

A New Paradigm for Maintaining Optimal Health . . .

Your Body's Many Cries for Water

ACRES U.S.A. Dr. Batmanghelidj, most of us think of thirst as the signal that we are short of water, but you say that there are a lot of other signals. I wonder if you would amplify that a bit.

BATMANGHELIDJ. With pleasure. Actually, thirst, which everyone assumes to be a dry mouth situation, is a sensation that we gradually lose. We don't recognize that we are dehydrated even though the mouth may be very dry. The human body needs water in order to be able to chew and swallow food, which is a primary function. The body also needs water in the stomach in order to break down the food, producing ample saliva, not only to lubricate the active chewing and swallowing, but also to supplement the fluid in the stomach. We produce about 2 liters of saliva when we are dehydrated. Dry mouth is not a sign of dehydration. The human body manifests dehydration initially by its drought management programs, secondarily by its crisis calls for water, and thirdly by perceptive ways of knowing that we are dehydrated. Initially, the perceptive knowledge comes when we are tired, even though we haven't done a good day's work. We haven't used our muscles. We haven't been active, and yet we feel tired. That is a sign of dehydration. The human body manufactures energy from water. Water, when it goes through the cell membranes, generates hydroelectric energy exactly where that energy is required to perform a function.

ACRES U.S.A. You say that it's an error in medicine to try to deal with these signs of dehydration with medicines when it is simply a cry for water.

BATMANGHELIDJ. Absolutely. It's a moronic and flawed assumption that dry mouth is the only sign of dehydration, and the whole structure of modern so-called scientific medicine is based on this flawed assumption. We have learned — or we've been taught, mistakenly — to treat manifestations of dehydration in the body, or crisis calls of the body for water, with medication. When



FEREYDOON BATMANGHELIDJ, M.D.

This month's interview subject made a fantastic discovery while incarcerated by the mullahs, awaiting trial and probable execution, after the fall of the Shah in Iran. During that era, anyone with an education was suspect; education ran counter to a yearning to turn back the clock a few hundred years.

Trained in England under the tutelage of Fleming, the discoverer of penicillin, Fereydoon Batmanghelidj, M.D. accepted the paradigm of modern medicine with little reservation. This knowledge was useless, however, in a prison that permitted no black bag or medicines to a doctor inmate.

Surrounded by prisoners who needed help, Dr. Batmanghelidj came to the conclusion that most metabolic problems are a cry for water, and that these cries cannot be answered with medicines.

Dr. Batmanghelidj, who is quite at home being called Dr. Batman, began chemical research on some 3,000 inmates to prove out his theory. The results make some of the most exciting reading in the English language today.

At the time of his trial, Dr. Batmanghelidj presented the judge with an article on water treatment of peptic ulcer disease. His life was spared so that he could continue his research.

Some months after his release from prison in 1982, Dr. Batmanghelidj escaped from Iran and came to America. He has since returned to Iran to talk with colleagues and to present his views on television. His findings have been published in several scientific journals and presented at many professional and public conferences. Dr. Batmanghelidj's many efforts to spread the information he has discovered to the public are part of his work toward creating a paradigm shift, wherein a science-based transformation of the health care system will become reality.

the body is asking for water, we give it medication.

That is the criminal act that unfortunately is being pursued even though this information is available to the pharmaceutical industry.

ACRES U.S.A. Getting more specific, what would be a good example?

BATMANGHELIDJ. For example, histamine is a neurotransmitter. The body manufactures histamine and secretes histamine when it is dehydrated. Histamine is a drought manager of the body. It regulates water intake and rations water throughout the body

when there is dehydration. Normally, when we drink water, this water goes into the cells by direct diffusion. It flows through the cell membrane gradually and gets into the cells.

When there is dehydration, there isn't enough water to flow in. And the tendency is for blood to become concentrated and to draw water out of the cell. The mechanism will kick drought management of the body

into action, with histamine as a regulator of that drought management program. The major drought management programs are asthma and allergies. Asthma is a state of dehydration in the body when the body shuts down the lung system so that water does not

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leave the body with every breath that we exhale. When air leaves the body, it carries with it a lot of moisture. You can see that moisture in the wintertime. It fogs in front of your face, or it steams in front of your face. That's water leaving your body. The body cannot afford this amount of loss of water when it is dehydrated.

ACRES U.S.A. And if there is excess water?

BATMANGHELIDJ. When there is excess water, histamine will become inactive.

ACRES U.S.A. Is water under homeostatic control then?

