

»»» NEWSLETTER «««

WATER MATTERS

The miracle of nature



TOP NEWS OF THE MONTH

MEET DR. F. BATMANGHELIDJ AND UNINTENTIONAL DEHYDRATION

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Dr. Batmanghelidj was a prisoner in an Islamic prison in Iran. He said it was the luckiest thing that ever happened to him in his life because it was there that he discovered the power of water to cure many of the diseases that ail us. Read on to find out what he has in common with football superstars Tom Brady and Troy Aiken.

Dear Dr. Batmanghelidj:

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My name is Andrew J. Buman IV, and I am 42 years young, yet at age 34 I felt and looked like I was at least 44! Most of my life has been spent battling illness and disease, whereas now I celebrate each moment of each day with a renewed vigor and vitality. I used to be chronically dehydrated and now I know better.

A LETTER TO "DR. B" FROM A VERY GRATEFUL FOLLOWER

continued on page 2

A HISTORY OF EXTREME ILLNESSES

»»» YOUR RECOMMENDED DAILY WATER INTAKE

Dr. Batmanghelidj recommends that you take your body weight x .55. Whatever the answer is, that's the number of ounces of water per day you need to stay hydrated. Of course, physical activity can add to that number. For instance, Tom Brady drinks 2 gallons of water every day. His health and recovery are so exceptional, that it inspired former Dallas football superstar, Troy Aikman, to do the same.

»»» THE LETTER TO DR. BATMANGHELIDJ - CONTINUED

I was born on October 29, 1956, in Taylor, Pennsylvania. My parents lovingly cared for me - including having me vaccinated. I was reared on infant formula and later cereal, juices, and a small amount of water when I would cry from *colic*. After my first polio vaccine, I became mysteriously paralyzed from the waist down. Specialists were puzzled yet diagnosed "aborted polio." It left as suddenly as it appeared. When I received a booster dose of the vaccine at around age 5 in first grade, the paralysis returned. Months of hospitalization and bed rest resulted in my gaining weight. I mostly ate my meals and had visitors, drank soda, and some water now and then - and once again the paralyzation disappeared.

When I began third grade - around eight years old - my allergic afflictions and symptoms had begun. I had problems with frequent dry coughs, I began experiencing some difficulties with breathing, itchy and watery eyes, and fatigue when I was around fresh-cut lawns from springtime until autumn. When I was a junior in high school, I experienced blackouts from allergies. Sometime around 1979, I saw a specialist who did testing and diagnosed me with allergies and asthma. I was treated with allergy shots and inhalers. The treatments just seemed to make things worse. My lips were always dry and cracked. At that time of my life, I was drinking about 2 to 4 cups of coffee per day along with a few glasses of soda and some tea and alcohol. I would have an occasional glass of water during the day. The allergies and asthma stayed with me until 1996 when my water intake was up to about two to three quarts per day. I no longer struggle with allergies or asthma.

My problems with diabetes began at age 14. I was diagnosed as an insulin-dependent or "juvenile diabetic." It was then that I began drinking diet beverages, including those with caffeine. My water intake at that time was still only around 2 to 4 glasses a day and I was drinking tea and started drinking coffee. The diabetes resulted in many hospitalizations over the years. By the mid-1980s I had problems with diabetic neuropathy, which was causing my legs to swell. I was scheduled to have dye injected into my legs to perform a diagnostic scan after a Doppler radar study showed some apparent blockages in the veins in my legs. The dye injections cause my veins to burst, which made the swelling get worse. I was then diagnosed with "venous insufficiency." In 1994, I was told that my legs would probably have to be removed within a year or so.

