water, he became pain-free, sitting up and socializing with his friends. What a humbling discovery! And I thought I had received the best medical education in the world!

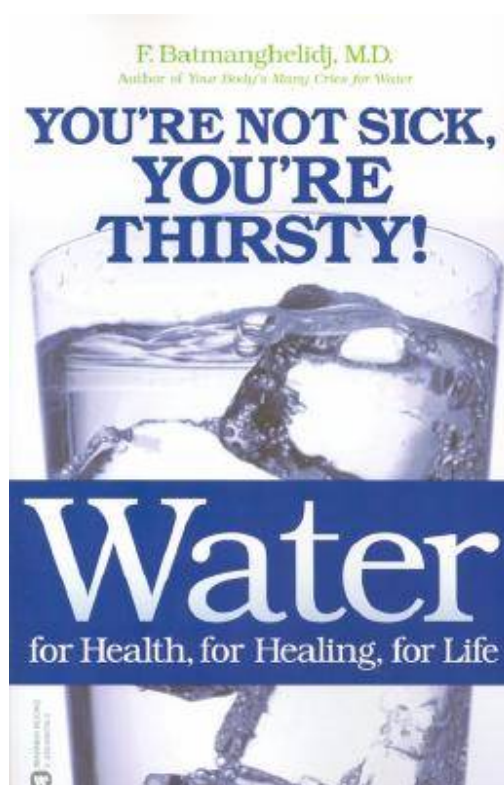
During the years of my captivity, I cured over 3,000 ulcer cases with only *water* in the Evin Prison -- "my God-given stress laboratory."

All thanks to water. Plain, simple, cost-free medicine for everyone. Water that we all take for granted! Water that the medical profession has dismissed as unworthy of research!

Since my eyes were opened to water as a natural medication, I have seen it heal and alleviate hundreds of traditionally incurable sicknesses and chronic pains.

I have seen water completely reverse conditions such as: *Asthma. Angina. Hypertension. Migraine headaches. Arthritis pain. Back pain. Colitis pain and chronic constipation. Heartburn and hiatal hernia. Depression. Chronic fatigue syndrome. High cholesterol. Morning sickness. Overweight problems. Even heart problems needing bypass surgery.*

All these disease conditions responded simply and permanently to water. Ordinary water. Any water you feel comfortable to drink.



Eat the Colors of the **Rainbow**

Day After Day ... Patient After Patient ... The Results Prove the Healing Power of Water

I have used water to cure people who were suffering from "incurable" diseases. I have cured people who suffered for 10 years, 20 years, even 30 years from painful conditions produced by dehydration.

The Mayo Clinic had pronounced Lloyd Palmer, of Minnesota, as incurable. Since 1965 he had suffered from excruciatingly painful arthritis of his spinal column -- ankylosing spondylitis. His spine twisted and lost movement until, he says, he became a "walking comma."

He suffered pain for 31 years, until he started to drink water and take salt. He writes: "I continue to be pain-free with my ankylosis spondylitis one year after starting the water / salt regime. My blood pressure is normal as well. I thank God every day for allowing me to finally be pain-free." Lloyd Palmer's story is so incredible that Paul Harvey reported it on his ABC News program. He also wrote a syndicated column, printed in a few hundred newspapers.

In a recent news broadcast on ABC television, Peter Jennings announced that 110 million Americans suffer from chronic pains. The breakthrough medical information these people need to regain their health is now in your hands. Empower yourself -- increase your knowledge of persistent dehydration and its "calling cards," now that you have the opportunity. Learn the secrets to a much longer pain-free life.

Attention! It is easy to understand what water does in your body, but bear in mind there is more to it than just simply drinking water. You must learn to re-hydrate your body gradually and carefully. You need to recognize your own particular early indicators of thirst. Not everyone is the same. You must learn what can happen to *your own body* when it becomes dehydrated. Not every body registers drought in the same way. Depending on where the drought has settled, the initial indicators are different in different people.

Q. Is there more to the cure program than just water?

A. Yes, there is much more. In the same way you need a road map to drive through a new country, you need more information to understand, prevent, even reverse complications of dehydration. The detailed information in *My Natural Miracle Cure Program* is vital for your initiation into the new art of self-healing. My information is exclusive and you will not find it elsewhere.

WARNING! You must learn how to start drinking water in a way that you do not collect water in your lungs-- particularly if you have been dehydrated for some time, or if you are on medications-- and eventually wish to get off medications.

In *My Natural Miracle Cure Program* I will show you how to:

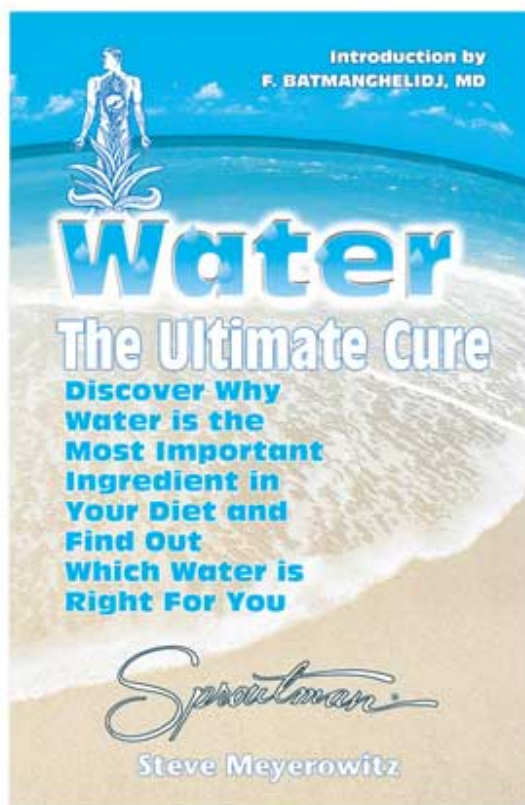
- **Cure virtually all pains at no cost -- forever** -- without drugs, surgery, acupuncture, herbal prescriptions, manipulation, homeopathy, meditation, bio-feedback, hypnosis, or other commercial ways used for relief of pain.
- **Reduce your blood pressure naturally**, without any harmful medication -- such as diuretics that further dehydrate the body. When blood pressure is raised, the body is operating a water-rationing

program -- it has to raise the pressure to inject filtered water into vital cells. This is why diuretics are slow poisons that surely and prematurely kill. Wise up to this discovery if you or someone you know is suffering from high blood pressure! I am not selling water. I am sharing this information with you free of charge. But you need to know more.

