

November 2012

# HomeCures

## That Work

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Home Cures That Work - Volume 3: Issue 11

## Dr Saunders' Personal Recommendation

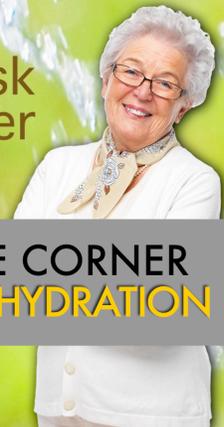
For Healthy Drinking **Water**

Make Your Water  
More Nutritious  
and Delicious

Hidden Dangers  
In Your Water

WOW:  
Wonders  
of Water

Reduce Cancer Risk  
by Drinking Water



**GRANDMA'S CURE CORNER**  
**7 REMEDIES FOR DEHYDRATION**

# HomeCures *That Work*

## For Healthy and Clean Water

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# Dr. Saunders' Personal Recommendation for Healthy Drinking Water

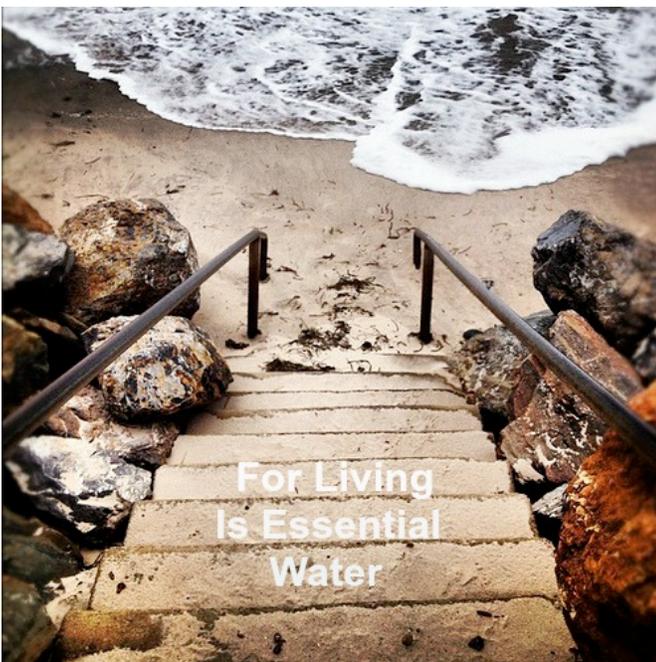
By Dr. Scott Saunders

In The Rhyme of the Ancient Mariner the salt sea mocks the thirst of the ships crew:

*Water, water, everywhere,  
Nor any drop to drink.*

## Water is Essential for Living

- Two thirds of the Earth's surface is covered by water.
- Scientists seek it on other planets to try to determine if there is any possibility of life.
- Deserts become lifeless in the absence of water.
- A human being is made up of 70% water.



Water has been a source of healing since the beginning of time. More recently, one doctor has done extensive research on the use of water to cure illness. It started in an Iranian prison. His biography includes:

“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.” ([http://www.watercure.com/about\\_dr\\_b.html](http://www.watercure.com/about_dr_b.html))

Dr. B went on to do research on other illnesses, including muscular pain, arthritis, and degenerative diseases, finding many of them to be treated simply and effectively with water!

You see, we must have pure water in order to maintain proper balance of both nutrients and salts. Water is essential for all functions of the body:

- The production of energy
- Contraction of muscles
- Removal of waste
- Transportation of nutrients

All these require adequate water to function. Most of our water is not in the blood, but in cells. For example, the muscles work based on the salts dissolved in the water inside and outside of the cell.



We are told to drink eight glasses of water per day, but this may not be good as universal advice. I have a different way to drink water that brings health, vigor and even helps to lose weight.

- If you don't drink water with a meal, then you eat 30% fewer calories.
- If you drink only water between meals, then you become well-hydrated. This also helps the digestion to reset between meals.
- Every time a person feels hungry between meals, a drink of water will restore vigor and remove the hunger. This will also bring health, as Dr. B found.
- While water slakes your thirst, the temperature has a large effect, as well. Cold water quenches the thirst faster and thus people drink less of it. In order to get the proper amount of water, it is best to drink it at room temperature.
- Drink alkalized water. You will see significantly positive difference in your health. It's easy, painless, tastes good and your body can not live without it. In fact, your body is dying to be properly rehydrated with this water.

## Water Purification

Water is known as the "universal solvent," as most elements and compounds can at least partially dissolve in it. Because so many substances dissolve in water, we need to be careful about the water we drink. Water from the ground, either from a well or a spring may contain dissolved substances such as:

- Heavy metals: arsenic, cadmium and lead  
OR
- Organic toxins: solvents, pesticides or fertilizers

Furthermore, much of our water has been found to contain drugs, such as Prozac and antibiotics. City water has been tested and studied extensively; some cities, such as San Diego, have better tap water than some bottled water. Other cities may have water contaminated by bacteria, parasites, chemicals and salts.

Water grows life! Any water sitting around will grow bacteria, algae and other microscopic organisms. Because of this, one type of toxin that is common to all water is chlorine and bromine. The halides (such as chlorine, bromine and iodine) are potent killers of these contaminants and can thus prevent disease. Nearly all water purification systems use halides to prevent the growth of microorganisms. Though chlorine is found in our bodies as salt, chlorine can be toxic, even in small amounts because it produces free-radicals.

**Grandma's Tips**

Some say chlorine absorbed through the skin and inhaled in the shower from tap water is more dangerous than ingestion. Get a filter for your shower.

The graphic features a photograph of an elderly woman with short grey hair, wearing glasses, a white jacket, and a colorful necklace. She has her arms crossed and is smiling. The background is a light yellow-green gradient.

How do we get these contaminants out of our water? Filtration is one important non-toxic way.

### Mesh Filters

The first stage of filtration is to remove particles of larger size such as dust, minerals and large organisms. Often, the “whole house” filters are a mesh that removes particulate matter larger than 20 microns. This may be dust, sediment or larger microbes.

### Sand Filter

City water systems often use huge sand filters to take out physical contaminants, such as dirt, dust and algae that isn't dissolved. Many also use activated charcoal to take out other organic and inorganic materials, creating purified water.



### Ceramic Filters

A ceramic filter uses the water pressure to force the water through a porous ceramic stone. This takes out particles as small as one micron, including bacteria, fungi and cysts that can cause disease. However, they don't remove dissolved minerals, such as arsenic, lead and mercury.

### Charcoal Filters

Charcoal has pores in the carbon that adhere to organic molecules. Thus, charcoal filters are useful for holding on to organic toxins such as pesticides, solvents and chlorine. While most only affect the flavor of the water, some can be harmful to your health. Charcoal filters don't remove dissolved minerals like

salts, lead and mercury; and some organic molecules that dissolve in the water.

### Reverse Osmosis

One very effective way to remove all dissolved toxins and salts is by reverse osmosis. This works by forcing the water through a membrane that has holes only big enough for one molecule of water to go through. Anything larger stays on the other side, leaving mostly pure water. This usually comes in several stages, including several of the above, to get the particles and organic materials out first. The water from a reverse osmosis system is very pure and great for drinking water.

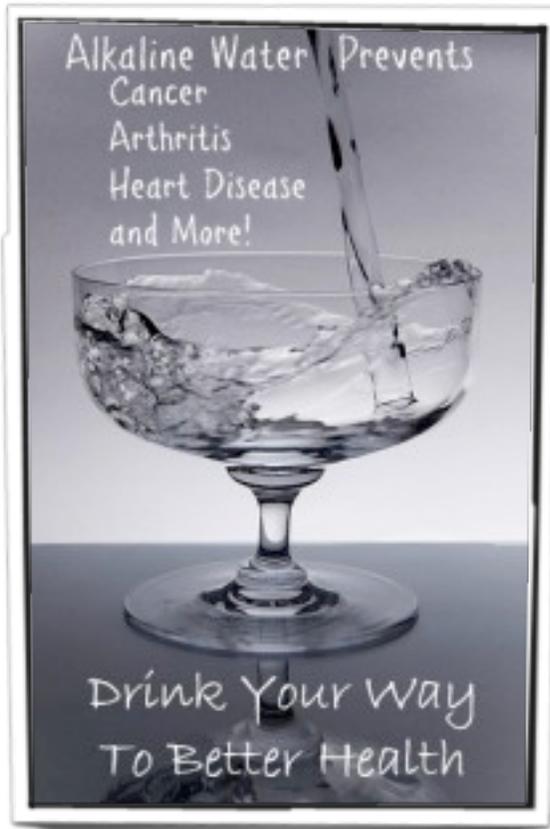
### Distilled water

The most effective way to get pure water is by distillation, or boiling water and condensing it again. This also needs to be done in stages because the first volatile compounds to boil off will condense on the other side, leaving less-than-pure water. There are many inexpensive home distilleries available. This method, though effective, uses lots more energy than other methods, such as reverse osmosis.