While attempting to get on a diabetic insulin supply trial, the initial examination revealed that the retinas in my eyes had grown blood vessels that were bleeding (diabetic retinopathy). I began receiving a series of laser surgeries over the next 15 years to attempt to seal the leaky vessels and to attempt to prevent any new vessel growth. This reduced my peripheral and night vision. In 1992, I developed an enlarged yet benign prostate gland and my kidneys began showing signs of deterioration. In 1993, I began

THE GROWING PROBLEMS FOR ANDREW

»»» THE LETTER TO DR. BATMANGHELIDJ - CONTINUED

experiencing some potency difficulties. In 1994, I began seeing a natural or homeopathic physician who, besides treating me with alternative medicine, advised me to increase my water intake. My intake of insulin was around 95 units of insulin daily.

In 1976, many immune system problems began developing. I developed infectious mononucleosis. In 1979, during one of my then-frequent hospital stays, I was diagnosed with "mono" again! The doctors insisted that I shouldn't have "mono" again and began consulting with specialists. I received an influenza vaccine and was discharged - only to be readmitted a day later with a fever of 106 degrees F. I was undergoing many tests, however, nothing much was showing up at that time. After many tests for severe abdominal pain, I was told that I grew a second spleen that was attached to my spleen and that the second one was also functioning. That year I was visiting someone and drank unpasteurized milk and ended up in the hospital again with a bacterial infection of the intestinal tract. "Brucellosis and Proteus OX-19" was the diagnosis and was on yet more antibiotics.

During 1980 or 1981, I developed another case of "mono" and was admitted to the hospital again; diabetic control problems were a constant battle for me. An infectious disease specialist discovered that a number of special antibodies against foreign agents were also affected, which the doctors suggested were related to the problems with my allergies and asthma as well as my frequent infections.

The 1980s were filled with many hospitalizations, illnesses, job losses, and stress-related problems. It was only then that I was diagnosed with chronic fatigue syndrome, lymphoid hyperplasia (overstressed immune system), arthritis, bursitis, fibromyalgia, acid reflux problems, and bowel problems. I also developed a benign tumor on the left flank of my back. I developed a nodule on my thyroid area and was diagnosed with lead, cadmium, and aluminum poisoning, which were also found in a landfill I lived near. I was overweight and developed sleep apnea. Tests showed that I stopped breathing over 300 times in a six-hour period and had "narcolepsy." I could fall asleep in a short period of time. I had surgery to attempt to correct the sleep apnea, and I wore a tracheostomy tube in my neck to help me breathe at night, and slept with a breathing machine to keep my airway open. During the '80s I still only drank a few glasses of water daily, yet consumed large amounts of coffee, saccharine, and eventually NutraSweet. In 1987, I was declared "disabled."

In 1992, at 36 years old, I looked and felt like I was in my late forties and felt worse than I looked. I began using natural supplements with vitamins, herbs, and other natural medical techniques. The natural doctor's advice was to increase my water consumption and decrease my caffeine intake as well. I had lost the feeling in my feet, was always tired and achy, depressed, and had little hope.

I began to drink more water and reduced my caffeine intake somewhat, and by 1995 I began to feel and look much better. Yet I was still only consuming a quart to a quart and a half daily, and not flushing all the caffeine out of my system, nor was I using sea salt.

In September of 1995, the lump on my left flank turned red, began itching and enlarging. My family physician removed it and sent it away for study. In October, I was diagnosed with cutaneous B cell lymphoma. Twenty-six new tumors had grown on my back where there was one, and I was sent to a major hospital where I was told that lymphatic cancer on the skin surface was rare and that not much research was done yet on it. I went for a gallium scan and it revealed that my entire body surface glowed

THE EVENTUAL OUTCOME FOR ANDREW

»»» THE LETTER TO DR. BATMANGHELIDJ - CONTINUED

positive for cancer cells. The flank of my back was brighter white or "hyperpositive," as was the middle of my chest where two melanomas were previously removed. I was advised to receive localized radiation, and "as tumors appeared we would radiate them, too," or I could travel to Philadelphia and have my entire body surface radiated. They began to radiate my back, which began giving me third-degree burns. I refused total body radiation and, midway through my radiation, my homeopathic physician began using a natural cleansing therapy. The cancer specialist had advised me to try anything and "pull out all the stops" as well as "to get my affairs in order." I increased my water consumption and took supplements and natural treatments.