- **Lower your blood cholesterol** without medication.
- **Add many healthy pain-free years** to your life.
- **Lose unwanted pounds of excess weight.** Look and feel years younger. Donna Gutkowski's letter on page 111 of **Your Body's Many Cries for Water** tells her story of how she lost 40 pounds of unsightly weight before she got married. "I can walk down the aisle looking better than I have looked in 15 years."
- **Regain your youthful skin.** Get rid of "crow's feet" on your face.
- Increase your **mental power** and alertness.
- **Become stress-free.** Don't forget, the stress-relieving and disease-curing miracles of water were first discovered in a harsh political prison.
- **Prevent and cure migraine headaches.** (Read Mavis Butler's astonishing letter on page 52 of the Cries for Water book, and discover how water changed her life. At times she did not wish to live because of long-lasting headaches that kept her in bed for days on end -- in pain!)
- **Prevent Alzheimer's disease.** Regain your memory, even in old age. THINK! The brain is 85 percent water. When water in the brain becomes insufficient, the brain shrinks. The plum-like cells become prune-like. Only in their natural fully hydrated state are brain cells able to connect and "talk" to one another, and we are able to remember things. This is why my research indicates that Alzheimer's disease is caused by chronic dehydration of the brain cells. When dehydrated, many brain cells die. Unlike other cells in the body, new brain cells are not produced to replace the dying ones. Learn to prevent brain cells' early death. Learn to even partially reverse some of the damages of dehydration of your brain.
- **Prevent heart disease.** Cure angina pain. Read the letters on pages 92 and 93 from Sam Liguori and 90-year-old Loretta Johnson, long-time angina sufferers whose conditions were cured completely.
- **Regain the sexual powers** of your earlier years.
- **Learn to give your body what it needs.** Avoid giving it substances that cause further problems. Most medications are nothing less than slow poisons with dangerous side effects. They do not correct the on-going problem of dehydration.
- **Cure asthma in a few days – forever.** In chapter 9 of my book, you will read how asthma and allergies occur. You will read testimonials from several asthma sufferers who describe how water and salt saved them from constant shortness of breath, and possible suffocation and death from a more severe attack of asthma. They are just a few of the 14 million asthmatics in this country -- 12 million of them children. Several thousand die every year from suffocation. Dehydration that manifests itself in the form of asthma in still-developing children will undoubtedly produce some genetic damage -- because of altered DNA environment in dehydrated cells. Please join me in my crusade to end asthma in five years. We can do it. All you need to do is to understand how it occurs. You can then advise others who suffer from asthma. The simplicity and effectiveness of the cure is a miracle. You cannot stand on the sidelines of this human suffering!

Side note on asthma – to make your blood boil a little more. If you take a look at two feature articles on asthma, one in Life Magazine of May 1997 and the other in Newsweek of May 20, 1997, you will weep for the asthmatic children who are forced to live on constant medication of some sort or another lest they

suffocate to death. Naturally, there are quite a number of full page ads for the same recommended drugs in each magazine. Newsweek magazine's science editor has for some time been aware of my discovery that asthma denotes a "state of dehydration," yet there is no mention of my natural and free asthma cure in the article. I can only assume that advertising dollars are more important to the magazine than the simple cure that is now available for asthmatics!



Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

Relieve, Even Cure, Multiple Sclerosis

On page 70 of my book, you will read the testimony of a person with MS who was cured with water. In tape #4 of the audio program -- *Water: Rx For A Healthier Pain-Free Life* that accompanies the book, you will listen to the letter of another person whose one eye, blinded by MS, regained its sight. Both these and other MS patients recovered after they followed the recommendations in **My Natural Miracle Cure Program (CDs)** .

In **My Natural Miracle Cure Program (CDs)** you will discover:

- Why many drinks actually make you more dehydrated, and increase your urgent need for water. **Why diet sodas can actually make you gain weight!** Learn the basic cause of overeating. Learn why 30 percent of Americans are grossly overweight. Discover the only permanent way of losing weight, without the yo-yo effect of other diet programs. The dangers of artificial sweeteners. Discover why the caffeine and false sweeteners in sodas are more harmful together.
- **Why blood tests do not show dehydration.** Because, in dehydration, 66 percent of the water loss is from inside of the cells in a drought-stricken area. 26 percent of the water loss is from the fluid environment of the cells in the area, and only 8 percent of the water loss is from inside the blood vessels of the area. The blood vessels close up and don't show they have lost 8 percent of the total loss. This is why blood tests are useless in the diagnosis of symptom-producing drought in the body. You need to understand the other signs and symptoms of dehydration that I have identified during my 18 years of research.
- Why your body's thirst is not signalled by a "dry mouth." In fact, there are many indicators of thirst before you develop a dry mouth. Why diseases occur at a level of dehydration that does not cause a dry mouth.
- **Why doctors are wrong** in their instructions to cut out salt from your daily diet. Learn why this "forbidden" substance is vital to your body. Learn how salt can be used as pain medication in arthritis; as a cure-producing medicine in asthma and allergy treatment. Even in hypertension, it does more good than harm. Learn how water and salt together can CURE many diseases. Learn how to use salt as an effective sleeping "pill!"
- Why even orange juice is only good for you in small amounts. Too much can cause health complications people are not aware of.

Imagine, at the very end of the 20th Century, my colleagues in medical practice do not yet understand the consequences of persistent dehydration, and yet they take charge of the sick in the "sick-care" system! We have until now relied on the drug industry's research to show us new treatment modalities, and the medical schools have towed the line!

This is why I am fighting the system by talking directly to you, and millions like you, by sending you this medical report! From here on, the ball is in your court. Play it well, and free yourself from the self-serving ways of commercial medicine. It angers me when people -- who only need water to be cured of their health problems -- are talked into long-term use of expensive medications (up to \$10-\$15 a pill) and unnecessary treatment procedures such as: Acupuncture! Manipulations! Surgery! Fad diets! High doses of vitamins! Psychotherapy! Hypnosis! Massage!

My mission today is to help as many people as humanly possible alleviate their pain and disease. To accomplish this, I have distilled my 18 years of research into the most comprehensive book on water available anywhere. Additionally, I've just completed a 10-hour audio series that picks up where the book ends. If you or a loved one suffer disease or pain, or are simply fed up with fancy double talk from those within the medical establishment, I urge you to order your own copy of *My Natural Miracle Cure Program*. Included in the program is:

The book, **Your Body's Many Cries for Water** -- second edition -- hard cover, exclusive to this program. Since its debut, the book has been printed 21 times. It has been translated into a number of languages. Here is what some eminent professionals are saying about it:

"Dr. Batman's books are full of common sense and truthful medical advice. His suggested treatment of disease goes to the roots, the cause of it, and anyone who is fortunate enough to read them won't be disappointed with their purchase."

--Dr. Laurence A. Malone
Dean for Academic Affairs
Learning Center For College Sciences, Ohio

"I was particularly stunned by Dr. Batmanghelidj's lucid description of how lack of water is the primary cause of hypertension."

--Julian Whitaker, M.D.
Health and Healing Newsletter

"Dr. B's book hits the nail on the head. Period."

--Dr. Arthur Moll.

"Thanks to Dr. Batmanghelidj. I put your book next to the Bible and read them both."

--Dick Gregory.

"One man's solution to rising health costs."

--Paul Harvey
ABC Radio News and national syndicated columnist

"As an Internist / Cardiologist, I find Dr. Batman's research incisive, trenchant and fundamental. This work is a Godsend for all."

--Dan C. Roehm, M.D., F.A.C.P.

"I consider your insights some of the most amazing I have encountered in medicine."

--L.B. Works, M.D., F.A.C.O.G.

