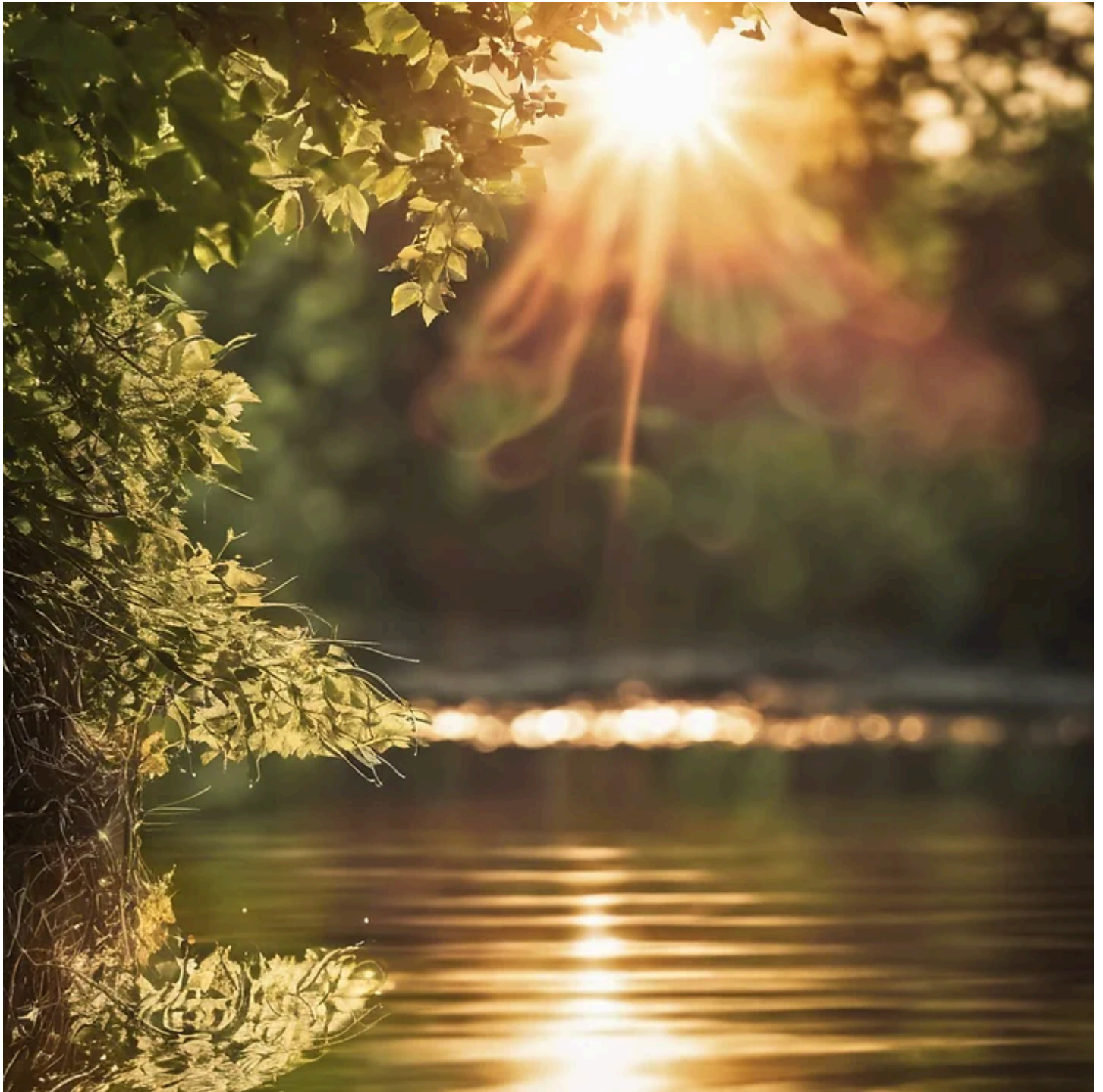


2 min read

Water – Elixir of Life



This article was published in the health section of an Indian news daily “The New Indian Express” dated 6th November 2007.

It is popular in Japan today to drink water immediately after waking up every morning. Besides, scientific tests have proven its value. The water treatment has been found successful for old and serious diseases as well as modern illnesses.

Benefits Unparalleled

A Japanese medical society has recommended the water treatment as 100 percent cure for diseases such as headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhea, piles, diabetes, constipation, all eye diseases, womb cancer and menstrual disorders and ear-nose-throat diseases.

Treatment :

1. As you wake up in the morning, before brushing teeth, drink 4×160 ml glasses of water. ie. totally 640ml of water. Do not eat or drink anything for 45-60 minutes.
2. In the mean time you can brush and clean your mouth, take bath, get ready and finish off your Meditation or any other morning activities.

Arthritis patients should follow the above treatment only for three days in the first week, and from second week onwards daily.

3. You may eat and drink as normal after 45-60 minutes.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for two hours.
5. Those who are old or sick and are unable to drink four glasses of water at the beginning may commence by taking half of the same and gradually increase it to four glasses in the morning.

Guidelines: Arthritis patients should follow the above treatment only for three days in the first week, and from second week onwards daily. This treatment method has no side effects. However at the commencement of treatment, one may have to urinate a few times.

Note:

If you are on medication for any disease or disorder continue the same without fail.

Following list gives the number of days of water treatment required to cure, control or reduce main diseases :

Diseases	Number of Days
High Blood pressure	30
Gastric Problems	10
Diabetes	30

Constipation	10
Cancer	180
TB	90