



Water Therapy

Drink Water on an Empty Stomach

We heard about water therapy and its efficacy some time ago. We've been transitioning towards this practice and feel positive results.

What is it? It's simply to drink water on an empty stomach immediately after waking every morning. This is a popular practice in Japan today and they claim that scientific tests have proven its value as a 100% cure for the following diseases:

Headache, body ache, involving the heart system, arthritis, fast heart beat, epilepsy, excess fat, bronchitis asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhea, piles, diabetes, constipation, all eye diseases, womb, cancer and menstrual disorders, ear/nose and throat diseases.

Method

Before brushing your teeth AM or consuming anything, drink 4×160ml glasses of water;

You may brush afterwards but don't eat/drink anything else for 45 mins;

After 45 mins you may eat and drink as normal;

After 15 mins post breakfast, lunch and dinner don't eat or drink for 2 hours – i.e. you can drink straight after a meal (within the first 15 mins) but not for 2 hrs after that;

Take less water and gradually increase to 4 glasses if you're having trouble with the volume.

Water therapy has no side effects other than you may have to urinate a few times! Otherwise, there's nothing to lose and everything to gain.

For those who like to drink cold water with and post meals: Consider that cold water solidifies the oils you've just consumed and will slow down digestion. Once this "sludge" reacts with stomach acid, it breaks down and is absorbed by the intestine faster than the solid food. It then lines the intestine and turns into fats. It's best to drink hot tea or warm water during or after a meal. Consider how the Chinese and Japanese drink hot tea with meals. Maybe it's time we adopt their drinking habits while eating!