### pH or Alkaline water

Anyone who is reading about water has heard about alkaline water. pH refers to the “partial pressure of hydrogen” in water. Water is a balance of hydroxide (OH-) and hydrogen (H+). The two together make H-OH, or H<sub>2</sub>O. The perfect balance of these is a pH of 7.0. The more hydrogen molecules, the lower the pH – this is the acid side. The more hydroxide the higher the pH – this is alkaline or basic.

While the body is very careful to maintain the pH at just above 7, there is a range in which everything functions well. Ideally, however, the higher levels within that range are best. This keeps the immune system, the enzymes, proteins, and electrolytes working at their peak performance. When the body is on the acid side there is more inflammation and less efficiency.



## My Personal Recommendations for Clean and Healthy Drinking Water

1. Use an activated charcoal filter.
2. Drink pure water between meals instead of snacking on food.
3. Don't drink anything with a meal to dilute your digestive juices.
4. Put ¼ teaspoon of baking soda in your water once per day.
5. Drink your water at room temperature.

Drinking water is an important part of any healthy diet and body. Don't adulterate your water with flavors, sweeteners, and colors. Just drink pure water. This will improve your chances of a long and happy life!

Many studies have been done on the acid balance of the body, and an alkaline diet does produce better results. Keeping the body slightly alkaline may prevent:

- Cancer
- Heart disease
- Arthritis
- Kidney disease
- Liver disease

While the diet has the greatest effect, water can play a role in this. One study showed that people who already had chronic kidney failure didn't progress to need dialysis if they drank alkaline water. (J Am Soc Nephrol, published online 16th July 2009)

However, you don't need to buy an expensive machine to make your water more alkaline. Many of these studies, such as the one that prevented kidney failure, used simple baking soda! The "treatment arm" used ¼ teaspoon of baking soda in water every morning.



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural

medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at:

<http://drsandersmd.com/>

# Hidden Dangers in Your Water

By Amanda Box

**W**hat comes to mind when you think about water? Some of your descriptions may include:

- Clean
- Pure
- And even healthy



ChrisNuzza.com

I hate to burst your bubble, but most water you drink is none of the above! Unfortunately, most water we consume, bath in and wash our clothes with is full of toxins that were never intended to be there! Modern industrialization has turned our water into a dangerous cesspool of unnecessary contaminants. It is far from what nature intended.

Mineral water, which is straight from nature, is often touted for its benefits. And well it should be! Many of our essential trace minerals are found in natural water. However, industries have taken it upon themselves to “improve” our water by adding extra substances like fluoride and chlorine. This has

ultimately caused more harm than good. These unnecessary additions have caused health issues ranging from thyroid disease to cancer.

## The Fluoride Lie

One of the biggest scams in the history of the water industry is the addition of fluoride. It has been touted for over 60 years as “natural” cavity prevention. Its history dates back to Colorado in the early 1900s. Settlers there had such terribly stained teeth, which they called “Colorado Brown Stain.” But, what caused the ugly staining of their teeth? Their drinking water was laced with naturally occurring calcium fluoride! Their condition today would be called fluorosis, which is essentially an overdose of fluoride.

Researchers noticed that most of the people in Colorado with those ugly brown teeth didn’t have cavities. Therefore, they correlated the intake of fluoride with the reduction of cavities. But, what they didn’t consider that the water was also high in calcium and magnesium, two minerals essential for teeth.

In 1945, fluoride was added to water for the first time in Grand Rapids, Michigan. The city of Muskegon, which was nearby, was to act as the control group in the study. The experiment in Grand Rapids wasn’t going as planned, so the truth was blurred and rumors were planted in Muskegon that fluoride was doing great things. The study was supposed to last 15 years, but after 6 years the Muskegon

citizens demanded their water be fluorinated so they could reap its “wonderful” benefits.



Several other studies began in New York and then in Wisconsin. Because of political pressure from the American Dental Association, the United States Public Health Service endorsed fluoridation in 1950 for the entire country! They endorsed fluoride while many of the trials were still in progress! At this point, there was little to no scientific evidence the fluoride was beneficial, whatsoever.

Only 5 years into the experiment in New York, it was declared a success. This was before many of the children in the experiment had even gotten their permanent teeth! And any child who was sick, was excluded from the exam. This protected the researchers from documenting the negative effects of fluoride in children.

In 1955, however, the State University of New York found contradictory evidence. They found that those children who were given fluoride had more cortical bone defects and

hemoglobin anemia than the control city. They also had more cavities and more fluorosis!

The studies from both New York and Michigan essentially proved nothing! Yet, over 300 million people now have to drink fluorinated water! Most fluorinated water contains a dangerous 300% more than the recommended amount by the American Dental Association! This amount is just a recipe for disaster in the bodies of many innocent people.

Recent studies have found several more detrimental effects from fluoride consumption. Some of those include:

- Brain damage - Fluoride can cause dementia, as well as lowered IQ
- Thyroid issues - Fluoride likes to replace iodine in the body. Those who consume a lot of fluoride and not enough iodine can end up with a lowered thyroid function.
- Bone breaks and cancer - Scientists have found a connection in bone cancer (osteosarcoma) and excess fluoride in the body. And researchers have known since the 1950s that it can cause damage to our bones. This damage increases the risk of bone breaks and fractures.

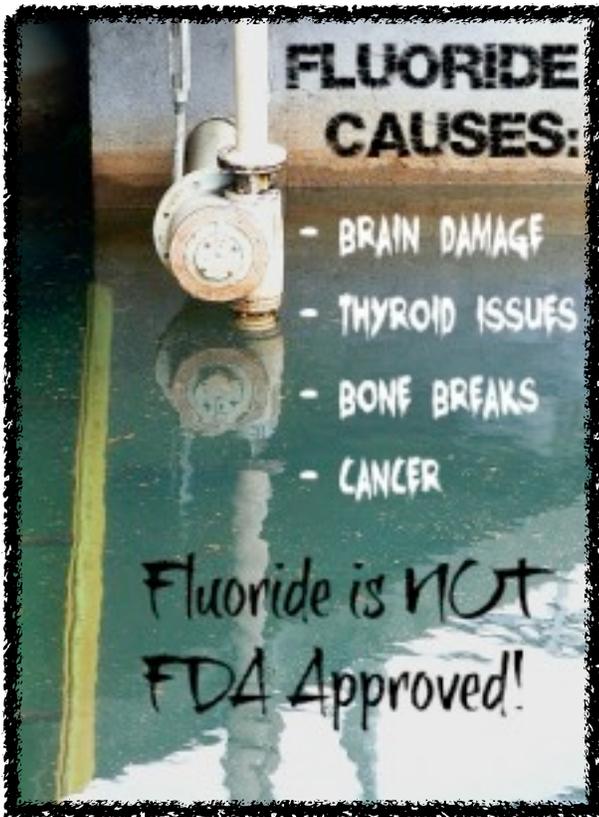
## Fluoride is Not FDA Approved

Amazingly, with fluoride’s widespread use and popularity, it has never even been FDA approved!! It’s actually considered an unapproved drug! Remember, those fluoride pills they used to give you in grade school? Those anti-cavity supplements laden with fluoride given to children were NEVER approved by the FDA as safe or effective! How is it legal to use then, if it’s never been tested? Isn’t that a requirement of the FDA?

Fluoride could be sold legally on the pre-1938 market, but before the required testing was enacted. But, here is the kicker. Fluoride wasn’t initially sold for the prevention of

cavities. It was on the market being sold as RAT POISON!!! So, that definitely makes it safe for children and babies to consume, doesn't it?

Have you ever read the back of your toothpaste tube? It says DO NOT SWALLOW! It says that because they know that fluoride is toxic when ingested. Recent studies have shown that fluoride only works for cavities when applied topically. But, how can you apply something to your teeth and not ingest any of it? It's impossible!



And here is the cherry on top for you. The fluoride they use for your water, toothpaste, mouthwashes, etc, is not pure pharmaceutical grade fluoride, nor is it naturally occurring fluoride found in nature. That would be too expensive! No, they get their fluoride nice and cheap as a by-product from aluminum and fertilizer manufacturing plants.

This fluoride they use for your "benefit" is legally considered "toxic waste." Many times the waste products from these industries

contain more than just fluoride. They are often contaminated with mercury, arsenic and lead. These companies claim that these contaminate are in such minute amounts that they are harmless when consumed. How is that possible when the EPA's maximum level for arsenic and lead ingestion per day is set at zero?

## Avoiding Fluoride: What You Can Do

I'm sure at this point you are feeling one of a couple different things.