BATMANGHELIDJ. Water is the regulator of homeostasis. In other words, water balances and regulates every function of the body. When there is dehydration, something else has to take over for water in order to regulate the functions. Histamine is that guy. Histamine is the element that substitutes for some of the functions of water. For example, when water is not manufacturing hydroelectric energy for neurotransmission, histamine becomes active and releases energy from other sources, such as from bondage of calcium that is in the cells. For every molecule of calcium that connects to another molecule of calcium, one unit of energy is stored there. The bones and the calcium deposits in the body are energy storage areas. Histamine has the code to release this energy, so that exchanges between the cells inside and outside can take place. One example is the sodium-potassium regulation. Potassium should be in the cell; sodium is outside the cell. When there isn't enough energy to keep this pump going, histamine becomes active and releases energy for this pump to contribute. Histamine is a major activator of the physiology of the body towards making it normal, and, in the process, it signals dehydration of the body. For example, it produces pain. It produces asthma. It produces allergies. These are the processes of the drought management program of the body. Instead of giving histamine what it is asking for, namely water, we give it antihistamines. There are hundreds of different medications on the market, all of them antihistamines under different brands. Some of them are very strong. Some of them are less strong. But nonetheless, most of the medications used in modern medicine are antihistamines.

ACRES U.S.A. If someone has ulcers or heartburn or hiatal hernia, the answer is more likely to be water than it is to be the medications that are offered.

BATMANGHELIDJ. Not more likely, definitely. Water is the choice medication for these conditions. As I explain in my book, *Your Body's Many Cries For Water*, heartburn is a primary signal or crisis call of the body for water. What happens is that this area needs water, yet water is not available. The regulator of the water flow system and its subordinate chemicals will begin to increase the flow to the area, and in the process will produce pain, telling the conscious mind that this area is dehydrated. We need more water in order to function. In medicine, arrogantly, stupidly, moronically, we treat this simple call of the body for water with antacids, with Zantac, with Tagamet, with a whole host of other medications which are not good for the body. Because histamine has many different functions, when we use these antihistamines, we are causing a whole lot of disruption in the physiological regulation of the body.

ACRES U.S.A. What's the mechanism for arthritis?

BATMANGHELIDJ. Water normally flows into the joint cavity through the bone marrow, from the base of the cartilage that is stuck to the cap of the bone in the joint. Cartilage is a watery substance. It's a lubricated substance. Water lubricates cartilage, and cartilage gives the joint its gliding capability. It's the water in the cartilage that allows one surface of the bone to glide over the other one. When there is dehydration, the bone marrow in the heads of the bone take priority for water that they need because they are constantly manufacturing red blood cells and new cells and so on. Their water intake takes priority. They get more water because there is an active way of delivering water into these growing cells in the bone marrow. There isn't enough water to diffuse through the bone to reach the cartilage at the tip of the bone, so that cartilage becomes dehydrated.

ACRES U.S.A. You answer that with an increased intake of water?

BATMANGHELIDJ. The mechanism is clearly explained in my book. I recommend

that people with arthritis read this book and become free of arthritis naturally, simply, logically and scientifically.

ACRES U.S.A. You mentioned that people should drink at least 2 quarts of water or a little over that.

BATMANGHELIDJ. On an average, we basically need no less than two quarts of water a day, in order to manufacture urine, in order to be able to lose water through the process of breathing (because water is a vital element to our breathing process). It's water that creates excessive tension in the air sacs and produces constriction of the air sacs methodically all across the lung tissue, so that air can leave the lungs. Water is a vital element to our breathing process. We need this water in order to offset any shortness of breath, any asthma attack or any anginal pain. Anginal pain is another complication of dehydration, one that occurs when the heart is also suffering as a result of dehydration. When we eat solid foods and we don't drink enough water, solid food is broken down with whatever water could be borrowed from elsewhere in the system in the body. This water liquifies the food, pushes it through the portal system which is a blood flow between the intestinal track and the liver. The water then takes this concentrated blood to the liver. The liver needs more water in order to function, in order to process and metabolize particles, and so on. Now this highly concentrated blood goes to the right side of the heart, and from there it is pumped to the lungs. The lungs will also extract some water from this concentrated blood. Water has to evaporate. There is no control over this, unless the bronchioles are obstructed. Then this highly concentrated blood flows from the lungs into the left side of the heart and is pumped through the circulation. The first attack of this concentrated, acidic blood would be on the tender and soft membranes of the arteries of the heart themselves. That is how these arteries are damaged, because their water is extracted by this concentrated blood. The cells become damaged.

