

YOGA RESEARCH

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Your Body's Many Cries for Water

Excerpted from a book review by Trevor James Constable for BORDERLANDS

Rare are books destined to benefit significantly the health of countless millions of human beings, at no cost to them.

Such a landmark book is *Your Body's Many Cries for Water* by Dr. F. Batmanghelidj. He is a London-educated Iranian medical doctor who has made revolutionary discoveries about the water metabolism of the human body. His astounding basic breakthrough was made while he was confined to a Tehran prison, this being a unique circumstance in itself.

Dr. Batmanghelidj is of aristocratic lineage in his native Iran, and when the Shah was overthrown, the doctor was arrested and jailed with more than 3,000 other well-born victims of the Khomeini revolution.

While these unfortunates were awaiting execution, Dr. Batmanghelidj was assigned as their medical officer - pending his own appearance before a firing squad. He had no medical resources other than water, in an environment pervaded by stress and terror. Indeed, the doctor found himself incarcerated in a gigantic stress laboratory.

This became the milieu in which fundamental discoveries were made regarding the medicinal and functional value of water. Without realizing it initially, Dr. Batmanghelidj was working with clinical controls in place. Prison discipline enabled him to follow up his patients, who had no possibility of evasion.

Forced to use water alone, Dr. Batmanghelidj was astonished in following up his patients, to find that water was effecting full cures of such diverse

diseases as asthma, arthritis, high blood pressure and ulcers.

Dr. Batmanghelidj was blessed by a first class medical training at St. Mary's Hospital Medical School of London University, one of the most respected medical schools in the western world. He was one of the last students of the eminent discoverer of penicillin, Sir Alexander Fleming.



Thus steeped in classical orthodoxy, Dr. Batmanghelidj was totally embarrassed to find that water was doing in a dependable way, what medication had never been able to do.

Irrefutable clinical experience in the controlled prison environment, forced the doctor to conclude that conventional medicine - of which he was himself a product - was hobbled and handicapped by a false paradigm. The false paradigm under-girded, and locked in place, the illusion that water was not significant in human metabolism compared with the solutes.

The truth of basic human functioning, as Dr. Batmanghelidj's research

progressively confirmed, is that the solvent (water) and not the solute, plays the cardinal role in human health.

Elusive and seemingly unrelated conditions like dyspeptic pain, stress and depression, high blood cholesterol, high blood pressure, excess body weight, chronic fatigue, arthritis, asthma and allergies, insulin-dependent diabetes, rheumatoid arthritis, back problems and a host of lesser complaints that bedevil human beings, have all yielded to the ingestion of adequate daily water.

Dr. Batmanghelidj identifies Alzheimers as due to dehydration of the brain.

Dr. Batmanghelidj emphasizes that drinking coffee, tea, soft drinks and juices does *not* counter dehydration or meet the body's water needs. Eight 8-ounce glasses of water daily is the recommended regimen, and for each cup of coffee or other caffeinated drink, an additional, compensating 8-ounce glass is required.

Dr. Batmanghelidj has found that rehydration restores the integrity and resilience of the spinal discs.

Perhaps the most welcome and convincing finding of Dr. Batmanghelidj is the key role played by dehydration in creating back ailments in human beings.

The spinal discs consist of about eighty percent water. When these discs atrophy through varying degrees of dehydration, an afflicted human is off on one of the most miserable medical merry-go-rounds known to man.

The human spine has to support about seventy-five percent of body



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weight. Without fully hydrated and resilient spinal discs, the spine cannot perform its function properly.

"Back problems" ensue. Abnormal physical and nervous pressures develop and vertebrae become misplaced as the spinal discs collapse. In the U.S.A., such back problems are now on an epidemic scale, largely defy physicians and surgeons, and endlessly persecute the afflicted.

Dr. Batmanghelidj has found that rehydration restores the integrity and resilience of the spinal discs. Simple exercises he has devised, create a natural vacuum effect that draws the needed water back into the discs, whose proper bearing function is thereby eventually normalized.

Back pains are among the body's many cries for water, from which Dr. Batmanghelidj's book has appropriately taken its title. The horrific wheezing of an asthmatic, which is one of the most distressing things anyone can witness, is similarly the *body crying for water*.

Dr. Batmanghelidj has demonstrated that asthma is due to the body's natural histamines constricting the lungs to limit any further loss of water via the breath.

The person so afflicted is desperately dehydrated. In the prison environment in Iran, adequate water provided a cure for asthma - one of the astonishing clinical results that first started Dr. Batmanghelidj

***In the prison environment
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provided a cure for asthma.***

thinking about the medicinal power of water.

Dr. Batmanghelidj views the way hypertension is classically treated as "scientific absurdity". The dehydrated body is desperately trying to hang on to its water volume. Uncomprehending physicians intervene with diuretics and literally force more water out of an already dehydrated body.

The author gives lucid, comprehensible descriptions of the exquisite hydraulic design and engineering of the human body, and the diverse functions of the cells, capillaries and membranes as they operate to compensate for dehydration. If the body's many cries for water are ignored, degenerative diseases are the inevitable consequence.

Dr. Batmanghelidj is making a Herculean effort to pass the blessings of his work into the lives of all human beings.

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Dr. F. Batmanghelidj is the author of:
Your Body's Many Cries for Water
(available in print or audio tape)

***How to Deal with Back Pain
and Rheumatoid Joint Pain***
(available in print or video tape)

***Water: The Ultimate Medication
of Choice*** (video)

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