- You may feel totally angry that you knew nothing about the dangers of fluoride up until now.
- You may even be upset with yourself because you have been exposing your children, as well.
- Maybe you even used the fluorinated infant water marketed to be mixed with formula.
- You may feel helpless and overwhelmed. Fluoride is everywhere! It may seem too difficult to escape it, so why even try?

Whatever you may be feeling, I'm hear to tell you step by step how to eliminate as much fluoride as you possibly can from your life. If you take it step by step, it is less overwhelming. Don't let your anger or feeling of helplessness stop you from protecting both yourself and your family.

## #1. Use Fluoride-Free Toothpaste

The easiest place to start in eliminating fluoride is in your mouth health products. Look at your toothpaste and mouthwash. They likely both contain fluoride. This is a good time to read that warning label that says, "DO NOT SWALLOW." This will help convince you that you're on the right track.

Now, buy a fluoride free toothpaste and mouthwash. These aren't typically sold at

your local big box store. You will likely have to go to a health food store or order it online. Some of my favorite fluoride-free brands include Spry, Kiss My Face, The Natural Dentist, and Nature's Gate.

However, I make my own natural, fluoride-free toothpaste. I show you how to [make homemade remineralizing toothpaste in this video](#), which is - in my opinion - the safest and most effective for the health of your teeth.



## #2. Use Fluoride Water Filters

One of the most disappointing things that I have run across in my research of water filtration systems, is that most do not filter out fluoride. Some leave it in, because they believe their customers want it left in for its benefits. Other filters don't offer fluoride filtration because it can be more difficult to filter out.

It's highly unlikely that you will find a fridge filter or pitcher filter that filters out fluoride. The majority of those are carbon filters and although they work well at filtering many other contaminants out of your water, they don't work for fluoride. In order to get the fluoride out of your water, you need to use one of these options:

- Reverse Osmosis - These filters are available in both faucet and whole house models. (I recommend a whole house because you can absorb fluoride through

your skin and breathe in its vapors in the shower!)

- Distillation - You can get several different kinds of distillers, even whole house versions. The only downfall is that you will have to take mineral drops as distillers pull essential minerals out of your water.
- Activated Alumina Filters - They do require frequent replacement, however they work quite well.

If you can apply these two steps, 1) going fluoride-free with your mouth care, and 2) getting a fluoride-filtering unit, then you are headed in the right direction. Those two steps will help eliminate most of that toxic fluoride that you and your family are exposed to.



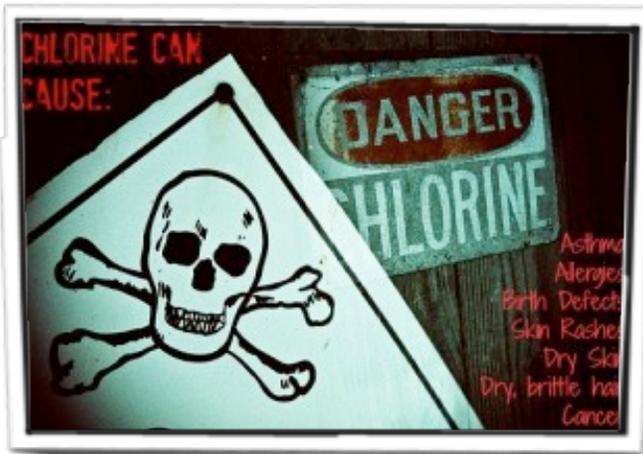
## Chlorine Clean?

Unfortunately, it doesn't end with fluoride. Fluoride is not the only evil contaminant in your water. The water industry has also felt like it is necessary to add chlorine to our water, as well. Their intention is good. Chlorine does kill bacteria and other pathogenic bacteria in water. It probably has saved people from getting terrible microbes from the water supply. However, chlorine has its definite downfalls as well.

Chlorine itself has many side-effects like skin irritation and respiratory issues if inhaled. But, that's not the worst of it. When chlorine

mixes with other elements in the water it forms something called trihalomethanes, or THMs. THMs are toxic and cause even worse problems than chlorine alone. Some of those include:

- Asthma
- Allergies
- Birth Defects
- Skin Rashes and Dry Skin
- Dry, brittle hair
- Cancer



There is an alternative to chlorine when it comes to treating pathogens in water. Some facilities in Canada and Europe are using ozone to treat their water. A few cities in the US are catching on, but not many. Again, the best thing for you to do is to invest in a water filter. Even the cheap carbon filters are quite good at filtering out chlorine. Boiling your water gets rid of it, as well. Unfortunately, boiling your water concentrates its fluoride levels.

## Hormonal Water

Is your water hormonal? No, this isn't the beginning of a joke. This is real. If your water comes recycled from a wastewater facility, then it's highly likely that you're drinking hormones. This is because there are hundreds of thousands of women on birth control or hormone replacement therapy. These drugs are passed through their urine into the water

system. Some cities have tested as having over 50 different pharmaceutical drugs in their water!

Although the levels of most of those drugs are significantly low, the hormone levels aren't also so low. Your water may be treated and filtered to prevent bacteria, but drugs in the water are left untouched! Ingesting hormones through your water can cause major hormonal imbalances in your body. This is even more of a concern for children drinking the water. Some of the possible side effects include:

- Infertility in both men and women
- Early Puberty
- PCOS
- Breast Cancer

Luckily, most filters work well at filtering out those hormones. Again, even the less expensive carbon filters, filter out most of the hormones from your water.

## Pure Water Starts With You

To be honest, I wish I didn't have to use a water filter. I wish that my town didn't use fluoride or chlorine in their water. I sure you are now thinking the same. There is something you can do.



Cities across the U.S. are now making a fuss and demanding better water! Albuquerque, New Mexico is the 32nd largest city in the United States and it was able to remove fluoride from its water system! Since 2010, over 64 communities across the United States were successful in demanding the removal of fluoride from their water.

If you would like to start a revolution in your community, I recommend you join <http://www.fluoridealert.org/>. They can help you raise awareness and take the right steps towards having fluoride free water for everyone in your community!

Remember those descriptions I mentioned above? Clean, Pure, and Healthy? Well, that CAN be your water, but it starts with you! Taking action and getting the right water filter for yourself is a really great step.

But being a voice and raising awareness about the hidden dangers in our water can do so much more. Let's join together and make our water be exactly what it should be. The way God created it.

Clean, Pure, and Healthy.

[Do you use a water filter? What do you use? Do you have one you recommend that I didn't mention? I'd love to hear about it. Comment through this link.](#)



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn

to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

## Make Your Water More Nutritious and Delicious!

By Amanda Box

Can water really be improved upon? Yes, it can - very much so! The main complaint I get from those who don't drink much water, is they don't like the taste. I find this ironic because water really doesn't have a taste. Unfortunately, society has bombarded us with sugary flavored drinks that have caused our taste buds to dislike the very essence of life: pure water. Fortunately, there are ways to not only improve the taste of water, but also add nourishment!



See below for our recipes for natural, healthy and [homemade kefir water](#), [berry water](#), and [probiotic water](#), plus a [video](#) on how to add nutrition to your daily water intake.

### The Vitamin Water Hoax

One of the biggest money makers right now in the beverage industry is vitamin water. It is touted as a nutritious drink that gives you all the vitamins you need. The truth is, that most of these vitamin “waters” aren't really waters at all. There are just hyped up sports drinks under the disguise of being water. Most contain a ton of sugar and synthetic vitamins. I recommend two healthy alternatives.

### Coconut Water

This is the water contained inside of young coconuts. It's gaining more and more popularity as a healthy sports drink alternative. I began drinking it several years back during my pregnancy. It's high potassium and magnesium levels helped my pregnancy induced tachycardia and restless legs. I also brought it to my son's birth to drink after labor. I raved about it to my midwives and they now keep it on hand for new mothers instead of Gatorade! This is nature's TRUE vitamin water! It contains nothing synthetic, just nature's creation.

### Homemade Vitamin Water

Making your own flavored waters is very easy to do and incredibly delicious. When you infuse your water with herbs and different fruit combinations, you are infusing it with natural vitamins and minerals. This is fantastic for those who hate the taste of plain

water. Below are some of my most favorite homemade vitamin water recipes.

