

## Hydration Therapy by Dr. John Veltheim

During the past few months I have been treating patients on a regular basis for the first time in ten years and I have been able to observe many of the trends that have been occurring with the average patient. One thing that has become very obvious to me is the fact that a large number of patients are ill, or not responding to treatment from any practitioner, largely because of cellular dehydration.

I feel prompted to write this because of the tremendous lack of understanding there appears to be in the health professions about the nature of dehydration and its effects.

Water therapy is often talked about but little understood. We always give lip service to the importance of water intake and most people think that means fluid intake based on the supposition that all fluid contains water and therefore helps to supply the water needs of the body. The fact is that coffee, tea, herb teas, or sodas all contain caffeine or caffeine like substances. Caffeine is a dehydrating agent that increases the function of the kidneys causing dehydration. Therefore, the drinking of these beverages without supplementary pure water has the final effect of dehydrating the tissues and cells. The water must be taken into the body in its natural form. This can include spring water, and clean tap water. Distilled water is controversial because there is an argument that it is 'empty' and will tend to be corrosive to the body in its efforts to dissolve things in itself and leach the body of certain minerals.

Many people seem to think of water as merely a solvent, a packaging material, and means for transportation of other substances in the body. Most emphasis is placed on proteins, minerals and vitamins. The fact is that water is vital in energy production in the cells, metabolism, and in neurotransmission.

Hydrolysis is the splitting of the water molecule into hydrogen and oxygen. Whenever this occurs, energy is released. The energy produced by water helps to produce ATP - a major source of energy stored in the body.

Many parts of the brain draw much of their energy from water. The brain is 85% water if fully hydrated. Neurotransmission is heavily dependent upon water. The transmission of a nerve occurs via charged minerals called cations. Cation exchange gets its energy from water. Another benefit of water in nerve transmission is the existence of small waterways or micro-streams along the full length of nerves. These float the brain products along microtubules to the nerve ending. When the body is dehydrated, nerve transmission is compromised and brain function is strongly diminished. Chronic nerve pain is often simply the end result of chronic dehydration. I have seen pain in chronic arthritis reduced by 80% after patient rehydration.

Another important consideration is that water actually holds the cells of the body together. Water keeps the cell membrane together by forming 'hydronium' ions ( $H_3O_2^+$ ) which makes the water 'sticky' and helps bond the cell. This gives the cell a lower viscosity that helps the efficiency of proteins and enzymes. In a dehydrated cell, the metabolism is greatly impaired. This involves all metabolic problems in the body. It has particular dramatic effect on sugar metabolism, the immune system and detoxification.

Dehydration is the greatest producer of free radicals in the body and effective hydration removes free radicals faster than any other therapy. Taking supplements to reduce free radicals is silly when the body is dehydrated because they cannot work effectively. Further anti oxidant supplements are a waste of money in a fully hydrated body because they are unnecessary!

Lung dehydration is considered a significant factor in respiratory diseases and sometimes the

most dramatic results can be obtained in asthma with rehydration.

Dehydration is a major producer of stress in the body and it alters the balance of amino acids. This will allow DNA errors during cell division that can lead to many diseases such as cancer and other cell mutation problems.

Water is also considered a vital conductor of energy such as meridian energy and other body energy systems. When the body is dehydrated, it is very difficult for energy based therapies such as Reiki, polarity therapy, magnetic healing, some aspects of BodyTalk, bioenergetic work, etc., to work. The body simply cannot take full advantage of them. I am finding that the patient who is slower to respond to treatment, is invariably dehydrated.

Emotions are synthesized and harmonized by water. Dehydration is a major precursor to emotional and mental disorders. I have yet to test a bipolar (manic-depressive) patient who is not dehydrated. Children, in particular, are very prone to dehydration these days because they simply are not drinking plain water. Hyperactive children are invariably dehydrated and tend to only want to drink water in the form of sodas, etc.

Dehydration is by far the most important factor in aging. Just look at the skin of the older person. It is simply dehydrated!

Alcohol dehydrates the body. The morning after headache and aches and pain can be attributed to the side effects of dehydration. In fact most headaches, including migraine, respond well to rehydration.

OK - so we now know that water is vital. Most patients will tell you that they drink plenty of water. I have had patients who have come to me for fluid retention because they have far too much fluid in their body. Yet, when I test them for hydration, the test says they are very dehydrated! The other problem is that drinking large glasses of water often doesn't rehydrate them - it just makes them feel sick. This is like the reaction of the person found in the desert and given a large amount of water - the body reacts.

## **Are your patients dehydrated?**

### The test:

A simple Kinesiology test will give you a good idea. Soak a tissue in some clean water. Test a muscle on the patient for basic strength. Apply the wet tissue to the patient's navel and retest. If the patient goes weak, they are dehydrated.

For those who have BodyTalk, it is more accurate to test the cortexes with the tissue in the navel and the finger on the pineal spot.

What you are testing for is not how much water is in the body. You are interested in how much water is usefully in the body. The patient with a lot of fluid retention simply has the water as intercellular fluid - sitting there between the cells clogging up the works. They are not absorbing the water into the cell so that the water is intracellular and useful.

### Rehydrating the body:

There are two methods depending upon your training.

1. Gradual rehydration of the body by the correct consumption of water. The patient must gradually rehydrate by drinking large amounts of water each day but in small doses. If you attempt to drink large glasses of water the body wont absorb it and will often reject it by making you feel sick or bloated.

They should drink sips of water frequently. Keep a large glass of water nearby and sip it frequently say every half hour. Several sips can be taken each time. Start with three ten ounce (large) glasses a day and build up over a week to 10-12 glasses a day. It will probably take a month to rehydrate. Then the water will easily be tolerated in larger amounts less frequently and the water consumption will reduce according to circumstances.

2. With BodyTalk, the process can be greatly sped up and improved upon. In fact you can force the cells to rehydrate and repair further and faster than they normally would.

You must simply treat the patient's cortexes in the same way you do for allergies, viruses, and impurities.

With the wet tissue in the navel and the finger on the pineal spot, you tap out the weak cortexes over the whole brain. It is interesting to note that I find more weak cortexes for water dehydration than for any other problem. I have had up to 18 areas to treat.

Once you have done this, the cells will start absorbing the intercellular fluid immediately and use it. In the meantime the patient should be put on the rehydration program as described above to finish the hydration.

It is important to realize that many people have a condition that stops them from having fully hydrated body cells and brain tissue despite their drinking adequate water. The BodyTalk treatment of the cortexes of the brain addresses this problem. I now believe that the ability of BodyTalk to significantly help to correct this malabsorption of water is probably going to end up as the most important contribution that BodyTalk will make to the healing professions!

## **Summary**

It is obvious that with the rapid increase of water substitutes (coffee, soda, etc.) so readily available in this modern age, the incidence of drinking pure water has decreased. I am certain that is a major factor in modern disease and the often poor results obtained. The list of illness, physical and mental that are dramatically improved with rehydration are as big as the medical dictionary.

For this reason I intend to address this treatment as a vital part of the BodyTalk Module 1 (basic) program from now on.

Reference and suggested reading: 'Your body's many cries for water.' By Dr. Batmanghelidj. It can be obtained from Global Health Solutions, PO Box 3189, Falls Church, VA, 22043, USA. Price \$14.95 plus \$3.00 shipping.