Audiotape seminar: Water: Rx for a Healthier Pain-Free Life. The information in this 10-hour course is unique, and newly presented. Although it complements the book, the course is not a tape of the book. My message in these products is: "You are not sick. You are thirsty. Don't treat thirst with medications." Read how water has helped these people:

Physician Cures Her Child!

"...My 8-year-old has suffered with severe allergy symptoms related to allergic rhinitis and asthma... Within 2-3 days he showed dramatic improvement... he is more alert, and his school grades have improved... I want to emphasize how effective this treatment has been."

--Cheryl Brown-Christopher, M.D., Maryland

Multiple Sclerosis Under Control!

"I am a person with MS... I have been using your program for four weeks. I can confidently say I am thrilled with the results. Truly your discovery has given me back a portion of my life."

--John Kuna, Pennsylvania

Eyesight Restored!

"About a month ago my boyfriend lost his sight because he has MS... He has gained his sight back (20/40) by using your suggestion of water, carrot juice, vitamin E and vitamin B. The doctor at the NE Eye Institute could not believe his eyesight came back."

--Karen Simone, Pennsylvania

No More Drugs!

No more heartburn, back feels great, fantastic. No more drugs." Harry Finn, North Carolina

Multiple Benefits of Water!

"The benefits I have received are beyond words... Shoulder, back and neck pain that my doctors said I would suffer the rest of my life are completely gone. I have lost weight. My skin has a rich glow and is extremely toned."

--Rosetta Fluke, Washington

Lose Weight Without Trying!

"I easily took off 15 pounds without trying. I eat whatever I want... I can honestly say that you have made losing weight an easy thing to do. I know of two brothers, one lost over 100 pounds and the other lost 30."

--Bob Butts, Pennsylvania

Medical Doctor Cures His Own Asthma!

"Due to the information you have provided I have been able to ameliorate and cure my own asthma... Also, I have been able to advise other patients with respiratory and allergen problems. Thank you for giving me and others the breath of life through something so simple..."

--Jose A. Rivera, M.D., Pennsylvania

Pain and Disease Gone!

"No more indigestion, colon problems, food allergies, chronic and acute back problems, emotional or mental confusion. At the age of 51, I had all of the above, and now at the age of 52, I am in excellent health!"

--Bill Gray, Virginia

Sexual Prowess Regained!

"I have noticed at least one change in my physiology. My ability to get and hold an erection has vastly improved. I am 57."

--Name Withheld, Kansas MI

Do not be surprised by the number of conditions water can prevent, treat and cure.

Rise above the basic medical ignorance that has classified so many "states of dehydration" as different diseases.

You must give your body what it needs: not what makes you sicker than before.

My Natural Miracle Cure Program will empower you to respond to your body's different "cries" the right way. You will:

- Learn why high cholesterol is linked to dehydration, and is not directly connected to the amount of fat you eat. Learn how to lower cholesterol naturally -- without strict diets or chemical treatments that don't work.
- Discover why migraine headaches occur, and how to prevent them. Learn why a certain way you sleep can cause head pain. Learn why pain medications stop being effective -- forcing you to change them and often increase their strength.
- Discover the hazards of one of the most-used groups of over-the-counter and prescription medication. Some so-called "safe medications" -- regularly advertised on television -- have been implicated in Alzheimer's disease. One of the ingredients of these medications is found heavily deposited in the brains of people with Alzheimer's disease -- irreversibly damaging the brain.
- Learn why colitis, hiatus hernia, and bulimia indicate the body has been calling for water.
- Discover how non-prescription pain-killers can damage your health. Many thousands die every year from over-the-counter pain medication. Say no to the use of these chemicals when your body only needs water. All you need to learn is why, when, and how to use water as a medicine.
- Discover how to stop childhood allergies once and for all. Stop treating your child's dehydration with drugs before you cause permanent and irreversible damage. One such permanent damage is diabetes. It can quickly follow other calls of the body for water. If you do not want a diabetic child in your family -- needing to inject insulin every day -- read about the link between dehydration and diabetes -- in both the young and the old.
- Discover why a common discomfort of pregnancy is actually the foetus's way of showing it needs water. Discover how sufficient water intake during pregnancy can positively influence the normal growth of the foetus. Remember, the woman's uterus is a physiological school for the foetus. What the foetus learns from the mother's chemistry will program its subsequent life.

- Discover why water is the best weight-reducing substance. I know a man who weighed 480 pounds. He lost 290 pounds in one year by drinking water whenever he felt hungry. He had to have two operations to remove the loose skin. Another man lost 156 pounds in a year and a half. He reduced 14 pant sizes. A 15- to 45-pound weight loss with water is possible with minimal effort.
- Discover why water is the best natural diuretic -- and antihistamine. It's also the choice treatment for arthritis, heartburn / hiatus hernia, asthma, allergy, depression, stress, angina pain, hypertension, back pain, heart disease, skin problems, prevention of cancer. And many more.
- ***My Natural Miracle Cure Program*** teaches you a trick restaurants use to make tap water taste sweet -- like an expensive variety of bottled water.



<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

info@pascashealth.com

You Are in Possession of Exclusive Life-Saving Information

What you have read so far is exclusive information. The **Natural Miracle Cure Program (CDs)** you are being offered as the next step in the process of your empowerment is the most important health package you could ever find. It is what all sick people have been praying for.

One simple element -- water -- can make so much difference in the life of a person -- one member of our society. Multiply this outcome by the number of people in this country and you will see how easily we can reverse the health care crisis of America. We can reduce the annual health care costs by no less than 60 percent, and have a truly healthy society.

As I said, it has taken me 18 years of full-time research -- on top of my medical education and many years of clinical experience -- to make the curing miracles of water available to people. I have left no stone unturned to develop my research -- even when it meant I had to stay in prison longer than officially sentenced.

When I was finally declared innocent of the charges that had been levelled at me -- and offered earlier release from Evin Prison -- ***I asked to remain incarcerated for a while longer to complete my research*** -- it actually took me 4 months longer! I was in the middle of serious research that I needed to complete at any cost. Evin was the greatest "human stress laboratory" any serious research scientist could find. Life in prison was still very risky. There was no law or order. Any guard could do what he wanted, even cause someone to be shot on whim. But I had to stay longer and complete my research.

The prison officials could not believe their ears, but they agreed. By then the whole prison community was confounded by my work. The officials began to acclaim the work as theirs, and praised prison as an environment for "scientific research."

By the time I left prison -- after 2 years and 7 months -- I had gathered enough clinical data to begin changing the way medicine is practiced -- to make it into a truly science-based, people-friendly healing art.

My message was simple. ***"It Is Chronic Dehydration That Painfully and Prematurely Kills."***

I left all my possessions and my country in the middle of the night in the fall of 1982. I escaped over its borders into Turkey. In November 1982, I reached America, and continued the scientific aspects of my research.

I was eager to share my findings with medical researchers here. I naively thought that what I had discovered would be considered important by leaders of medical research in America.

Alas, neither the American Medical Association, nor the National Institutes of Health would have anything to do with this medical breakthrough!

Even though I have presented my clinical findings and their scientific explanations at international and world conferences, and published them in serious medical journals, these institutions have refused to

acknowledge them. They refuse to study the medicinal effects of water in place of the drugs they routinely push their members or followers to use.