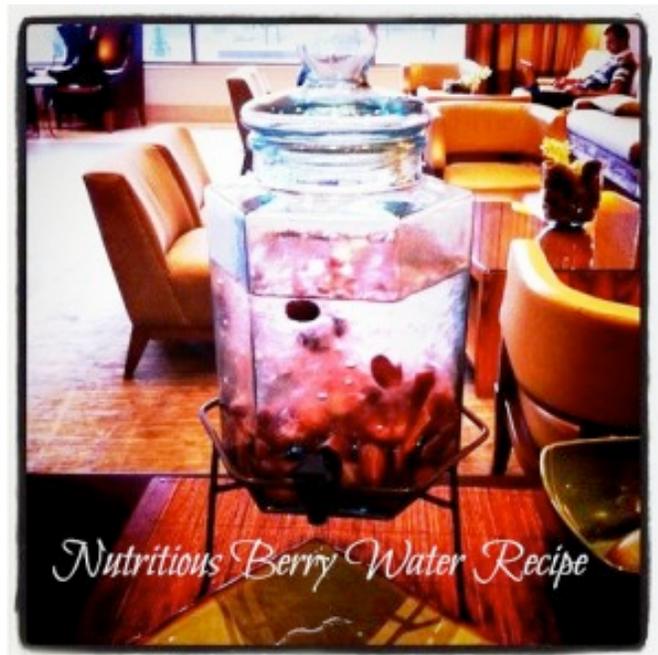
Note: Many people are making their vitamin water in a quart size mason jar. I use a larger sun tea jar. If you do this be sure and increase your ingredients. Anything glass works. Recipes are designed for 1-quart servings.

## Cucumber, Lemon, and Mint Water

Probably the most popular homemade vitamin water combo is cucumber, lemon and mint. I like to mix it up a bit and use basil for a refreshing nutritious drink. Cucumber and lemon lend a great flavor, and also help detoxify the body! Mint soothes the stomach, as well.

Directions:

- 1 quart fresh filtered water (not distilled)
- 2 chopped cucumbers
- 1 sliced lemon or lime
- A few leaves of mint or basil (Don't go overboard. Less is more with herbs.)



## Berry Berry Delicious Water!

I'm a huge berry fan, so this water has been my favorite. You can add several drops of stevia to sweeten it if you like, as it can be a tad tart. This tastes the closest to a natural Kool-Aid, so your kids will most likely enjoy it.

- 1 quart fresh filtered water (not distilled)
- 2 cups of organic mixed berries (you can use frozen)
- 1 sliced orange
- 2 hibiscus tea bags
- Stevia to taste

## Stress Busting Pineapple Water

This homemade vitamin water combines anti-inflammatory pineapple with Tulsi (or Holy Basil) which is known for its stress reducing properties.

- 1 quart fresh filtered water (not distilled)
- 1/4 of a pineapple cut into small triangles
- 4 bags of Tulsi tea

Place all your ingredients into your glass container and place into the fridge. The flavor is best after 6 hours, so I recommend making it in the morning. These recipes stay fresh for about 2 days.

## Probiotic Water

One of the best ways now to get your daily dose of healthy probiotics is from water kefir! I even prefer water kefir to kombucha. Both contain a good amount of life giving bacteria, but water kefir has a much milder flavor. Kombucha can taste slightly vinegary. Water kefir has no vinegar taste. Plus, you can have delicious homemade water kefir in a matter of 2-4 days, whereas kombucha can take a couple of weeks.

Kids seem to really enjoy water kefir as well. Its fizziness lends itself to tasting more like soda. I actually call it our "pop." Because my children don't drink soda, they believe they are

getting quite the treat! Drinking kefir water can help with your digestion, fight bacterial and fungal infections, improve your immune system, and improve your overall health and well-being! Making kefir water is more tedious than making vitamin water, I must admit. But, once you get into the process of making it and feeling it's benefits, you will see that it is a nutritious drink well worth the process. And it literally costs only a few cents to make!

**Here is a step-by-step instruction video on how to make water kefir at home over the course of a few days.**



## Water Kefir Recipe

The first thing you have to do is get a hold of some water kefir grains. Milk kefir grains will not work! Ask around to your friends first. With kefir's growing popularity, one of your friends may know of someone looking to give away some of their grains. Otherwise, here are some great places to buy some grains from. Once you get started, you shouldn't ever have to purchase grains again. They multiply rapidly and you'll be giving them away to your friends! [Buy your grains HERE](#). If you buy these, you will have to rehydrate them. Follow the directions on the package.

### The 2 Step Fermentation Process

Making water kefir is a 2-step process. There are 2 separate ferments. One with the grains, and one after the grains are removed.

### The First Fermentation

You will need a glass gallon jar. If using a quart, reduce by  $\frac{1}{4}$ . You will also need:

- $\frac{3}{4}$  gallon of fresh filtered water (not distilled)
- $\frac{3}{4}$  cup of rapadura or sucanat sugar
- $\frac{1}{2}$  cup of kefir grains
- $\frac{1}{2}$  eggshell or 4 drops of trace mineral (optional)

First, dissolve your sugar in about 2 cups of hot water in your jar. After it's dissolved, add your remaining water. Let it cool to room temperature. Then add your grains. Hot water can kill your grains; so don't put them in too early! Finally add a rinsed free-range eggshell (not crushed, just a half) or 4 drops of trace minerals. The kefir grains thrive off the minerals from the eggshell or the drops. Cover the jar with a paper towel, cheesecloth, or cloth, and secure with a rubber band. Let it sit on the counter from 1-3 days until it is at your desired level of sweetness. The longer it sits, the less sweet it will be.

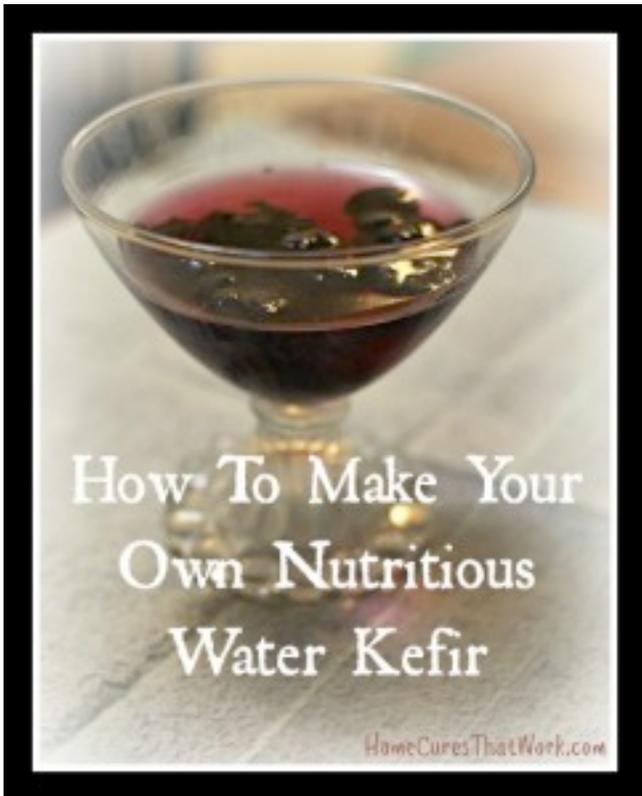
### The Second Fermentation

Strain out your grains and toss out your eggshell. Store your grains in a glass container in a small amount of the liquid in your fridge for future use. We go through our water kefir so quick, so I typically start on another batch! Next, you start adding your flavoring! This is where you can get really creative! Some fun add-ins include:

- 1 cup of peach, grape or pomegranate juice
- 1 cup of real fruit like watermelon, strawberries or raspberries
- 6-10 slices of fresh ginger and 3 slices of lemon (this makes kefir ginger ale!)

The combinations are endless. Many of my friends are even adding herbs to the mix and making combinations like strawberry basil.

If you like to experiment with your food, you'll love making water kefir. Once you have added your flavors, you can pour it into smaller jars or bottles. If your lid is metal, wrap the top in plastic wrap first. The metal can interrupt the fermentation. For extra fizz, a bottle work best. I have used old champagne and wine bottles. Many people are using grolsch beer bottles, as well.



Allow the bottles to sit out for another 24 – 48 hours to continue fermentation and produce natural carbonation. If using a bottle, be sure and leave an inch or so at the top so it has room to expand. Don't let it go beyond 48 hours on your counter or it could explode!

Put it into the fridge and drink at your leisure. It will continue to ferment, but at a much slower rate. Drink the water kefir within a week. Waiting much longer and it will start turning into alcohol!

Making your own water beverages can be fun and delicious. Water kefir is one of the best nutritious drinks to get beneficial bacteria without having to consume a dairy product.

Remember, these healthy bacteria strains build your immune system and combat many stomach and intestinal issues. It is the only "soda" that is truly healthy!

There is truly no such thing as plain ol' boring water anymore! Making homemade vitamin water a part of your life tastier than ever before with these easy recipes! You really can improve your water, from coconut water and berry water to probiotic kefir water!

Cheers to tasty, delicious water and healthyhydration!