Eventually part of the process of recovery of damaged cells is to cover them with a greasy material, such that not only do they not lose their water, but they also get protection. Cholesterol is the substance that the body uses as an internal bandaging system,

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a grease bandage over injured tissue. That is why we have cholesterol attacks in the arterioles, in the major arteries going to the brain, going down to the body. Cholesterol deposits on the arteries is a secondary phenomenon to dehydration of the body that we did not understand. We assume cholesterol is the culprit, and we take cholesterol lowering drugs. We try to tell people to diet, ignorantly, not realizing that we measure the cholesterol in the blood that we take from the veins, and that this high level of cholesterol, if it was the primary culprit, should form a thick layer of deposit in all of the veins of the body. You've never heard of cholesterol deposits in the venal system, so cholesterol is not the problem. Cholesterol is the secondary material that the body uses in order to cover damaged tissue.

ACRES U.S.A. What causes high blood pressure?

BATMANGHELIDJ. High blood pressure is another drought management program of the body. We have two oceans of water in the body. There is one ocean of water inside the cells of the body. There is another ocean of water outside of the cells of the body. The water that we drink goes into the ocean inside the cells of the body. The salt that we take in regulates the volume of the ocean outside of the cells of the body. When we don't drink enough water, the ocean of water inside the cells becomes depleted. Part of the process under these circumstances — when the brain is 85 percent water and the soft tissue is 75 percent water — is that we need to manufacture urine. We need the liver to function. The body has to deliver some water for these functions, so it operates a reverse osmosis program. In other words, it begins gradually to absorb salts, expanding the volume of water outside of the cells, and from that, filters water through tiny perforations in the membrane that is created at these moments of drought management. The pressure that is needed to inject the water is produced by a chemical substance called vasopressin. Vasopressin sits on its receptors in these cells that should receive water when there is dehydration. That receptor is converted into a showerhead cluster of tiny perforations of no more than 2 angstrom units, which only allows one water molecule to go through the hole. Vasopressin also puts a squeeze on the blood vessels in the area and produces the extra pressure that we need in order to inject water into the cells.

ACRES U.S.A. What can be done about high blood pressure?

BATMANGHELIDJ. Water is the best medication for it, because, not only will water get into the cells directly, but water is also a better diuretic than anything else. We don't need to give diuretics to people who have hypertension. Water will perform both functions. It will get rid of the excess sodium at the same time as it flows into the cells directly. Vasopressin secretion is shut off, so we do not develop high blood pressure.

ACRES U.S.A. In case of renal failure, what do you do?

BATMANGHELIDJ. I wouldn't give this amount of water to people who have already damaged their kidneys as a result of dehydration. These people should drink water very slowly and, if they increase their urine production, then they could gradually increase their water intake. In any case, they should never cut off any medication or any program. They should always consult with their doctor. They should take my book to their doctor and say, 'please read this book and see if you can treat me with this information.' If the doctor refuses to do that, they should change their doctor.

ACRES U.S.A. Does the water program reverse this renal damage if it is managed properly?

BATMANGHELIDJ. It is possible.

ACRES U.S.A. Has it happened?

BATMANGHELIDJ. A lot of people who are diagnosed with problems with their kidneys do recover gradually, because not all the kidney tissue is fully damaged. Some parts of it are still alive and may be able to pick up some of the activity. People who need transplants naturally will not benefit from this information because the kidney tissue in them is dead, or is dying to the point that they need a transplant. But a lot of times doctors also exaggerate this process, and they promote dialysis and operations when the kidney might recover as a result of increased water intake.

ACRES U.S.A. How would you manage the salt intake?

BATMANGHELIDJ. Salt is a vital element to the human body. In the order of importance, it's water first. I know that we cannot live without oxygen for more than two or three minutes, but if water wasn't around, oxygen would be useless. In the order of importance, it's first water, then oxygen, and after these two, it's salt. Salt maintains the volume of the ocean outside the cells. These two oceans have to be in balance, the ocean inside and the ocean outside, in the same way as the Atlantic and the Pacific have always got to be in balance. You can't fill up the Atlantic and allow the Pacific to dry out, because then you will have problems on the adjacent land. The human body is exactly the same. These two oceans in the body have to be in balance. Salt regulates the ocean of water outside of the cells. For every 10 glasses of water, on an average, we need to take at least half a teaspoon of salt as seasoning on our food throughout the day. If we drink only water and don't take salt, we will wash some of the minerals out of the body. Salt deficiency produces its own problems. In my opinion, asthma is a problem of both water and, in a major way, salt deficiency in the body.