They cannot admit to the American people they have made a bad mistake and that drugs are not the best treatment or cure for many diseases. They cannot admit that this **blunder** has cost society trillions of dollars. They cannot face the public and say: "Sorry, we have now discovered that, in most health problems, you are not sick -- you are only thirsty for water!" I now see that my mission can not be completed until I find a way to reach individuals in our society directly-- hence this medical report being sent to you today.

By now you must be aware that this unique medical breakthrough can alter your life forever. If you value your health the way you should, you need more information than I have been able to give here. Should you wish to know more than I can cover in this report, I recommend that you get my health education program that has been specially prepared for the lay public.

Learn more about the health benefits of water. Take advantage of this offer. I have packaged my information in a way most people can understand and use. All it takes is the will to learn the way your body talks to you -- an entirely new language. Understanding how your body makes its needs for water known is vitally important to your health and well-being.



By living true to ourselves, true to our feelings, we are living true to God. It's that simple.

The Water Cure: How Much Water and How Often?

Chapter 12 You're Not Sick, You're Thirsty! By F Batmanghelidj

Let me give you the single most effective prescription for well-being, improved health, disease prevention, potentially reversible stages of degenerative diseases – and finally the best pain medicine in the world. It needs no doctor's prescription. It is freely available. It costs nothing. It has no dangerous side effects. It is the medication your body cries for when it is stressed. It is good old plain, natural water – ready cash for the industrial systems of the body.

Every twenty-four hours the body recycles the equivalent of forty thousand glasses of water to maintain its normal physiological functions. It does this every day of its life. Within this pattern of water metabolism and its recycling process, and depending on environmental conditions, the body becomes short of about six to ten glasses of water each day. This deficit has to be supplied to the body every day.



If you think you are different and your body does not need this amount of water, you are making a major mistake. The body uses up the equivalent of between six to eight glasses of its total body water for essential functions. It needs on average upwards of half its weight in ounces of water per day – a minimum of eight to ten glasses. Water should be taken in eight – or sixteen – ounce (250ml to 500ml) portions spaced throughout the day. In the same way you don't let your car run out of gas before you fill the tank, the body must not be allowed to become dehydrated before you drink water.

- Water should be drunk before meals. The optimum time is thirty minutes before eating. This prepares the digestive tract, particularly in people with gastritis, duodenitis, heartburn, peptic ulcer, colitis, or gas-producing indigestion.
- Water should be taken anytime you are thirsty – even during meals.
- Water should be taken two and a half hours after a meal to complete the process of digestion and correct the dehydration caused by food breakdown.
- Water should be taken first thing in the morning to correct dehydration produced during long sleep.
- Water should be taken before exercising to have it available for creating sweat.
- Water should be taken by people who are constipated and don't eat sufficient fruits and vegetables. Two to three glasses of water first thing in the morning act as a most effective laxative.

WATER OR FLUIDS?

Naturally, we wonder why we should drink water and not the pleasing and taste-enhancing beverages that are now the staples of our modern society. After all, they are made from water and do the job of quenching our thirst – or at least we feel they do. In fact, much of the problem of bad health is founded on this misconception. As far as the chemistry of the body is concerned, water and fluids are two different

things. As it happens, popular manufactured beverages contain some chemicals that alter the body's chemistry at its central nervous system's control centres. Even milk is not the same as water. Milk is a food and must be treated as food.

The body needs water – nothing substitutes for water. Coffee, tea, soda, alcohol, and even milk and juices are not the same as water.

CAFFEINE IN BEVERAGES

- A cup of coffee contains about 80 milligrams of caffeine, and a cup of tea or one soda has about 50 milligrams.
- Chocolate also contains caffeine and theobromine, which acts like caffeine.
- Caffeine further dehydrates the body – you urinate more than the volume of water contained in the beverage.
- Caffeine blocks the production of melatonin in the brain. Dr Kenneth W Wright Jr., discovered the melatonin-inhibiting effect of caffeine in 1994. This inhibitory effect of caffeine on melatonin production by the pineal gland of the brain seems to last six to nine hours. Melatonin regulates the functions of the body during sleep; it induces sleep. Thus, melatonin inhibition is one reason why coffee induces wakefulness.
- Caffeine intake on a regular basis by pregnant women can increase the risk of producing low birth-weight infants. It can even cause spontaneous abortion or damage to the foetus.
- Caffeine inhibits the enzymes used in memory making, eventually causing loss of memory. It has been shown to inhibit the enzyme phosphodiesterase (phosphor-di-esterase), which is involved in the process of learning and memory development.
- Caffeine can be toxic to brain cells. Some plants use caffeine as a defence against their predators. Caffeine toxicity in predators decreases their natural wit and ability for survival against their own predators. They forget how to camouflage themselves and become prey to their own predators. This is how the coffee plant gets rid of its pests.
- Seniors and children should not take caffeine. It can affect their normal brain functions, and their wit to survive may become less sharp.
- People taking five to six cups of coffee a day are twice as likely to suffer heart attacks.
- Caffeine can damage DNA and cause abnormal DNA by inhibiting the DNA-repair mechanism.
- Caffeine has been shown to cause genetic abnormalities in animals and plants.
- Caffeine attacks the brain cells' reserves of energy and lowers their threshold of control, so that the cells overspend from their energy pool. It indiscriminately turns on many energy-consuming functions to the point of causing exhaustion. When brain cells that have been influenced by caffeine confront a new situation that demands their full cooperation, they have a shortfall of energy. This creates a delay in brain response – hence exhaustion and irritability after excess caffeine consumption. Caffeine may cause attention deficit disorder in young people who consume too much soda.
- Water by itself generates hydroelectric energy. Caffeine in the same water stimulates the kidneys and causes more water to exit the body than is in the drink. This exhausts the brain cells' reserves of energy.

Caffeine-containing sodas / soft drinks with artificial sweeteners are more dangerous than those containing regular sugar. Artificial sweeteners are potent chemical agents that fool the brain cells by masking as

sugar. Sweetness normally translates to the entry of energy into the body. The sweeteners, through the taste buds, program the brain to behave as if ample sugar for its consumption has reached the body and will imminently reach it through the circulation. Since there is strict control on the level of sugar in the blood, the brain calculates the outcome of the sweetness and instructs and programs the liver not to manufacture sugar from other raw materials, but to begin storing sugar. When the sugar that was promised through the taste buds is nowhere to be found, the brain and the liver prompt a hunger sensation to find food and make good on the promise of energy. The result is a state of anxiety about food. It has been shown that people who consume artificial sweeteners seek food, and eat more than normal, up to ninety minutes after the intake of the sweetener. This is part of the reason why more than 37% of the US population is obese.

Caffeine-containing diet sodas, therefore, constitute a sort of double jeopardy to the body in that caffeine causes many complications, while artificial sweeteners have their own detrimental chemical effects. Decaffeinated diet sodas may be particularly harmful in diet programs, especially if the sweetener is aspartame. Aspartame has been implicated in the increased incidence of brain tumours and seizures.