[Do you add anything to your water to make it taste better? Maybe you add lemon or lime or something I have never heard of. Please tell me about it! I'd love to know how you drink your water. Comment about your tasty hydration tips through this link.](#)



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" for contact info: <http://amandabox.blogspot.com/>



# Grandma's Cure Corner: 7 Home Remedies for Chronic Dehydration

By Grandma Barton

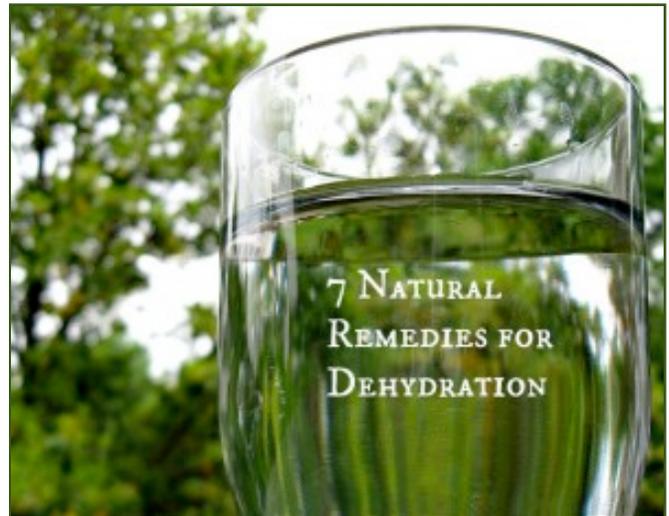
## Are You Drinking Enough Water?

Whether it's because of your busy schedule or simply not having fresh, clean water on hand when you need it, chances are more than good that you simply don't drink enough fluids, especially good, clean water.

We all know that water is good for us and even know why we should drink water, but it's not a natural habit that many people form.

When we do reach for something to drink, we end up drinking coffee, lots of soda, alcohol, not to mention fruit juices and teas and milk and a bunch of other possibilities. Most of us, however, don't drink enough fluids and our bodies become dehydrated -- and that isn't good for our health.

Most people don't think they need to worry about dehydration. To them, dehydration is something that happens to travelers in the desert when they run out of water. But there is a chronic form of dehydration that does not have the sudden and intense nature of the acute form. Chronic dehydration is widespread in the present day and affects everyone who is not drinking enough liquid.



It can happen to anybody: athletes, those with the stomach flu or people with malabsorption issues (like Celiac, Candida, IBS or colitis). Dehydration can also happen as a result of:

- Frequent urination due to diabetes
- Excessive alcohol consumption
- Prolonged intake of medicines like diuretics, antipsychotics and blood pressure medications
- Losing sensitivity to water deprivation (chronic dehydration)

Dehydration is a real problem because water accounts for more than half of your body mass—in the form of intracellular fluid, interstitial fluids, cerebrospinal fluid and more. These fluids unite your various organs and

physiological systems into one coherent organism, allowing for many of your body's most critical communications.

The following symptoms of dehydration should inspire you to drink a glass of water...and then another...then another.

## Fatigue

Fatigue, low energy or tiredness are usually the first symptoms of chronic dehydration. Water is the primary driving force inside your cells and without it, your histamine levels increase releasing cortisol (stress hormone,) which suppresses your immune system and causes allergies, toxic build up, inflammation, slow metabolism and other health problems.

Wait a minute...fatigue is only the beginning symptom of dehydration!

If you have any long-term health complaint or problem, then you're probably dehydrated. And have been for a longtime.

## Digestion

Digestive problems are another early symptom of dehydration because the digestive juices are less. Acid reflux is thought to be caused by the production of too much stomach acid. However, too little stomach acid is often the real cause. When the stomach does not have enough acid for digestion, food stays in the stomach too long and gets pushed back up, along with acid.

Constipation is another digestive symptom of dehydration. When chewed food enters the colon, it contains too much liquid to allow stools to form properly, so the wall of the colon reduces it. In chronic dehydration, the body reabsorbs most of that water, slowing down the natural passage of waste.

Drinking water to stay hydrated is essential to keep all functions of the digestive tract running smoothly.



## Premature Aging - Body and Mind

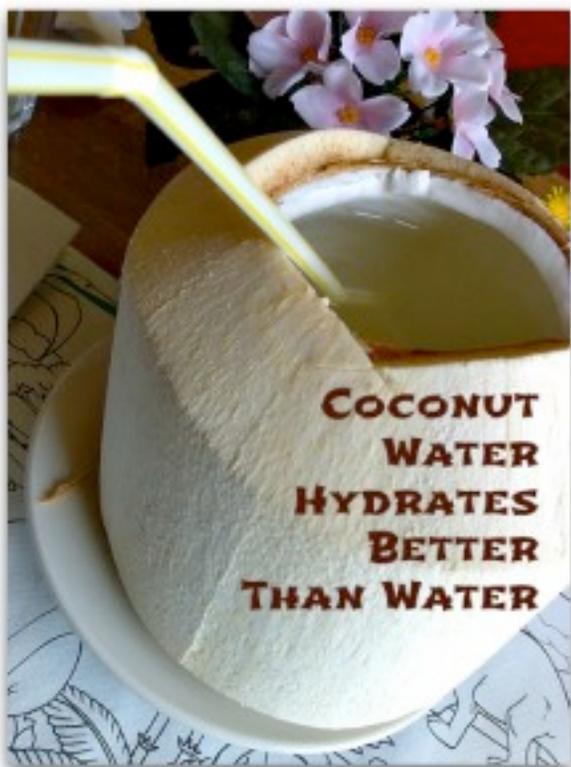
The feeling of a dry mouth is not the only “dry” sign of dehydration. Your mind actually becomes dry! The brain is about 95% water and relies heavily on blood supply (duh!) With dehydration, blood supply is reduced to significantly impair brain and nerve cell function, including loss of memory, mental focus and concentration.

In addition, dehydration may be a major trigger for arthritis. If your cartilage lacks water, it becomes dimpled and your joints don't glide over each other. Instead, they rub and stick together, eventually becoming arthritis.

Most of us are chronically dehydrated and don't even know it. One common reason is that we confuse thirst for hunger. If we wait until we are thirsty to drink water, we are already dehydrated. In addition, as we get older, our thirst mechanism gradually disappears.

Because we've ignored our body's thirst signals for so long, we don't easily recognize them. That's why many people turn to a sugary snack when their body is actually asking for fluids instead. Constant snacking—and especially constant sugar cravings—can be one hidden sign of a dehydration imbalance.

When caught early enough, it is possible to reverse dehydration without the necessity of a trip to the doctor. I have a few effective home remedies for dehydration I want to share with you.

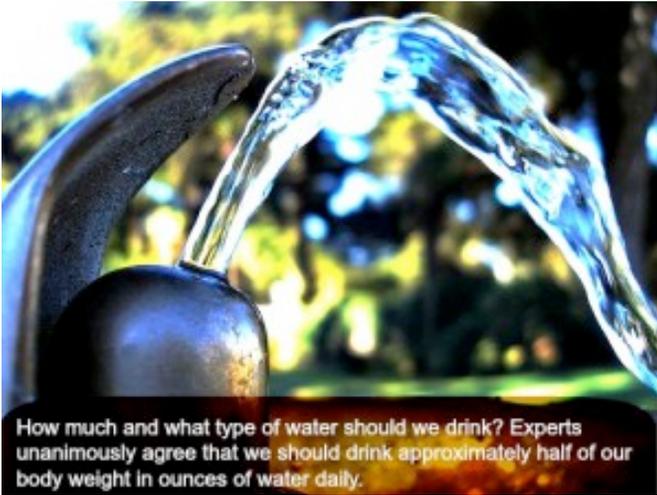


## 7 Home Remedies for Dehydration

1. Chamomile tea is an old favorite. Decaffeinated teas are an excellent choice when it comes to fluid replacement. Chamomile has the added benefit of being a natural pain reliever so it also helps relieve the stomach cramps that often accompany dehydration.
2. Bananas have great water content and are especially good for restoring potassium that has vanished with dehydration. You can also try watery fruits such as cantaloupe, watermelon and strawberries. Watery vegetables such as cucumbers are good, too.

3. Drinking a cup of buttermilk mixed with half a teaspoon of dry ginger three to four times in a day to treat chronic dehydration.
4. Try adding 1 teaspoon lime juice, a pinch of salt and 1 teaspoon sugar to a pint of water. Sip the beverage throughout the day.
5. Coconut water is really high in electrolytes, is very hydrating and nature's version of a sports drink. Coconut water basically has the same consistency as blood plasma and has even been used as a saline solution in blood transfusions in people in an emergency! Thanks to its high mineral content (especially potassium and iron), it can replenish chronic dehydration better than plain water. Coconut water is also relatively low-cal and low in sugar. (Coconut water is different than coconut milk. Zico brand is recommended - but this is not a commercial!)
6. Yogurt and cottage cheese also help relieve dehydration by restoring normal levels of sodium and potassium. In fact, having a cup of yogurt mixed with 1 teaspoon of fenugreek powder is considered as one of the most valuable natural home remedies for dehydration.
7. An epsom bath might be another home remedy for dehydration you've heard about. By absorbing magnesium through the skin, you can reduce inflammation and improve sore muscles or fatigue associated with chronic dehydration. The sulfates in epsom salts also improve absorption of nutrients, which will help your body return to the proper nutrient balance faster.

