

# Water and Salt



The 3<sup>rd</sup> most important thing for life is **salt**. It is very important for those with Allergies, Asthma, and Autoimmune Diseases.

Most people in North America get too much salt however there are those who do not get enough. You **need** about 3 grams (1/2 tsp.) per 8 glasses of water or 1/4 tsp. per quart.

Full hydration of the body **cannot** happen without salt. Salt is vital for nerve cells, digestion, firm bones, libido, kidney function, muscle strength and tone (including bladder control), is a strong antihistamine and more.

**All that drink water, shall be comforted in the nether parts of the earth.**  
Ezekiel 31:16

*Disclaimer: The information in this brochure is for educational purposes only. Consult your health professional for diagnosis and treatment.*

[www.simple-health.org](http://www.simple-health.org)

## How Much Water do I Need Everyday?

**Let us start by asking ourselves how much water do you currently drink per day? You are probably dehydrated.**

**Increase your current water intake by one glass (8 oz.) per day until you reach 2-3 quarts (litres) per day.**

**Another way is to take half your body weight in pounds and that is how many ounces you need/day. (100lbs=50oz.)**

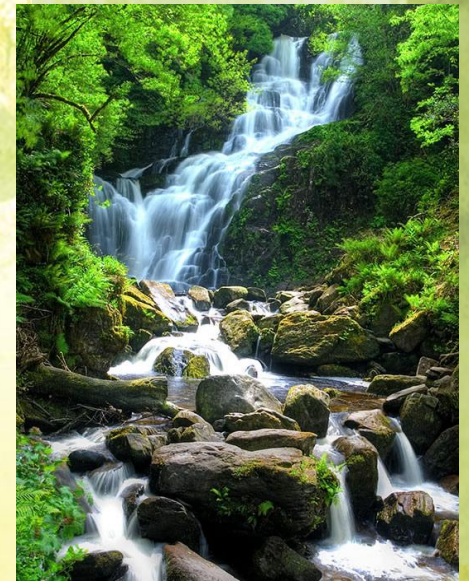
**Here is a formula for extra water you may need above and beyond the above mentioned requirements: Caffeinated drinks cause more loss of water from the body than the water they contain.**

**Dehydrating drinks include coffee, black and green teas, most soft drinks and alcohol. For these drinks double that in water to make up for the water they remove.**

**Example: One cup of coffee or pop needs an additional two cups of water.**

**The best thing you can do for your health is to drink 2-3 glasses of room temperature or warm water first thing upon arising in the morning. Add some fresh squeezed lemon for an added bonus.**

**Drinking 2 glasses of water 15-30 minutes prior to eating is best and water 60 minutes or more after eating.**



## Water- 1

### Are you sick from Dehydration?

**"Inform the public of the damaging effects of chronic dehydration to the body-from childhood to old age."**

F. Batmanghelidj, MD (1992)

**"Water is the best liquid possible to cleanse the tissues."**

E.G. White (Healthful Living 1884)



## How important is Water?



The most important thing for maintaining life is air. **The second most important thing is Water.**

You are supposed to be about 70% water by weight when you are healthy. A 2% loss of water brings on fatigue. At 10% loss you experience serious health problems. **A greater loss can be fatal.**

*“Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date.”* E.G. White (Healthful Living 1888)

## Dehydration

### Beginning Signs

Tiredness, Fatigue, Anxiety, Agitation, Shortness of Temper, Depression, Sleep Disorders, Cravings for Sodas, Alcohol or Drugs, Agoraphobia (Anxiety or Panic Attack), Pale Yellow Urine.

### Advanced Signs

Asthma, Allergies, Type 2 Diabetes, Hypertension, Autoimmune Diseases (about 40), Constipation, Yellow Urine

### Emergency Signs

Heartburn, Migraine Headaches, Angina, Back Pain, Rheumatoid Joint Pain, Fibromyalgia, Colitis, Psoriasis, Orange Urine.

**...he drinketh no water, and is faint.**

Isaiah 44:12

## Complications from Dehydration



Obesity, Hemorrhoids, Alzheimer's, Cholesterol Plaques, Phlebitis, Arterial Diseases, Neuritis, MS, Type 1 Diabetes, Parkinson's, Lymphomas, Cancers and more.

Not drinking enough water is a risk factor for getting Prostate, Urinary Tract, Bladder, Breast, Colon, Kidney, and Testicle Cancers.

*“I have treated with only water well over 3000 persons with dyspeptic pain. Of the dyspeptic pains, those of gastritis, duodenitis, and heartburn should be treated with an increase in water intake alone.”*  
F. Batmanghelidj, MD (1992)