

THERE WOULD NOT BE LIFE ON EARTH WITHOUT WATER. THIS MAP IS A SIMPLE INTRODUCTION TO THE ROLE IT PLAYS IN OUR HEALTH. LINKS ARE PROVIDED TO STUDIES, OPINIONS, AND PRODUCTS.

**GERALD POLLACK:
WATER SCIENCE**

Water controls the changing shapes and positioning of molecules that escort hormones are carried into the cells.

High BP comes as the body tries to force water into the cells. Diuretics are not the answer, and are contraindicated, per Dr. B.

Salt is antihistaminic. Two water oceans in body, one extracellular, one intracellular. Intracellular is sacrificed in dehydration.

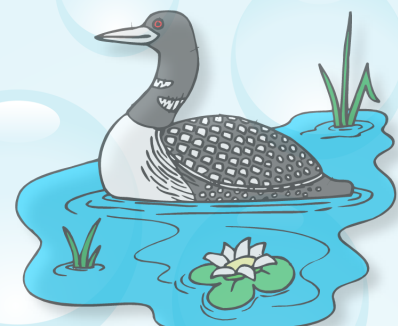
Histamine is a main neurotransmitter in body, in charge of water regulation and drought management. Water turns off histamine production. Most pharmaceutical are anti-histaminic, suppressing signals of dehydration.

WATER, HYDRATION, AND HEALTH

**THE WATER CURE:
DR. F. BATMANGHELIDJ**

SYMPTOMS OF DEHYDRATION

*Dry or sticky mouth, thirst
Decreased urine, tears
Fever
Fatigue
Headaches, other pain
Skin disorders, itching
Low blood pressure, tachycardia
Dizziness, vertigo
Cognitive changes
Digestive problems, constipation*



You should drink half of your body weight in ounces.

Thirst is not a good indicator of dehydration.

99% of our molecules are water.

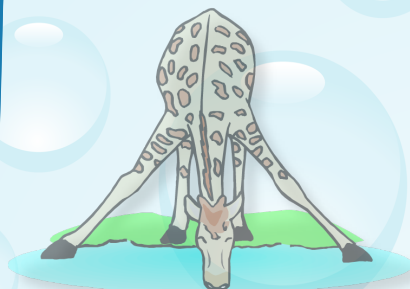


Water

- [Dehydration](#)
- [Water as anti-histamine](#)
- [Dehydration Discussion](#)
- ★ [Water, Hydration, Health](#)

High Histamine

- [Symptoms](#)
- ★ [Histadelia](#)
- [Fibromyalgia connection](#)
- [Dehydration and Allergies](#)
- ★ [Allergy and water connection](#)



Many Waters

- [Distilled water](#)
- [Hexagonal rings](#)
- [Solar distilled water](#)
- [Filtered -- Multipure](#)
- ★ [Reverse osmosis](#)
- [Carbonated -- Dr. Weil](#)
- [Micro-clustered ionized](#)
- [Alkaline water -- Kangen](#)
- [Cellular resonance -- Aquatechnology](#)



FAQs

- [Dr. Batmanghelidj](#)
- [Ionized water types](#)

"Life is water dancing to the tune of solids." Albert Szent-Gyorgyi

Studies

- [Dehydration and migraine](#)
- [Markers of hydration status](#)
- [Dehydration, mood, cognition](#)
- [Water as an essential nutrient](#)
- [Hydration assessment techniques](#)
- [Mild, chronic dehydration common](#)
- [Water drinking, orthostatic tolerance](#)
- [Hydration and physical performance](#)
- [Blood and urinary dehydration markers](#)
- [Hydration, prevention of chronic diseases](#)
- [Voluntary dehydration, cognitive functions](#)
- [Carbonated water, dyspepsia, constipation](#)
- [Fluid replacement reduces oxidative stress](#)

**WATER
FOOD AND MEDICINE**

Why are we told to cut down on salt? Why not drink more water?

Toxic Water

- [Arsenic](#)
- [Fluoride](#)
- [Chlorine](#)
- [Other toxins](#)

Related Maps

- ★ [Fluoride](#)
- [EMF and Water](#)
- [The Mast Cell Effect](#)
- ★ [Histamine Allergies](#)

Other Links

- [Water as Medicine](#)
- [HIT, restless leg blog](#)
- [Histamine shifts water](#)
- [HIT technical overview](#)
- [WHO: Nutrients in water](#)
- [Greatest Health Discovery](#)
- [Consumer Reports: water filters](#)

**FOOD AND WATER WATCH:
WATER ISSUES**

*Home: [Oscillatorium.com](#)
Newest version [this map](#)
Date of this update: 12-26-15*