ALCOHOL in BEVERAGES

- Alcohol in beverages causes dehydration – the kidneys flush water out.
- Alcohol prevents the emergency water supply system to the brain. It inhibits the action of vasopressin and causes brain-cell dehydration. It is brain dehydration that signals as a hangover after you have taken a few drinks.
- Alcohol can be addictive and functionally depressive.
- Alcohol can cause impotence.
- Alcohol can cause liver damage.
- Alcohol can suppress the immune system.
- Alcohol consumption may increase the chances of developing cancers.
- Alcohol produces free radicals (acid like substances) that normally attack and damage some sensitive tissues if allowed to circulate freely. Among other things, melatonin is used up to scavenge these free radicals. This results in low melatonin content in the body.
- Alcohol addiction may be caused in part by dehydration of cell membranes, particularly brain cells.
- Dehydration promotes the secretion of the natural endorphins in the body – the addictive factor.

Now that I have mentioned alcohol, let me also tell you that most alcoholics are actually searching for water. Water has a natural satiety impact through the hormones motilin, serotonin, and adrenaline, which culminates in the enhanced action of the body's endorphins. Alcoholics learn that alcohol, through its stressful dehydrating action on the brain, will also cause the release of endorphins. This is how they become addicted to alcohol. If alcoholics begin to increase their water intake, or reach for a glass of water in place of a beer or a shot of their favourite hard stuff, their cravings for alcohol will tend to decrease and they will be more likely to kick the habit with surprising ease.

The natural action of alcohol on the brain is an across-the-board inhibition of all its functions, including its pain-sensing centres. The inhibitory centres of the brain are depressed first. This is how some people get an emotional release in the presence of others from taking alcohol. If these people are by themselves, alcohol will probably put them to sleep. In short, alcohol is a depressant. Depressed people should not

take it. Water, on the hand, does not depress the brain, and it provides a more satisfying and enduring high, with lots of energy to perform whatever is desired.

JUICES and MILK in PLACE of WATER

Replacing the water requirement of the body with juices or milk causes different problems. Too much orange juice increases histamine production and can cause asthma in children and adults. Even the natural sugar in juices will program the liver into fat-storing mode – a prescription for getting fat.

Milk should be considered a food. Infants who receive formulated milk other than mother's milk need it in a much more diluted form than is manufactured at present. Non-breast-fed babies should receive more water in their diet. It has been shown in some autopsies that infants who were not on mother's milk had developed heart arteries that showed signs of cholesterol. It is true that milk is a good watery source of calcium and proteins for health maintenance, yet milk should not be taken as a total replacement of the water that the body needs. It should be remembered that cow's milk is naturally designed for the calf that begins to walk within hours of its birth. To give undiluted milk to babies or children who are not moving much may be inviting trouble.

It is clear that the human body has many distinct ways of showing its general or local water needs, including its production of many localised complications such as asthma and allergies. Other drastic signs of the body's water needs are localised chronic pains such as heartburn, dyspepsia, rheumatoid joint pain, back pain, migraine headaches, leg pain when walking, colitis pain, and a most advanced sign, anginal pain. Complications such as hypertension, Alzheimer's disease, multiple sclerosis, Muscular dystrophy, cholesterol blockage of the arteries (leading to heart attack and strokes), and diabetes may also be connected to dehydration. Ultimately, cancers, I believe, may also be a major health problem connected to persistent water shortage of the human body.

Chronic dehydration produces many symptoms, signs, and, eventually, the degenerative diseases. The physiological outcome of the sort of dehydration that produces any of the problems mentioned earlier in the book is almost the same. Different bodies manifest their early symptoms of drought differently, but in persistent dehydration that has been camouflaged by prescription medications, one by one the other symptoms and signs will kick in, and eventually the person will suffer from multiple "diseases".

We in medicine have labelled these conditions as outright "diseases" or have grouped them as different "syndromes". In recent years, we have grouped some of the syndromes – with some typical blood tests – and called them autoimmune diseases, such as lupus, multiple sclerosis, muscular dystrophy, insulin-independent diabetes, and so on.

Medical research has until now been conducted on the assumption that many conditions – which I consider to be states of dehydration or its complications – are diseases of unknown aetiology. From the presently held perspectives of human health problems, we are not allowed to use the word *cure*. We can at best "treat" a problem and hope it goes "into remission".

From my perspective, most painful degenerative diseases are states of local or regional drought – with varying patterns. It naturally follows that, once the drought is corrected, the problem will be cured if the dehydration damage is not extensive. I also believe that to evaluate deficiency disorders – water

deficiency being one of them – we do not need to observe the same research protocols that are applied to the research of chemical products. Identifying the shortage and correcting the deficiency is all we have to do.

It is now clear that the treatment for all dehydration-produced conditions is the same – a single treatment protocol for umpteen numbers of conditions. Isn't that great? One program solves so many problems and avoids costly and unnecessary interferences with the body.

The first step in this treatment program involves a clear and determined upward adjustment of daily water intake. Persistent dehydration also causes a disproportionate loss of certain elements that should be adequately available in the stored reserves in the body. Naturally, the ideal treatment protocol will also involve an appropriate correction of the associated metabolic disturbance. In short, treatment of dehydration-produced diseases also involves correction of the secondary deficiencies that water deficiency imposes on some tissues of the body. This multiple-deficiency phenomenon, caused by dehydration, is at the root of many degenerative diseases.



A change of lifestyle becomes vital for the correction of any dehydration-produced disorder. The backbone of The Water Cure program is, simply, sufficient water and salt (sea salt) intake; regular exercise; a balanced mineral-rich diet that includes lots of fruits and vegetables and the essential fats needed to create cell membranes, hormones, and nerve insulation; exclusive of caffeine and alcohol; and meditation to solve and detoxify stressful thoughts. Exclusion of artificial sweeteners from the diet is an absolute must for better health.

It should also be remembered that the sort of dehydration that manifests itself as asthma leaves other scars within the interior parts of the human body. This is why asthma in childhood is such a devastating condition that leaves its mark on children and may expose them to many different health problems in later life. My understanding of the serious damaging effects of dehydration during childhood is the reason I have been concentrating much of my efforts on the eradication of asthma among children.

The first nutrient the body needs is water. Water is a nutrient. It generates energy. Water dissolves all the minerals, proteins, starch, and other water-soluble components and, as blood, carries them around the body for distribution. Think of blood as seawater that has a few species of fish in it – red cells, white cells, platelets, proteins, and enzymes that swim to a destination. The blood serum has almost the same mineral consistency and proportions as seawater.

The human body is in constant need of water. It loses water through the lungs when we breathe out. It loses water in perspiration, in urine production, and in daily bowel movements. A good gauge for the water needs of the body is the colour of urine – not counting the colour of vitamins or colour additives in food. A comparatively dehydrated person produces yellow urine. A truly dehydrated person produces

urine that is orange in colour. An exception is those who are on diuretics and flush water out of their already dehydrated bodies and yet produce colourless urine.