Attempting to function without enough water is similar to trying to run a car that doesn't have enough oil to lubricate its system. And what happens to a car that isn't lubricated? It heats up, and the engine can crack and get damaged. A similar effect occurs in the body when you're not well hydrated, which often happens because you're too busy and your system is running too fast and too long without a break. Luckily, the solution is simple. Drink more water.



How much and what type of water should we drink? Experts unanimously agree that we should drink approximately half of our body weight in ounces of water daily. Drinking water should be filtered of contaminants, such as heavy metals, dangerous chemicals and bacteria.

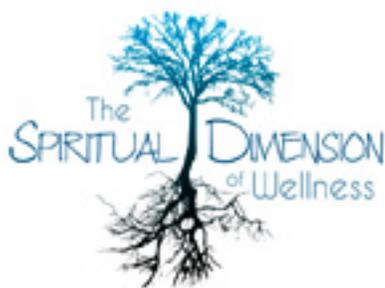
Chronic dehydration is avoidable and reversible. Your vital organs (heart, lungs and brain) require potassium and sodium balance from being well-hydrated to function. Understanding dehydration will empower you to become healthier and live longer, naturally.

Refuse to treat symptoms, signs and complications of drought in the body with toxic chemicals that kill more rapidly than the dehydration itself!

If you follow these home remedies for chronic dehydration, you will enjoy more energy, more strength and more mental clarity! You might be surprised your knees won't creak either!

P.S. When suffering from dehydration, avoid any intake of alcohol and caffeine as they are known to promote sweating, thereby causing more loss of the body's fluids.

Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



# WOW - Wonders of Water

By Michael Tyrrell

One thing that has always intrigued me is people's diverse affinity toward certain types of geography. Some find refuge in the desert, while some folks love water. Another finds peace on a mountain top and others the serenity of the valley. Still others feel secure on an island cut off from the mainland and many of my dear friends thrive in the frozen winters of the great North!

**It is this difference that makes traveling this "big blue marble" a joy unspeakable for me.**



## What type of geography best resonates with you?

For my wife Lillian and I, the great peninsula known as Florida floats our boat, butters our corn and tans our hide! I find comfort being surrounded by the waters of the Atlantic

Ocean to our east, the Gulf of Mexico to our west, the Florida Straits to our south and the rest of the U.S. to our north.

Regardless of your current geography, all of us have one inescapable commonality we were once all surrounded by water. That's right, all of us were surrounded by water and darkness in the womb... our original habitat. The wombs watery world provided a "cocooning" effect protecting us from the hazards of the outside environment until just before our grand entrance when the water breaks.

Is it any wonder that overwhelming research indicates that water birthing is the safest and most natural method available?

## **Astonishing Voyage into the World of Water**

### **Its Ties to our Bodies, Minds and Spirits**

Ok, let's get "fractal" for a moment. Not only is man surrounded by water in the womb, but at one time the world was covered by water, as well!

Though there is great controversy concerning how long ago it occurred (millions or billions of years ago), most scientists agree that at one time the entire earth was covered by water. Without getting into deep theology, I can tell you that the Bible fully validates this belief.

*"In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of*

*the deep, and the Spirit of God was hovering over the waters.” Genesis 1:1-2*

Remember, regardless of where you live today, water once covered the earth. So as we just read in Genesis 1, the earth was *formless* - like an embryo at conception - covered with water and darkness just as we were... until it came to full term.

Watch what happened next!

*“And God said, ‘Let the water under the sky be gathered to one place, and let dry ground appear.’ And it was so. God called the dry ground ‘land,’ and the gathered waters He called ‘seas.’ And God saw that it was good. Then God said, ‘Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds.’ And it was so.” Genesis 1:9-11*



Like a baby, the earth was conceived and took form beneath the waters until God spoke - the water broke and the earth was revealed! Whether it's the Badlands in South Dakota, the Rocky Mountains of Colorado or the Grand Canyon of Arizona, erosion and shifting of tectonic plates happened beneath the water.

It is imperative that you *see* this revelation before I move on. You see, nothing can be born unless it is first born of water.

In the same way the earth was developed underwater, an embryo develops in the water of the womb! Each organ, limb and every characteristic down to the minutest detail is orchestrated in splendid isolation in the secret place of the mother's womb. Then, the water breaks when new life is imminent.

Earlier I mentioned the term “fractal,” which in layman's terms means to focus on a smaller part of an object of great detail with the ability to open the lens to a larger image.

Thus far, we have a picture of the birth of the earth and the birth of a child. Now, I want to open the lens all of the way!

*“Then Jesus came from Galilee to John at the Jordan to be baptized by him. And John tried to prevent Him, saying, ‘I need to be baptized by You, and You are coming to me?’ But Jesus answered and said to him, ‘Permit it to be so now, for thus it is fitting for us to fulfill all righteousness.’ Then he allowed Him. WHEN HE HAD BEEN BAPTIZED, Jesus came up immediately from the WATER; and BEHOLD, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting on Him. And suddenly, a voice came from heaven saying, ‘This IS My beloved Son, in whom I am well pleased.’” – Matthew 3: 13-17*

Here we go! Up until this time, Jesus was virtually unknown. In fact, there is very little written of his early life by design. In order for messianic prophecy to be fulfilled to the letter, it was imperative that he did not appear as the Son of God until the proper time.

Though many “fictional” accounts of His childhood have been published, the fact is we know nothing of His early development sans one...He was sinless! So you may be wondering, “If Jesus was sinless, then why did He need to be baptized?”

To understand this fully, one must understand John's baptism of repentance. Those whom

John baptized had already repented and sought to be joined to the coming Messiah and His kingdom reign. John came only to prepare the way for Jesus the Messiah, not to forgive sin! If John's baptism had the power to forgive sin, then there would be no need of a Messiah or "Mashiach" (anointed to save).

Jesus asked John to baptize Him out of obedience to God's eternal purposes. God had given John the promise of a coming Messiah and the way to identify Him. Jesus was the fulfillment of God's promise. His baptism was the birth of His public ministry and the establishment of God's Kingdom on the earth... it was also the last act of Jesus' private life.

Remember... nothing can be born unless it is first born of water! When Jesus, the Son, rose from water, the Spirit descended upon Him and the heavens opened. The voice of God the Father spoke and said, *"This is my Son in whom I am well pleased."*

Do you see it? The appearance of a "Theophany" - the manifestation of the Holy Trinity on Earth! The same Trinity that was present at the creation of the earth, the same Trinity present at the creation of man and the same Trinity present on earth at the beginning of Jesus' earthly ministry, the establishing of God's Kingdom on the earth. Glory... unto Glory... unto Glory!

When Jesus left the waters of the Jordan that day, He was revealed as the Son of God. Selah (pause and reflect!). I could go on forever here but space does not permit so I will move on to man's need for water.

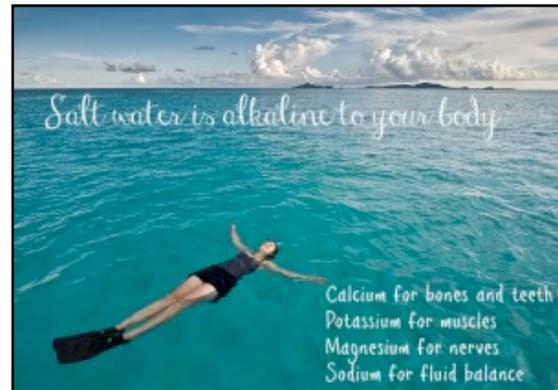
## Water - Transforms the World Within Us

At birth, our bodies are 80% water, which only declines 10% over our lifetime. Yet humans must still constantly ingest water for survival. In fact, humans can go for long periods of time

without food, but could only survive for about a week without water.

Here is an interesting fact: seawater is more chemically similar to human blood than any thing else on the planet.

There are documented cases where seawater was used to stabilize patients in emergency situations when no blood or plasma was available. The pH range of seawater is normally between 7.4 – 8.2, while in human blood it is 7.38 – 7.44.



I find this remarkable as we are aware that everything was originally covered by seawater.

**[Have you ever spent any time floating in the ocean? How did you feel afterward? Refreshed, remineralised and reinvigorated?](#)**

This may explain the enormous health benefits alkalized water provides to the body, which I imagine one of our other writers will cover this booming industry and explain water alkalization and ionization.

My step dad, Pat, just reminded me of a fact that blew my mind. When we cry, our tears are a saline solution. Under a microscope, their crystals form the image of a cross! So every time we cry, Jesus' cross is right before our eyes! It is amazing that so many people miss it.

