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# HEALTH ALERT

FORMERLY "NATURAL FITNESS NEWSLETTER"

## DISEASE AND PREVENTION

### WATER, DEHYDRATION AND DISEASE

Dehydration is a state of drying out or excessive loss of fluid and water from your body. Today, due to powerful prescription drugs, a diet of foods with low water content, ingestion of lots of coffee, tea, sodas and a general lack of consumption of pure water, most people suffer from dehydration.

And when it comes to diseases like heart, kidney or stomach disease, allergies, asthma, arthritis and skin diseases, your state of *hydration* (water balance) may be the single most important factor in your recovery or even your survival.

#### **Dehydration Common**

Today, water imbalance (or dehydration) in the human body is extremely common. And because it seems so simple, it is almost always completely overlooked as a factor in disease. Instead, water balance problems are treated at the *symptom level* with powerful drugs.

Two perfect examples are as follows:

An individual with edema is almost always dehydrated. You would think that when ankles swell up with water like balloons, you could not possibly be dehydrated; however, the lack of water and proper balance of electrolytes transported by water can produce the initial changes that lead to fluid retention and edema.

Instead of attempting to correct this water and electrolyte balance with safe natural means, we instead force water from the ankles using powerful diuretics. This of course leads to more dehydration problems, compounding the condition.

Another example involves allergies or histamine reactions. When you become dehydrated your body naturally begins to increase production of his-

tamine. A function of histamine is to retain water. Histamine irritates the body's tissues and immune system, and so you suffer the consequences of allergies, immune problems, or worse.

What does your doctor do? The doctor gives you *antihistamines*. After all, a prescription for water or some form of electrolyte-rich water would seem too ridiculously simple. Yet that is exactly what your body is crying out for.

#### **Sodium Pump**

You see, when you suffer from lack of water and its normally balanced electrolytes -- which are transported by water -- your body will immediately become out of balance. This imbalance will commonly cause your body to retain water and develop edema. The reason for this is simple. Most all the fluid balance in your body is maintained by what is called the *sodium pump*. This is where two minerals, sodium and potassium, are exchanged into and out of your cells.

When there is insufficient water or imbalanced electrolytes, your body has difficulty in maintaining its sodium pump and fluid balance is hampered. Instead of a steady, smooth exchange of fluids and electrolytes, fluid instead backs up and pools in areas of your body. This is known as edema.

If you had the capacity to 'fire up' the sodium pump, your body could re-regulate its own fluids naturally. Ironically, this is often not too hard to accomplish, provided you are not *permanently hampered* by powerful prescription drugs that force the body to drain or dry-up. Once such drugs are used on a permanent basis, you have little or no chance of ever achieving homeostasis (internal fluid balance). With no balance you are relegated to a life-time of drugs to maintain symptom control.

And as with all powerful drugs, you are prone to all their side effects. In the case of diuretics, these can be dangerous or even life-threatening. Diuretics throw off all fluid and **all** the electrolytes they contain. In the case of heart disease, you are permanently losing the priceless trace minerals that are needed to heal your heart and circulatory system.

In most cases, a more rational approach would be to try balancing this delicate system by rehydrating the patient with water and electrolytes (more on this later).

### ***Dehydration Causes Disease***

When you do not have enough water in your body, several things take place: Your kidneys overwork, your digestion is hampered, your heart cannot function properly, your lungs and breathing mechanisms will be impaired, your joints will suffer and your immune system will diminish in effectiveness. Read on for a description of what happens.

### ***Digestion***

Without enough water, your stomach will be unable to 'churn' food properly. Without this churning action, your food will not become exposed to sufficient acids and enzymes for proper digestion. Secondly, the next stage of digestion in the small intestine will become hampered also.

As food leaves your stomach, it is extremely acid. It must then be handled in the small intestine, which is more of an alkaline environment. Your pancreas gets involved here, secreting bicarbonate and alkaline enzymes (***all mixed in water***) towards the small intestine to neutralize the acid food from the stomach. With inadequate water, this function is critically impaired.

In fact, when your body knows that an extremely acid food mass is about to pass into the small intestine without adequate buffering, a reflex is usually started. This reflex will cause muscle spasm at the junction between the stomach and small intestine in an effort to delay the passage of this acid food. This muscle spasm is extremely painful and mimics the pain from ulcers.

The entire scenario results in indigestion ... pain ...

cramps ... ulcers and more. And what is done? Drugs are dispensed to treat the symptoms, masking the underlying cause of the problem and ensuring usually permanent indigestion and disease.

A more rational approach would be to drink a glass of pure water a half hour before each meal. In addition, digestive enzymes could be utilized until your system begins to normalize itself.

### ***Lung Problems, Allergies and Asthma***

As mentioned, all tissues involved with breathing are dependent on pure water and on trace minerals and elements transported in water. Without adequate water, breathing will become labored. Your body will produce histamine in order to retain water. Histamine will irritate mucus membranes of your lungs and damage your immune system. Your tissues will become sensitized and allergies develop.

As time goes on, your tissues and muscles that make up your breathing mechanism can go into spasm, resulting in severe breathing problems and asthma.

Again, antihistamines and chemical dilators are employed with very little effort directed towards getting at the root cause of the problem.

How much better to instead use plenty of water and trace elements from sea salt! These natural substances would go a long way towards alleviating the ***cause of the problem***. In fact, for those with severe breathing problems, ***at least eight glasses*** of pure water are needed daily. And that means ***water***, not soda, tea, coffee or juice. Over time, breathing problems will begin to disappear as rehydration and then tissue balancing occurs due to plenty of water and trace elements. With this therapy, the only side effect is having to urinate frequently.