ACRES U.S.A. Is there anything to the claim that sea salt is superior to the salt that you get from a conventional supermarket?

BATMANGHELIDJ. Yes. The human blood has a lot of similarities with seawater. The red blood cells and the white blood cells are like red and white fish. Nonetheless, the consistency of blood is saline, meaning salty. It also needs magnesium, selenium, manganese, and a whole host of other elements. Salt, if it is unrefined, seems to contain most of these. Unfortunately, a lot of the salt that we get is from sea salt origin, but other elements have been extracted from it. What people want to get is sundried sea salt. In other words, not extracted sea salt. We should look for the salt that contains the magnesium, the potassium, the selenium, and all the other elements. These are vital elements that the body needs.

Often, we take only salt that contains sodium and chloride. Also, the manufacturers of such salt often add aluminum as an anti-caking agent, so that it doesn't stick together. Aluminum is a toxic material; it has been implicated in Alzheimer's Disease.

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ACRES U.S.A. In order to take that much salt, how would you do it? Would you take it on your food, or put a pinch of it in the water you drink?

BATMANGHELIDJ. Salt has two functions. Salt can be used as medication. When a person is about to develop an attack of asthma, two or three glasses of water can be taken and then a tiny pinch of salt should be put on the tongue. Let it dissolve, and this salt on the tongue will register the entry of salt into the body with the brain. The brain will shut off the mechanism of constriction of the bronchioles, because salt is available and salt is the best antihistamine there is. Salt can also be used as a sleeping medication. When a person cannot sleep at night, he or she can drink one or two glasses of water and put a tiny grain of salt on the tongue. Let it dissolve, and that will also produce sleep. Basically, we should take salt throughout the day, on our food. Make sure that the salt doesn't stay on the plate but is on the food that we take in the body.

ACRES U.S.A. Going back to the case of the kidneys, when the creatinine level gets up to 5 or 6 or 7, is there any reversing it?

BATMANGHELIDJ. Yes. Water should do that. Water will increase the secretion of creatinine. Creatinine and uric acid and things like that are dehydration produced. What we need to do is to increase our water intake, increase our salt intake, and the process of these chemicals being produced by the body will decrease.

ACRES U.S.A. This does not square very well with the people that are promoting the salt-free diet.

BATMANGHELIDJ. Unfortunately, they are just as arrogant and ignorant about the human body as the mainstream medical profession that does not understand dehydration of the body and promotes use of medication in place of water.

ACRES U.S.A. You feel that they are in error in this idea that denying salt is positive.

BATMANGHELIDJ. Yes, this error is now being exposed in mainstream medical literature, because recently it has been discovered that people who do not take salt in their diet have an infinitely greater chance of having a heart attack than those people who take salt.

ACRES U.S.A. To expand what we are talking about a bit further, could you discuss colitis?

BATMANGHELIDJ. Colitis is a problem of dehydration in the body. Part of the process of the body's drought management program is to try to conserve water. Not only the lung tissue will shut down. Part of the process would be to slow down the excretion or passage and flow of excrement through the intestines. In the process, the large intestine puts a squeeze on the excrement and will squeeze the last drop of water out of it, or as much water as it can get. That water will get reabsorbed into the system, but this process of putting a squeeze on the refuse that is in the intestines will also eventually produce a constipation. Passage of the refuse which is dry and sticky and constipated is difficult. Therefore the large intestine in this process has to work more and will become exhausted. It's already dehydrated. This process will cause a spasm and the thing that we label as colitis.

ACRES U.S.A. Constipation then is also a symptom of water deprivation.

BATMANGHELIDJ. Absolutely. Constipation is one of the major symptoms of dehydration of the body. They say you should take fiber because fiber and green vegetables and things like that retain some water in them, causing their passage to become easier. They won't get sticky.

ACRES U.S.A. Does back pain relate to the same causative factors as arthritis?

BATMANGHELIDJ. Absolutely. The process is the same whether it is in the joint of the hand or the knee, or whether it is in the spinal column. It's dehydration that produces pain. The mechanism in the back pain process is very simple. Disks are water cushions and they are the shock absorbers of the body. The weight of the upper part of the body rests on the disks. The fifth lumbar carries the weight of all the upper part of the body. Disks are wedges that keep the spinal column vertical. In dehydration, these cushions or disks become squeezed. When these disks become dehydrated, they lose their wedge quality and increase the tendency of the body to fall forward. That is

the way that gravity works in our bodies. That is why our feet grow forward, because the center of gravity of the body is in front of the ankle joint, at the center of the foot actually. When the disks are no longer effective wedges, the muscles of the back have to work very hard in order to keep the body upright. After a while, these muscles develop spasms, and these spasms are what we register as back pain. Eighty percent of the people who experience back pain will recover if they increase their water intake.

