

Water Drinking Recommendations

Much of the pain you feel in your body can be attributed to dehydration. We've all been told to "drink 8 to 10 glasses of water every day", and many of us do try to drink lots of water. But by following the routine below, you will optimize your body's ability to use the water you drink.

1. Upon rising in the morning, drink two large (16 oz) glasses of water (one quart). This water should be room temperature or warmer, not cold and no ice. This stimulates your digestive tract so don't be surprised if you soon have a bowel movement. It also flushes your kidneys, so you may be urinating quite often for an hour or two.
2. Before eating a meal, drink one large (16 oz) glass of room temperature water. This prepares your digestive tract and especially the stomach to receive the food you eat. The mucus glands, which line and protect the digestive tract from the acidic digestive juices, will be able to produce abundant mucus.
3. Do not drink water (or other liquids) with meals. This dilutes the digestive juices, making digestion inefficient.
4. Wait two to three hours after a meal before drinking water again; then drink as much as you want for up to half an hour before your next meal.

After a month or two on this regimen, you will notice major changes in your skin tone; it will be more moist and supple. Your bowel movements will be regular and easy. You will feel less pain throughout your body as joints and discs become fully hydrated.

For more information, read [Your Body's Many Cries For Water](#), by F. Batmanghelidj, M.D.

Caution: If you have not been drinking much water at all, start adding water into your diet slowly in case your kidneys have been damaged by the long-standing dehydration. Also, if you begin to experience muscle cramps, add ½ teaspoon unrefined salt (Real Salt brand) per 2 quarts of water to your diet.