The body needs no less than two quarts (2 litres) of water and a half teaspoon of salt every day to compensate for its natural losses in urine, respiration, and perspiration. Less than this amount will place a burden on the kidneys. They will have to work harder to concentrate the urine and excrete as much chemical toxic waste in as little water as possible. This process is highly taxing to the kidney cells. A rough rule of thumb for those who are heavysset is to drink a half ounce of water for every pound of body weight. A two-hundred-pound (90 kilograms) person will need to take one hundred ounces (3 litres) of water. Water should be taken anytime you are thirsty, even in the middle of a meal. Water intake in the middle of a meal does not drastically affect the process of digestion, but dehydration during food intake does. You should also take at least two glasses of water first thing in the morning to correct for water loss during eight hours of sleep.



Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

LOW FREQUENCY EQUALS POOR HEALTH:<http://www.tainio.com/ir/>

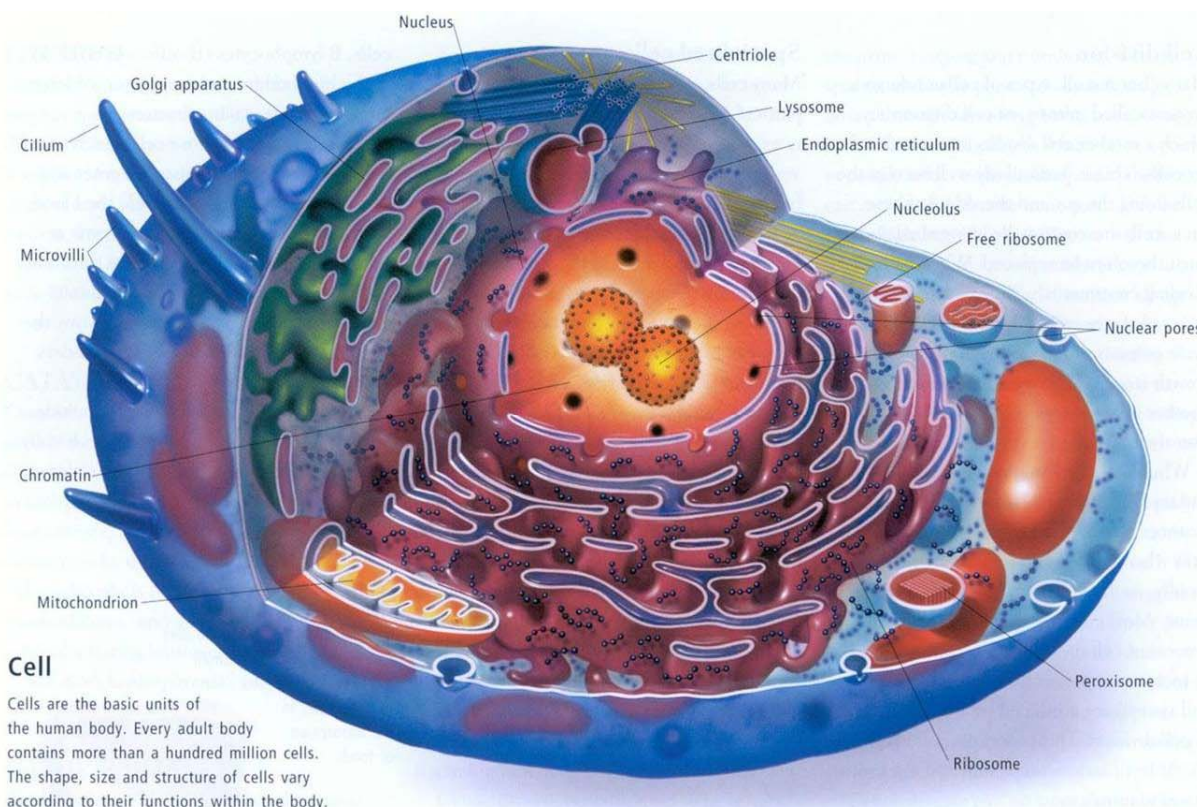
Gary Young is the author of Aromatherapy: The Essential Beginning. The research he conducted with Bruce Tainio, inventor of the first frequency monitor, indicates that "the normal frequency range of the **human body is between 62-68 MHz**; but if it drops below that, the individual becomes a candidate for illness . . .

human body is between	62-68 MHz
cold symptoms appear at	58 MHz,
flu symptoms	at 57 MHz,
candida	at 55 MHz,
epstein bar	at 52 MHz,
cancer	at 42 MHz.

Gary Young and Bruce Tainio found that **when a person drinks a cup of coffee, his/her frequency can drop by as much as 10 MHz. It can take 3 days or more days for his/her body to return to its original frequency.**

While holding a cup of coffee, one man's frequency dropped from 66 Hz to 58 Hz; it took three days for the frequency to return to normal. Another man drank the coffee. His frequency dropped from 66 Hz to 52 Hz. And another man's frequency dropped from 65 Hz to 48 Hz while holding a cigarette; smoking the cigarette, his frequency dropped to 42 Hz, the same frequency as cancer.

Consider what three cups of coffee per day can do to your immune system!

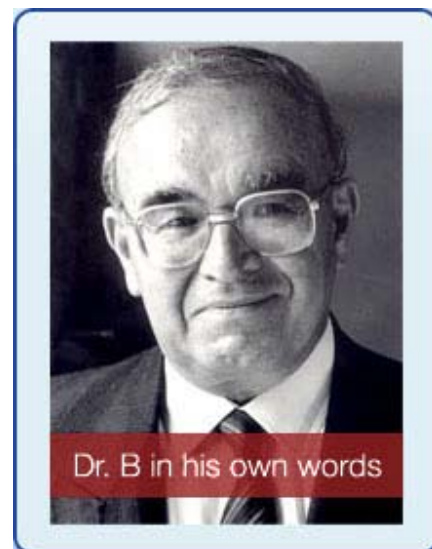


As a Doctor, I Ask You to Give Water a Chance

I did not invent water. I only discovered its importance to health and well-being. My educational program will show how you can enjoy health and vitality just by tapping into the miracles hidden in a glass of water.

Order My Natural Water Cure Program (CDs) now and receive:

1.- "Your Body's Many Cries For Water (Hardcover) ," the hardcover edition of a best-selling book that, for the first time in medical history, identifies the variety of ways the human body shows it is in need of water. It explains the relationship of many diseases to water shortage. It explains how different diseases are related. It tells you how to prevent disease, and how to treat and cure different diseases before they become irreversible. Over 200,000 copies of this book have been sold in America and Europe. It has been translated into many different languages.



In order to rehydrate your body cells effectively, you need to read this book. You must understand what you can and cannot do. It is not enough just to drink water. You must learn when and how much water to drink. You must learn how much salt to take, and why it needs to be taken in conjunction with your daily water intake. You must learn how to start your water intake to overcome heart disease, asthma, stomach problems, and so on. In short, there is much more to learn than I could teach you in this medical report.

2.- **Water: Rx For A Healthier Pain-Free Life (CDs)** -- a 10-hour CD set. **NEW!** Since writing the book **Your Body's Many Cries for Water**, I have received numerous letters from readers whose lives have been turned around by this information. Each letter tells a wonderful and heart-warming story about the miraculous healing power of water. Touched by my readers' encouragement and compelling demand for more information about my water cure program, I have spent over a year on the development and editing of this 10-hour audio program. The tapes introduce you to the basics of my water cure program, and answer many of the frequently asked "whys" and "hows" of the water cure. Included are a number of wonderful testimonial letters from those who share their stories of how water helped and healed them.