*"For the Lamb at the center of the throne will be their shepherd; He will lead them to*

*springs of living water. And God will wipe away every tear from their eyes.” Revelation 7: 17*

When we see the Lamb who was slain (Jesus) face to face, there will be no more need for tears!

Water...water is everywhere! Water is essential to all living things! Subsequently, there is a wealth of lore, legend and amazing facts concerning this living element known as water!

## **Healing Water - It Learns from YOUR Environment**

Man has always had a fascination with water, but during the Renaissance period - which coincided with the Age of Discovery sailing ships took to the water - trade routes opened and the New World emerged. Many a sea captain spent his entire life looking for a legendary spring that reputedly restores the youth of anyone who drinks from its waters. A Spanish explorer known as Juan Ponce de Leon discovered our beloved state of Florida while searching for this fountain of youth!

Healing has always been an attribute associated with water. A couple of scriptures come to mind.

*“After saying this, he (Jesus) spat on the ground, made some mud with the saliva, and put it on the man’s eyes. ‘Go’ He told him, ‘wash in the pool of Siloam’ (this word means ‘sent’). So the man went and washed, and came home seeing.” John 9:6*

Here is another one.

*“Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie- the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. When*

*Jesus saw him lying there and learned he had been in this condition for a long time, he asked him, ‘Do you want to get well?’ ‘Sir,’ the invalid replied, ‘I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.’ Then Jesus said to him, ‘Get up! Pick up your mat and walk.’ At once the man was cured; he picked up his mat and walked.” John 5: 2-8*



In the first story, the blind man was healed when Jesus put the clay on his eyes. Washing in the pool of Siloam was an act of obedience on the man’s part. Jesus said “Go.” The pool’s name meant “sent” so he was healed as he went. The pool’s water had no healing power, at all.

Then in the case of the invalid at Bethesda, he believed the locals claim that if you were the first in the pool when an angel troubled the water, you would be healed. If you read the story correctly you see that many invalids just laid around the pool. In fact, the crippled man had laid there for 38 years. So Jesus, the true healing water, made a house call and the man walked home healed!

Jesus is the “Agua de Vida,” or “Water of Life.”

*“If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.” John 7: 37-38*

Jesus is speaking to a woman at a well here:

*“Everyone who drinks from this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed the water I give him will become in him a spring of water welling up to eternal life.”* John 4:13

Like the woman at the well, many today are looking for a place of healing instead of the healer himself. Geographic places have no power to heal (a popular myth). If you need a healing touch today, dear reader, call upon the name of Jesus who is the true river of life. He is a well that never runs dry. He walked on water and turned water into wine. Jesus did something I want to talk about next: He spoke to the wind and waves and they obeyed Him to become peaceful!

Speaking to water... is that really so strange? After all people speak to their plants and they thrive. Water is just as alive as the plant. In fact, if the plant wasn't watered, then it would no longer have life.

## **Water - Crystal Clear**

Years ago through a divine appointment, I was invited to meet a Doctor (he prefers to remain anonymous) who was given an entire wing at a local hospital and lots of research money to continue his work with resonance therapy.

When I first met the Doc, I was quite hoarse from speaking all weekend. I was shocked when he said without looking up from his clipboard, “I can fix that.”

The doctor swung around and pointed to a giant Tesla coil with a chair in the center and said, “Sit down!” The device looked about as inviting as an electric chair, but I obliged. He said, “This might feel a little weird.”

Suddenly, I felt like someone was poking me in the chest. “Were is it hitting you?” he asked. When I told him, he then recalibrated his machine until it felt like someone was giving me tomahawk chops to the larynx. “That will do it. Just sit there for 15 minutes and don't move. I'll be back.” he said.

At the end of the 15 minutes, my voice was completely restored. I tried asking the doctor some questions, but he invited me to return the following Tuesday and disappeared into his lab.

I counted the days until I could walk into his office. Doc said, “Come in here I want to show you something.” He was bent over a dark field microscope with a sensor under the slide tray. The conversation went a little like this:

- “Talk to it.” he said.
- I asked, “Talk to what?”
- “The water,” he said.
- “I am not going to talk to water,” I replied.
- “Fine,” he said, “Just look into the eyepiece and I'll talk to it.”

Now what happened next I will never forget!

Doc said, “What a beautiful drop of water you are.”



Immediately, the water drop took on the shape of a beautiful crystal! At my request, Doc repeated the experiment: same words, same result. But then Doc said to keep watching and he said to the water, “You suck!” The water crystal then appeared to shatter like glass!

Immediately, this is what came to mind: *“The power of life and death are in the tongue.”* Proverbs 18:21

Then without skipping a beat, Doc made this statement, "There is only one thing in nature that fills the sonic spectrum of sound...Niagara Falls!"

Then I remembered this scripture, "*My Fathers voice is the sound of many waters.*" John 7: 37,38

WOW! It was time to go and I had received what I came for... and then some!

Living things are greatly affected by our words. This experiment with water (keeping in mind we are composed of 80% water) really changed the way I communicated with others. A scripture that works in Proverbs comes to mind:

"*A kind word turneth away wrath.*" Proverbs 15:1

Three years later I stumbled upon a book, *The Hidden Messages in Water* by Masaru Emoto, a Japanese author who had captured photos of water crystals that formed by people talking to water. Masaru's photos were very similar to the crystalline images I saw on Doc's microscope.

## Miraculous Message from Water

It seems that water has always been symbolic of cleansing and God's blessing. This may be why why water has always been used in certain church practices. Some denominations use sanctified or "Holy water" in their ceremonies, while others baptize or immerse new believers in their services.

It is important to remember that the water is merely an elemental symbol of God's power, lest we turn and worship it instead of Him! I will state, however, there is nothing more refreshing after a long day of toiling under the sun than a nice long shower. So, maybe the old saying; "Cleanliness is next to Godliness" isn't so far off the mark, after all!

I hope this article has been true to its title and exhumed at least one hearty *WOW* out of you as you read along. I will leave you with this verse from a Psalm:

"*The voice of the Lord is upon the waters, the God of glory thunders, the Lord is upon many waters.*" Psalm 29:3

P.S. Here are a few fun facts!

1. Tap water, fresh water, spring water, distilled water do not conduct electricity... only saltwater. Yes, that component so chemically close to our blood conducts enough electricity to light a light bulb!
2. The majority of Michael Tyrrell's music and messages have been inspired in the shower. (This is true. After I get a little water on my head, inspiration flows.)
3. I think it is fun to stand at the waters edge at the beach with my GPS showing my location. I like living on the edge.



Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries.

Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.

[www.michaeltyrrell.com](http://www.michaeltyrrell.com)

## Anti-Aging Care



# Reduce Cancer Risk by Drinking Water

By David Kekich

**Y**ou can go a month without food but only a couple of days without water in your body. It's the medium in which all your body's chemical reactions take place. It transports your nutrients, oxygen and waste products and regulates your body's temperature. Drinking enough pure water every day is one of the most ignored, most simple and cheapest ways to keep healthy.



Just how much water should you drink? When we're young, our bodies contain about 70% water. Once you pass forty, your hydration level is probably down to 60%. By age seventy, your levels are usually under 50%.

Contrary to popular belief, lean people are much more hydrated than the obese. And

drinking water discourages rather than encourages water retention.

## Dangerous Waters

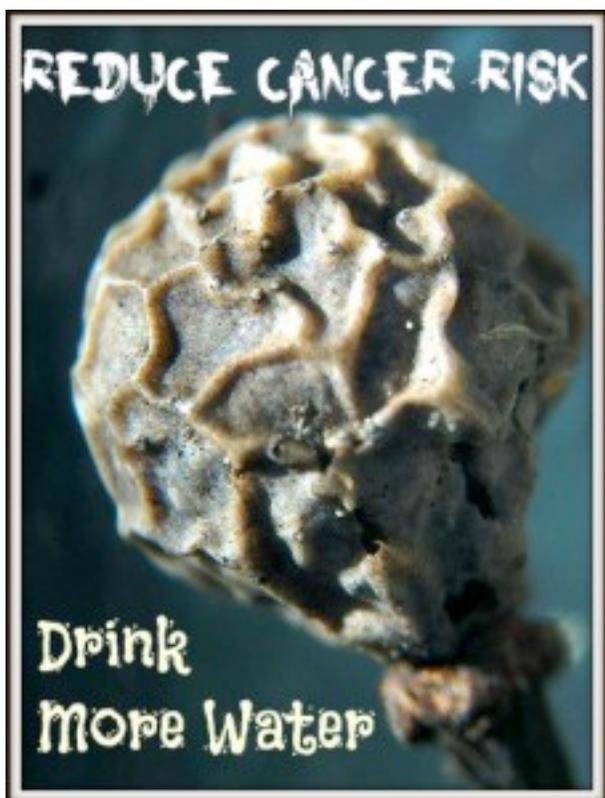
Even slight dehydration can disrupt critical cell functions. Studies have shown that people who drink eight or more glasses of water a day had less than one-fourth the risk of colon cancer than those who drank only two glasses a day.