### ***Heart and Blood Pressure Problems***

These may be one of the most misunderstood problems facing medicine. You see, with heart problems, your body accumulates fluids. And in serious cases, steps must be taken to remove this fluid from the body. However, early on, dehydration is involved in the weakening of the heart. And

no matter what, increased water intake is necessary to regain proper heart function.

Naturally, with heart disease, proper nutritional supplements are critical in rehabilitating the heart. However, in all cases, plenty of pure water is a must. And when it comes to hypertension (high blood pressure), this is even more critical.

### ***Heart, Blood Pressure and Salt***

Everyone knows that salt must be restricted if you suffer from high blood pressure. But did you know that **real, true Celtic sea salt** can actually help people with high blood pressure? You see, typical table salt is simply sodium and chloride. And this imbalanced product interferes with the sodium pump. This, combined with inadequate amounts of pure water, can aggravate a case of hypertension.

But Celtic sea salt is a **matrix** or mix of all the elements that are the basis of our very make-up as humans. Real Celtic sea salt serves as a virtual tonic for the sodium pump. In fact, over time, it is not unusual for edema to clear up when sea salt and pure water are utilized. In addition, sea salt is a rich mix of all the trace elements your heart needs to pump powerfully and maintain a proper electronic pulse for properly timed beating. When it comes to heart disease and hypertension, pure water and sea salt are indispensable. In fact, sea salt serves as a magnesium 'tonic' in these cases.

When you use purified water that is low in inorganic minerals, you are less prone to develop deposits in your blood vessels. Reverse osmosis (RO) water is the best drinking water. When you start drinking pure water and then add Celtic sea salt to your diet, you are really taking positive steps to improve your heart and blood pressure. These two things will reduce the amounts of minerals that your body cannot use, and will increase the minerals and trace elements (found in sea salt) that your body will take up like a sponge. It is not unusual for pure water and sea salt alone to eliminate a case of severe hypertension.

### ***Kidney Problems***

Heart and kidney diseases go hand in hand. Naturally when fluid balance is disturbed (as in heart disease), the kidneys are called upon to overwork and as the kidneys become overworked,

blood pressure usually rises. And for the most part there is almost always insufficient water in the body to help maintain proper kidney function.

In fact a sure sign of dehydration is concentrated urine. If your urine is always concentrated, watch out! That means it is full of concentrated inorganic minerals, which your body cannot use. This can easily lead to kidney stones and other problems. Concentrated urine is a strong signal to increase our intake of pure (RO) water.

### ***Arthritis***

Did you ever wonder why people go to hot springs for arthritis relief? Well, part of it is the warm water, which increases circulation. But another factor is the absorption of trace elements (like sulfur) from the water. It is these trace elements that are needed for proper joint function. And it is plenty of water and the proper nutrients (including trace elements) that are needed to heal arthritic joints.

The medical answer is anti-inflammatory drugs -- which will burn a nice hole in the stomach! But plenty of pure water and the use of Celtic sea salt will go a long way towards helping ailing joints. The water serves as the lubricant and the sea salt contains the trace elements needed for proper joint maintenance and health.

### ***The Simple Cure***

There is no way that pure water and sea salt will take the place of proper nutrition and nutritional supplements needed in disease. However, as shown, this combination can be a powerful broad-spectrum tonic for those suffering from chronic degenerative disease.

You can start by simply increasing your intake of pure water. If you don't already have one, get a reverse osmosis water purifier, or ask your local drinking water sources for water purified by reverse osmosis. This water will serve to remove toxins and inorganics from your body. It will also serve to hydrate your tissues and relieve the chronic irritation of dehydrated cells, glands and organs.

If you suffer from indigestion, drink a glass of water one-half hour before meals. If you suffer breathing problems or asthma, increase your intake of pure

water to eight or ten glasses per day. And no matter what, begin to use **Celtic sea salt** in your diet. Remember this, salt is a matrix of the elements from which we are all made. It is perfectly balanced and imparts the same balance to your system.

Last of all, remember that those of you who suffer from any kind of heart disease or high blood pressure must utilize pure water and Celtic sea salt. And what your doctor told you about avoiding salt is true **only for sodium chloride**. This does not apply to Celtic sea salt

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## DRY MOUTH

Chronically dry mouth is a common problem. While most cases of dry mouth are caused by side effects from prescription drugs, some cases are caused by lack of water or an electrolyte imbalance.

An electrolyte imbalance is an abnormal relationship between the minerals in your body. And while most often caused, once again, by prescription medications, this type of imbalance can be caused or influenced by your diet.

### **Water and Salt**

The last thing most people with a chronically dry mouth would think of is **salt**. And, in fact, almost all store-bought salt can serve to make a dry mouth syndrome worse. But just the opposite is true of **Celtic salt**. Truly authentic **Celtic** sea salt serves as a tonic for your electrolyte balance. You see, this type of salt is nature's perfect blend of minerals and trace elements.

If you suffer from a chronically dry mouth, be sure to **stop** using table salt and **start** using Celtic sea salt.

### **Dehydration**

A good portion of Americans suffer from dehydration. Again, much of this is due to prescription drugs. And yet some is simply due to insufficient liquid and electrolytes in the system. Either way, chronic (even low-grade) dehydration can cause a chronically dry mouth. The cure is the same: Be sure to drink plenty of pure water. And use only genuine Celtic sea salt with your meals. Together, these are a tonic for the insidious problem of dry mouth.

For much more on water and dehydration, including related diseases, be sure to see '**Water, Dehydration and Disease**,' **Health Alert**, this issue.

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