The tapes are ideal for any-time listening. At home, on the road, or for group discussions. They are an excellent source of information for the visually impaired.

FREE GIFT: The half-hour CBS-affiliate video documentary, "**The Water Cure**," produced by WYOU-TV, of Scranton, PA. This broadcast video describes my new health technology. It includes interviews with a number of people who have cured their diseases by using water as a medication. You cannot buy this unique video tape. It is available only as part of **My Natural Water Cure Program (CDs)**.

What I am offering you is unique information on how life and good health depend on water. If you consider this information important to your future well-being, it is available to you for only \$77.00 plus shipping costs. Less than it would cost you to go once to a medical specialist.

A medical student spends over \$200,000 to become a doctor. At present, he is only taught how to treat your "dehydration" with medications. It is time you learn how to recognize dehydration yourself and prevent it from causing your body harm.

A Nominal Investment in Your Health That Provides Rewards Lasting a Lifetime

My treatment is new and unique. It is based on your body's needs. No one else can offer you my medical insight and information. You need my "new road map" to a healthier pain-free life. It has taken me 18 years to chart it! You need more information to understand, prevent, even reverse complications of persistent dehydration. The detailed information in **My Natural Water Cure Program (CDs)** is vital for your initiation into the new art of self-healing.

Unlike the poisonous drugs that are used to treat dehydration, WATER is free. It costs nothing. It has no side effects. It is what your body needs.

Order **My Natural Water Cure Program (CDs)** now! Everything is written and produced in simple English. No complicated medical jargon or convoluted hard-to-follow explanations. I use only the language of common sense and I give you lots of illustrations and heart-warming testimonials.

As Louis Pasteur, discoverer of bacterial diseases, said: "Chance favors the prepared mind." I have tried to prepare your mind to understand the cause of painful degenerative diseases. I hope you will do yourself the favour of continuing to learn more than what this report can teach you, now that you have the chance. Sincerely,

F. Batmanghelidj, M.D.

P.S. If you know someone who has been diagnosed with one of the diseases I mentioned and is about to get trapped into conventional medicine programs, get **My Natural Water Cure Program (CDs)** into their hands as fast as you can. It is more than likely he or she is only thirsty, and not sick or in need of medical or surgical treatment.

www.watercure.com



Fereydoon Batmanghelidj, M.D., an internationally renowned researcher, author and advocate of the natural healing power of water, was born in Iran in 1931. He attended Fettes College in Scotland and was a graduate of St. Mary's Hospital Medical School of London University, where he studied under Sir Alexander Fleming, who shared the Nobel Prize for the discovery of penicillin.

Dr. Batmanghelidj practiced medicine in the United Kingdom before returning to Iran where he played a key role in the development of hospitals and medical centres. He also helped establish sport projects for youth in Iran, including The Ice Palace in Tehran, the first ice skating and sports complex in the Middle East.

When the Iranian Revolution broke out in 1979, Dr. Batmanghelidj was placed in the infamous Evin Prison as a political prisoner for two years and seven months. It was there he discovered the healing powers of water. One night, Dr. B. had to treat a fellow prisoner with crippling peptic ulcer pain. With no medications at his disposal, Dr. B. gave him two glasses of water. Within eight minutes, his pain disappeared. He was instructed to drink two glasses of water every three hours and became absolutely pain free for his four remaining months in the prison. Dr. B. successfully treated 3,000 fellow prisoners suffering from stress-induced peptic ulcer disease with water alone. While in prison he conducted extensive research into the medicinal effects of water in preventing and relieving many painful degenerative diseases. Evin proved an ideal "stress laboratory," and despite his being offered an earlier release, Dr. B. chose to stay an extra four months in prison to complete his research into the relationship of dehydration and bleeding peptic ulcer disease. The report of his findings was published as the editorial of the *Journal of Clinical Gastroenterology* in June 1983. The *New York Times Science Watch* reported this discovery on June 21, 1983.

On his release from prison in 1982, Dr. Batmanghelidj escaped from Iran and came to America. At the Foundation for the Simple in Medicine he began to research the effect of chronic unintentional dehydration on the human body. His findings were published in the Foundation's "*Journal of Science in Medicine Simplified*" in 1991 and 1992. They can be read on the web site www.watercure.com.

Dr. F. Batmaghelidj wrote his first self-help book "**Your Body's Many Cries for Water**" in 1992, in which he stated that a dry mouth is not a reliable indicator of dehydration. The body signals its water shortage by producing pain. Dehydration actually produces pain and many degenerative diseases, including asthma, arthritis, hypertension, angina, adult-onset diabetes, lupus and multiple sclerosis. Dr. B's message to the world is, "You are not sick, you are thirsty. Don't treat thirst with medication."

Dr. F. Batmanghelidj devoted the last 20 years of his life promoting public awareness of the healing powers of water. He appeared on hundreds of radio and television programs and lectured around the world. He has left a body of valuable works of six books and more than a dozen educational audio and video seminars. His work has created an international community that has embraced the natural healing of the water cure. His ground-breaking book "**Your Body's Many Cries for Water**" has been translated into 15 languages and continues to inspire readers all over the world.

www.watercure.com

also search www.amazon.com/books via authors name **Batmanghelidj**

Only water and maybe some green or herbal teas will hydrate you!