Water drinkers also get:

- Fewer headaches
- Fewer muscle aches
- Fewer hangovers
- Less fatigue
- Less constipation
- Less heartburn
- Less valvular heart diseases
- Less bladder and other cancers

In fact, if you ask any physician if most cancer is preventable, the answer should be a resounding "yes." The National Cancer Institute estimates 80% of all cancers are preventable. Of course, genetics can contribute to the risk of having cancer, but it is primarily the result of our environment imposing constant damage to your body. By controlling what food you eat, the water you drink, the air you breathe, the radiation you experience and what chemicals you expose yourself to, you can drastically reduce the amount of damage

you accumulate in your DNA over the course of your life.



Other sources of damage to the molecules in your body include smoking, alcohol, toxins, air pollution and, of course, water pollution. The amount of damage to the human body caused by these is truly amazing and a testament to how good our repair systems actually are especially a significant concern.

Most scientists' theory of aging holds that aging is a downward spiral consequence of accumulated wear and tear from toxins, free-radical molecules, DNA damaging radiation, environmental damage from airborne and waterborne chemicals disease, and stress. Eventually, your body can't bounce back.

There are some things that once damaged just can't be repaired very well yet and cause degenerative diseases and aging, such as certain organs and joints, and of course your cells.

## Healthy Water

To be properly hydrated, drink about one-half ounce of pure water a day for each pound of your body weight. If you weigh 160 pounds, that's ten 8-ounce glasses or a little less than seven 12-ounce glasses of water. Drink more if you exercise heavily or perspire heavily, and sip during the day for the most benefits rather than drinking a lot at once.

That doesn't mean soft drinks or energy drinks. If you want to risk aging on the fast track, go right ahead. Just understand that food engineers would have a hard time designing more enticing dehydrating sugar-laden toxic potions. A 12-ounce can of Pepsi contains 10 teaspoons of sugar. Ten! And don't be lured into thinking the diet versions are better for you. They aren't.

As for the more popular energy drinks? Poison in a can. Take all the negative effects of soft drinks, then add enough caffeine to launch a rocket, and you're begging for health problems way beyond the jitters and crashes your body endures.

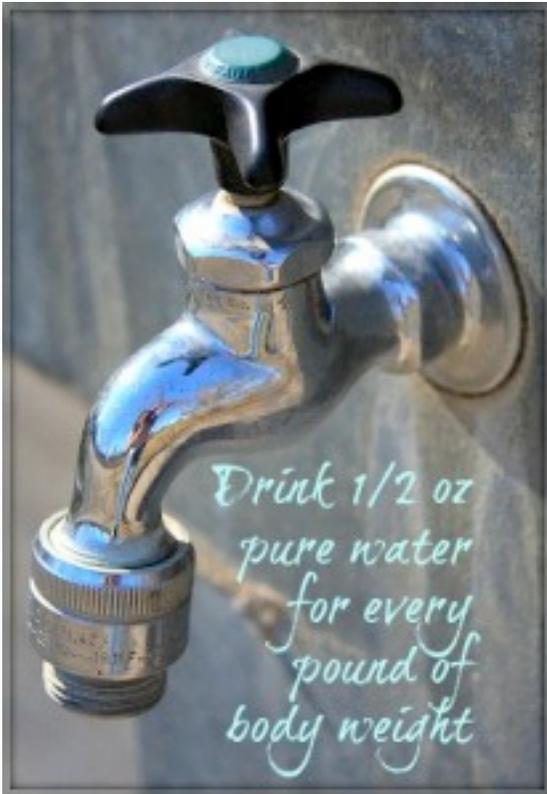
## Water Damage

Many municipal water utilities do not provide you with pure water. Water filtration systems have become very inexpensive and are well worth the cheap health insurance they provide for you. There are several sink top models available, but the healthiest water is produced by "selective filtration" products that have the ability to remove contaminants and not minerals. If you have a reverse osmosis unit, make sure you take a good mineral supplement. Some experts advocate water ionizers that alkalize your water.

Vegetables and fruits help to alkalize your system. You will normally need a large amount of vegetables and fruits to optimize your body's pH acid/alkaline balance, so you might supplement with the four alkaline minerals:

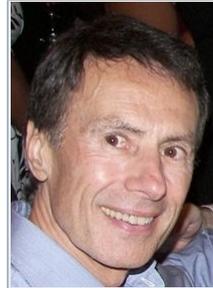
- Calcium
- Magnesium
- Potassium
- Sodium

An acidic body is a magnet for sickness, disease, cancer and aging. You might even try a teaspoon of Arm & Hammer baking soda in a large glass of water to reduce your risk. This will cost you pennies.



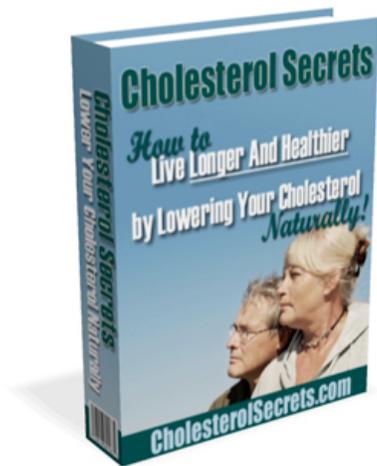
Anti-aging care is as simply as this: drink plenty of filtered water (at least one-half ounce a day for each pound of body weight), eliminate soda and reduce coffee from your diet.

## [Penny for your thoughts! Have you tried baking soda in your water?](#)



David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: [www.MaxLife.org](http://www.MaxLife.org). David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs.

MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.



# Free Remedy Report: Cholesterol Secrets

Learn exactly how to STOP high blood pressure & cholesterol and eliminate your risk of a heart attack or stroke, in just a few short days, using a step-by-step natural home remedy - with no worry, no wasted money, no pain and no harmful drugs...

- ✓ The **truth** about beta blockers, alpha blockers and other common and dangerous pharmaceutical blood pressure and cholesterol "cures" (once you read my special reports you'll be willing to do just about *anything* to avoid the nasty side effects of these "magic pills.")
- ✓ **The real skinny on alcohol...** how much and how little should you drink and how drinking the right kind of booze can actually have a **positive** effect on your heart.
- ✓ **Exactly** how much weight you **need** to lose to have a noticeable and permanent effect on your blood pressure and cholesterol... as well as simple and straightforward tips on how to get the weight off and keep it off without having to become a shiny-toothed, muscle-obsessed gym bunny.
- ✓ **The hard facts on salt** -- and what doctors do (and *don't*) know about the devastating effect of this all too common seasoning on your heart.
- ✓ The pros and cons of the DASH Diet (Dietary Approaches to Stop Hypertension) and how you can use this simple guideline to naturally lower your blood pressure and cholesterol in **as little as two weeks**.
- ✓ **Why you should "go nuts for nuts"** (excuse my pun) and pack your daily diet with as many walnuts, cashews and almonds as you can get your hands on.
- ✓ **The real effect of stress on your blood pressure and cholesterol...** and simple, easy ways you can get calm and stay calm no matter how hectic or harried your life.
- ✓ **The perturbing, high-blood-pressure eradicating power of potassium...** and how too much sodium in your body can actually beat up potassium, take its lunch money and keep you from getting the big benefits of this wonder-nutrient no matter how many bananas you cram down your throat.
- ✓ **Why most store-bought supplements aren't worth the bottles they're shipped in...** and how you can get all the hypertension-fighting nutrients you need fast and cheap at your local supermarket.

- ✓ Why you'll learn to love the effects -- and the smell -- of garlic.
- ✓ **The secret herb used by European women for centuries** to open your blood vessels as wide and efficient as the Autobahn.
- ✓ Easy advice on how to decipher the babel of the vitamin alphabet and give yourself just the right dose of C, E, B5 and B6.
- ✓ **For Women Only:** How eating the right green leafy vegetable can drop your risk of high blood pressure and cholesterol by 18 to 46 percent.
- ✓ Why you should drag your nets to the sea and load up on fatty and delicious fish oil.
- ✓ The common and powerful seasoning that can keep your arteries from hardening and dramatically improve your circulation.
- ✓ The blunt facts on acupuncture and ayurvedic medicine (don't even consider seeing a naturopath or acupuncturist before reading these remedy reports.)
- ✓ Why getting more sun and packing on the hours of sleep can keep your blood pressure and cholesterol well below sea level.
- ✓ Why you should **eat more chocolate!**
- ✓ The Ten Simple Steps you **need** to take TODAY to get your blood pressure and cholesterol under control and **keep it under control.**

[\*\*Click Here For Your Free Cholesterol Secrets Remedy Report.\*\*](#)