In November of 1995, while traveling in search of an answer, I was introduced to a man who exposed me to your Water Cure program and advised me to stick to it very seriously to get cured. I now began to seriously increase my water intake, but was still leery of increasing salt intake due to traditional medical contraindications for its perceived high blood pressure problems. Later I learned of the error of that thinking and began to increase my salt intake, too. In March of 1996, I went for another gallium scan, which revealed that there was not a single sign of cancer glowing positive on my entire body. Doctors thought there was an error in the gallium scan, but my homeopath and I knew that I was healing. Drinking more water, reducing caffeine, a change in dietary habits, natural medicine, and faith had brought me home.

Since then, I've been constantly improving in my health. I no longer have two spleens, but one that is normal in size and function. Now I lick sea salt off my palm in the morning before my first glass of water and use salt liberally. I drink about 1.5 gallons of water a day and take some supplements as well as eating a lot of whole grains, and fresh fruits and vegetables. My waist used to be a size 43 and now is a size 36. I weighed 249 pounds; now I weigh 210 and have solid muscle mass. My complexion and appearance are those of a man in his early thirties and my potency of a man in his twenties. My ankles are no longer swollen and new pulses, yes, new pulses, have developed where once they were dead. I no longer take any medications for all those problems, whereas I used to be on at least 15 prescriptions at a time. My insulin needs are down from 95 units a day to 35-45 units a day. I no longer suffer with "chronic infections" or fatigue - I sleep 6-8 hours a day instead of 12-14. It is rare for me to take an antibiotic, whereas I seemed to be constantly taking them before. I don't have allergies or asthma or gastroparesis (acid reflux) anymore. I no longer suffer from arthritis, bursitis, or bowel problems. At the time of my last stress test, my doctor, who is younger than I am, told me that I was in better shape than he was. The high blood pressure is constantly improving. No more thyroid nodule. I sleep better, and no more heavy metal toxicity. I have a new lease on life.

My prayers have been answered. God led me to a new natural way to heal my body, my mind, and my spirit. I am living a new life now with a balance of water, salt, minerals, supplements, good nutrition, and continued improvements in my quality of life. I am truly blessed.

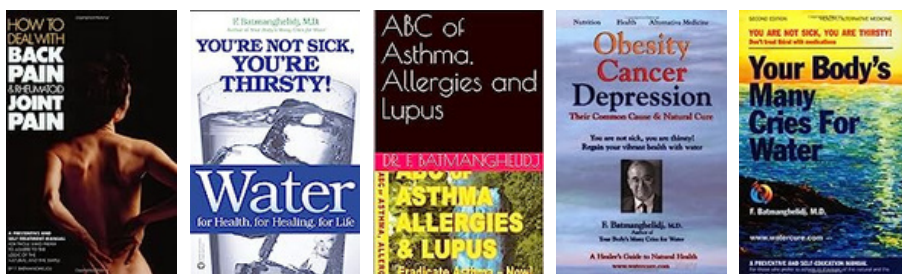
Sincerely,

Andrew J. Bauman IV

FIND OUT MORE

BOOKS BY DR. F. BATMANGHELIDJ

BOOKS BY DR. BATMANGHELIDJ



SOME IDEAS

Because we have so many different sources of water available to us, you might even decide to use our water versus another supplier's water. Or maybe plain RO water versus our RO water that has been treated with the sound and pictures from Masaru Emoto's water crystal experiments.. Or you might just try one variation of Emoto's experiment, by using just music or just words or just pictures. The choice is yours and we're anxious to see what you decide.

SIGN-UP FOR
OUR
NEWSLETTER
HERE



COMING NEXT MONTH

We're going to start covering facts about local water supplies:

- We're going to show you what the Environmental Working Group found in the Maricopa, AZ water supply from their supplier: Global Water - Santa Cruz Water Company.
- We're also going to show you what the Environment Working group found in the Casa Grande, AZ water supply from their supplier: Arizona Water Company - Pinal Valley