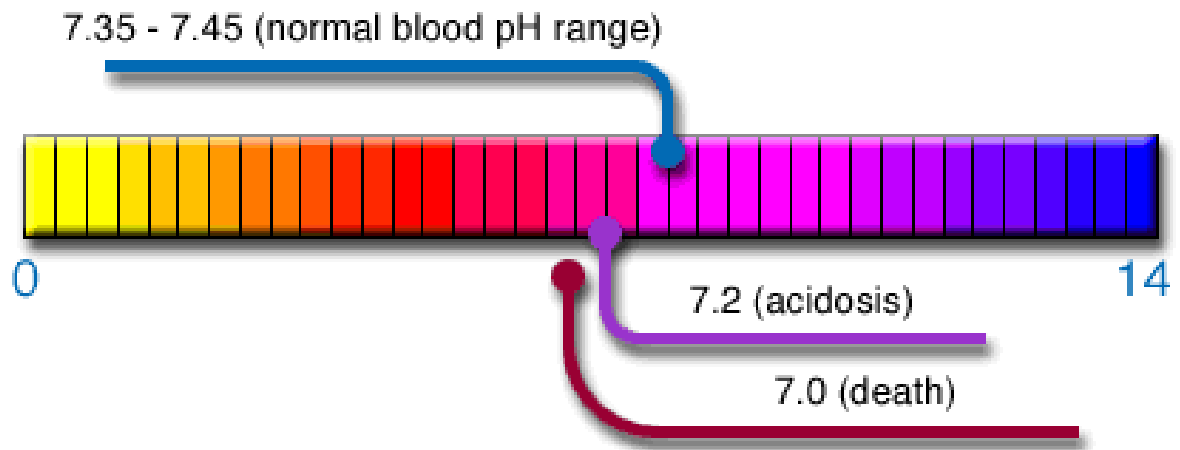


Am I Hydrated? Urine Color Chart

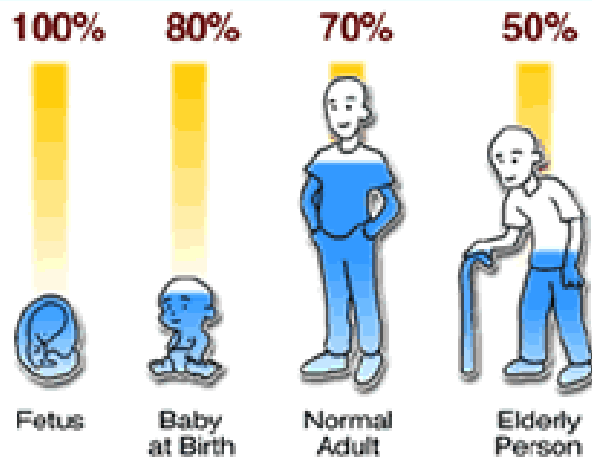
1		This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.
2		
3		
4		If your urine matches the colors numbered 4 through 8 you are dehydrated and need to drink for more fluid.
5		
6		Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.
7		
8		If you are taking a vitamin supplement, you may need to check your hydration status using another tool like Handout #15: Hydration Check: Body Weight Log.

NOTE: Kinesiology muscle testing will not function if either party involved is dehydrated.

Concentration of Hydrogen ions compared to distilled water		Examples of solutions at this pH
10,000,000	pH = 0	Battery acid, Strong Hydroflouric Acid
1,000,000	pH = 1	Hydrochloric acid secreted by stomach lining
100,000	pH = 2	Lemon Juice, Gastric Acid Vineger
10,000	pH = 3	Grapefruit, Orange Juice, Soda
1,000	pH = 4	Tomato Juice Acid rain
100	pH = 5	Soft drinking water Black Coffee
10	pH = 6	Urine Saliva
1	pH = 7	"Pure" water
1/10	pH = 8	Sea water
1/100	pH = 9	Baking soda
1/1,000	pH = 10	Great Salt Lake Milk of Magnesia
1/10,000	pH = 11	Ammonia solution
1/100,000	pH = 12	Soapy water
1/1,000,000	pH = 13	Bleaches Oven cleaner
1/10,000,000	pH = 14	Liquid drain cleaner



Percent of Water in the Human Body



KENISIOLOGY TESTING on Map of Consciousness (MoC) Scale 1 – 1,000:**MoC Calibration**

Tap Water – Brisbane, Queensland, Australia	130	Household water supply
Tap Water – Gold Coast, Queensland, Australia	160	Household water supply
Boiled Water – Gold Coast	190	
Human Body	205	Truth vs Falsehood p.94
Filtered Tap Water	240	
Water, ionised, alkaline (PH 10) Akai brand unit	245	High Tech Health
Water Reverse Osmosis treated (avoid)	250	
EZ 101 Single Undersink Water Filter (0.5 micron)	205	Gold Coast water – Biopure.com.au
EZ 201 Deluxe Twin Undersink Purifier (0.5 micron)	215	Gold Coast water – Biopure.com.au
EZ 201 (sediment filter, carbon block) + Zeolite (biomineral)	250	Gold Coast water – Biopure.com.au
EZ 301 Premium 3 Stage Undersink Purifier (0.5 micron)	250	Gold Coast water – Biopure.com.au
UF Box Ultra Fine Purifier (0.03 micron)	260	Gold Coast water – Biopure.com.au
UF Box with Zeolite (bio-mineral) cell added	280	Gold Coast water – Biopure.com.au
Box 4 stage with Reverse Osmosis (not recommended)	285	Gold Coast water – Biopure.com.au
Box 5 stage with Zeolite (bio-mineral) cell	295	Gold Coast water – Biopure.com.au
Box 5 stage with Zeolite with oxygenating venturi fitted	360	Gold Coast water – Biopure.com.au
Optimum energy level of water is achieved at 4°C	True	

The Kinesiology Muscle Testing process and the calibration table are outlined within David R Hawkins books, Power vs Force and Truth vs Falsehood (veritaspub.com). Consider using this procedure to review any item of food and also your favourite restaurant meals. The process may take only a minute or two and what you will discover will provide you with great comfort as well as the knowledge that your choices can now always be positive for you and your family and friends.

Note:

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

Blessing your water achieves an increase of 15 points which is in fact a quadrillion (10^{15}) jump in energy.

At the level of 200 on the scale of 1 to 1,000 you achieve a positive level, below is negative.

Example: Any food or substance calibrating below 200 is not life enhancing.

Any food or substance calibrating **over** 200 is life enhancing.

LIVING WATER

REJUVENATION:

P.40 The New Civilisation by Vladimir Megre
Book 8.1 of the Ringing Cedars Series

Anastasia's and Vladimir's son, Volodya (aged 9) is explaining the qualities of water to Vladimir:

“Now, Papa, you need to drink this water. It is called *dead water* – because it contains very few microbes. This water should not be drunk if the air is polluted. But, here in the Siberian taiga, we have pure air, so it is all right to drink dead water. It will rinse you insides and cleanse them, and wash out a lot of microbes and bacteria from your body. Drink as much as you can, Papa. When you have drunk up this whole jar, I shall give you a third jar, containing living water. And all the microbes and bacteria you need will be restored in a balance that is just right for you.”

I (Vladimir) should point out right off that Volodya and his family consider dead water to be that found at great depths below the Earth's surface and containing a minimum of bacteria. I believe our mineral water in bottles is precisely what they call dead water. In any case, I think *all* of our drinking water is dead water, and that is why our children suffer from disbacteriosis, especially newborns.

Living water, on the other hand, they consider to be surface water from pure streams or bodies of water, a few of which have indeed been preserved in the depths of the Siberian taiga.

There's something I wish to emphasise here. Grandfather later explained to me that spring water is not considered living water when you drink it right out of the spring. To be considered 'living water', it must first be kept for three hours or so in a wooden or clay vessel with a wide neck.

“Living water needs to absorb sunlight,” he said. “With the aid of sunlight, organisms are generated which are indispensable to human life. You call them microbes and bacteria.”

Then the water should stand in the shade for at least another three hours. After that it can be drunk as 'living water'.

It is not difficult to obtain dead water – all water sold in bottles today is dead water. You can get living water if you have access to a pure wellspring.

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Feelings First Spirituality The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings
Free your feelings from your mind's control
Live true to your feelings; your feelings are your true self
Live true to yourself through your feelings



Live true to yourself by living true to your feelings.
Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
BAD feelings.
Want to understand why you're feeling them.
Use your surface feelings to take you deeper into your repressed and
hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.
It embraces all people.
It completely unifies the world.
Everyone can relate to everyone else through their feelings.
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one's feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God's Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we've all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

PASCAS CARE

"Beacons of Light"

around the globe



This document overall:

Map of Consciousness calibration 615