Effects of Dehydration

Water and Heartburn

Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage.

Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications can, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually cancers in the gastrointestinal tract, including the liver and pancreas.

Water and Arthritis

Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of pain-killers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt is the answer.

Water and Back Pain

Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs - the water cushions that support the weight of the body. These conditions should be treated with increased water intake - not a commercial treatment, but a very effective one.

Not recognizing arthritis and low back pain as signs of dehydration in the joint cavities and treating them with pain-killers, manipulation, acupuncture and eventually surgery can, in time, produce osteoarthritis when the cartilage cells in the joints have eventually all died. It can produce deformity of the spine. It can produce crippling deformities of the limbs. Pain medications have their own life-threatening complications.

Water and Angina

Heart pain - angina - is a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent.

Water and Migraines

Migraine headache is a sign of water need by the brain and the eyes. It can totally clear up if dehydration is prevented from establishing in the body. The type of dehydration that causes migraine might eventually cause inflammation of the back of the eye and possibly loss of eye sight.

Water and Colitis

Colitis pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze the last drop of water from the excrements - thus the lack of water lubrication.

Not recognizing colitis pain as a sign of dehydration can cause persistent constipation. Later in life, it can cause fecal impacting: it can cause diverticulitis, hemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum.

Water, Salt and Asthma

Asthma, which also affects 14 million children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapor - the winter steam. Increased water intake can prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs that obstruct the free flow of air in and out of the air sacs.

Not recognizing asthma as the indicator of dehydration in the body of a growing child not only can sentence many thousands of children to die every year, but can permit irreversible genetic damage to establish in the remaining 14 million asthmatic children.

Water and High Blood Pressure

Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood serum is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the "injection process." Just as we inject I.V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some salt intake can bring blood pressure back to normal!

Not recognizing hypertension as one of the major indicators of dehydration in the human body, and treating it with diuretics that further dehydrate the body can, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain. It can cause heart attacks and small or massive strokes that paralyze. It can eventually cause kidney disease. It can cause brain damage and neurological disorders, such as Alzheimer's disease.

Water and Early Adult-onset Diabetes

Adult-onset diabetes is another adaptive state to severe dehydration of the human body. To have adequate water in circulation and for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into all body cells. In diabetes, only some cells get survival rations of water. Water and some salt can reverse adult-onset diabetes in its early stages.

Not recognizing adult-onset diabetes as a complication of dehydration can, in time, cause massive damage to the blood vessels all over the body. It can cause eventual loss of the toes, feet and legs from gangrene. It can cause eye damage, even blindness.

Water and Blood Cholesterol

High cholesterol levels are an indicator of early drought management by the body. Cholesterol is a clay-like material that is poured in the gaps of some cell membranes to safeguard them against losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol, apart from being used to manufacture nerve cell membranes and hormones, is also used as a "shield" against water taxation of other vital cells that would normally exchange water through their cell membranes.

Water and Depression, Loss of Libido, Chronic Fatigue Syndrome, Lupus, Multiple Sclerosis, Muscular Dystrophy

These conditions are caused by prolonged chronic dehydration. They can clear up once the body becomes well and regularly hydrated. In these conditions, exercising one's muscles should be part of the treatment program.