ACRES U.S.A. What causes charlie horses, in other words, muscle spasms.

BATMANGHELIDJ. That's again another dehydration-produced state of the body. All muscles need water and salt. When they are salt deficient, acid builds up in the muscles and we get cramps.

ACRES U.S.A. To get back to the foundation idea here, you recommend that people take at least 2 quarts of water plus a day, depending on body weight. Is there any formula?

BATMANGHELIDJ. You need to drink half the body weight in ounces of water every day. For example, if you weigh 120 pounds, you need to drink 60 ounces of water each day. For every 10 glasses of water, you need half a teaspoon of salt. Salt is vital, and in fact the whole structure of mainstream medicine has survived and thrived through the graces of the intravenous drip. As soon as a person is sick, he is taken to the hospital. Ninety-nine percent of the time, in my opinion, these people are not sick. They are only thirsty. The medical establishment connects them to one of these fluid containers and gives them 1 or 2 or 3 liters of water. In the process of 24 hours, that person gets well. You can deliver this water and salt through the mouth. The medical profession delivers it

through the vein, and they think that they have created a miracle.

ACRES U.S.A. Is that what these drips basically are?

BATMANGHELIDJ. Yes. They are water and salt and a little sugar. People can take this water and salt themselves, and this is what I am advocating. You can deliver this water and salt through the mouth.

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The medical profession delivers it through the vein, and they think that they have created a miracle.

ACRES U.S.A. If you do take this much water, and you do add the salt, and you start having swelling of your ankles or your eyes or so on, what does that mean?

BATMANGHELIDJ. I have seldom come across people who drink the right amount of water and take the right amount of salt and develop swelling. They will develop swelling if they take the salt in excess of water. If they don't take salt, the body will reject the water and will begin to retain salt in order to regulate the reverse osmosis program. Water is the best diuretic there is. If people who are swollen as the result of eating wrong foods or taking in too much salt, one or two days of water intake will get rid of all that edema.

ACRES U.S.A. Do you have a preference for the type of water?

BATMANGHELIDJ. Any water that people are comfortable with. Tap water has gotten a bum rap. Tap water is basically safe. Now and then, we get a problem with tap water. If you are in an area where there are chemicals and toxic metals in the water, the municipality should warn people to filter their water. People can ask the municipality about the quality

of water. I know that water in a lot of places is safe to drink. Smell of chlorine might be a problem. Chlorine is a blessing to humanity, because without chlorine, people would have died in the millions from bacterial contamination of water.

ACRES U.S.A. What about distilled water?

BATMANGHELIDJ. I wouldn't drink distilled water. I personally don't subscribe to distilled water.

ACRES U.S.A. Because it doesn't contain the minerals?

BATMANGHELIDJ. Distilled water doesn't contain oxygen. It doesn't contain the elements that the water should have. It's water that hasn't gone through a process of revitalization. You just extract the water, leaving the other elements, such as the calcium and the magnesium and the selenium, behind.

ACRES U.S.A. Of course, all these things that we are talking about, although you reference them to the human, also apply to animals.

BATMANGHELIDJ. Absolutely. For example, if you give salt-deficient food to dogs, the dogs will develop hypertension.

ACRES U.S.A. And if you give salt deficient food to cattle?

BATMANGHELIDJ. People who have got animals seem to be wiser, because they always have saltlick out. Animals go and lick it. Animals are wiser than human beings.

ACRES U.S.A. How can we learn more about these issues we have been discussing?

BATMANGHELIDJ. My book is called *Your Body's Many Cries For Water*. My recommendation is that people read it. People should also go to my website <watercure.com>, and read my medical report, where I have explained how the pharmaceutical industry is perpetuating this fraud against mankind by concealing the fact that histamine is the main water regulator of the body, by concealing the fact that the water is a better natural antihistamine than any of the medications they are

producing. This is the greatest medical discovery in the history of man. We have now recognized that the human body manifests dehydration by producing pain, by producing hypertension, by producing asthma, by producing diabetes. These are the conditions that we need to cure with water. We should not use medication.

Dr. Batmanghelidj's book *Your Body's Many Cries For Water* is available from *Acres U.S.A.* at 1-800-355-5313.

Dr. Batmanghelidj's tapes and other materials can be purchased by calling 1-800-759-3999. Dr. Batmanghelidj's writings can also be found at his website, <www.watercure.com>.

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