

The Healing Power of Water

How to Use Water as a Natural Cure



Healthy Learning Series

Dueep Jyot Singh

JD-Biz Publishing

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Mendon Cottage Books



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Table of Contents

[Introduction](#)

[Ancient Water Drinking Rules](#)

[Hydrotherapy](#)

[Use of Water Down the Ages](#)

[Benefits of a Cold Water Bath](#)

[Conclusion](#)

[Author Bio](#)

[Publisher](#)

Introduction

This book is for all of those people who know that, yes, water has been used since ancient times to cure diseases permanently, and also have heard something about hydrotherapy, which means treatment with the use of water. I am going to touch upon the subject of hydrotherapy, without going into too much of a detail, in this book, which is going to be confined to how water can be used as a curative for a number of diseases and also to prevent them from occurring in your body.

You are going to get to know how just that glassful of water – pure water, and definitely not bottled and mineral water, or perhaps that water which has been subjected to extensive additions of chlorine, these 21st-century modern innovations do not work - is going to keep you healthy, and also get rid of all the toxins in your body.



Naturally, we take it for granted that water is an essential part of our lives, and we thank God that we do not have to walk miles through desert areas, and over arid lands, like our ancestors did, searching for a source of water.

At that time, of course, the sources of water that were available to them were rivers, ponds, pools, little lakes, and other natural resources along with puddles where rainwater had collected and had managed to seep back into the soil.

Even at that time, man knew that water was a necessary a part of his life, that his whole body and system would shut down, if it did not have its necessary and regular intake of water, at regular intervals throughout the day and night.

The quality of water and its quantity all over the earth is different. That is because there is a great relationship between the air and water. If the air is warm, the water availability is going to be less, which seems to be an irony, because it is during the summer that we need water more, unfortunately it has evaporated, due to all the hot air.

The quality of the water has no set standard, because natural water is going to show different qualities due to the quantities of minerals available at different depths. So as you dig, perhaps, you are going to see muddy water for a couple of feet and then the quality of the water is going to change accordingly

as you dig deeper.

Since ancient times, people knew that a number of diseases were caused in the body, due perhaps to the deprivation of some particular minerals, essential nutrients, and the other ingredients necessary to keep your body functioning properly and naturally.

In the same manner, a number of diseases were caused through water, especially when you drank impure or contaminated water. This is the reason why, for centuries, mankind knew that at one particular time of the year and one season, he had to guard against diseases, because they appeared regularly.

It was only through experience, and common sense, that he got to know that these diseases were caused when he drank water which was contaminated from sources like pools, drains, sewers, puddles, and even rivers. The diseases caused due to this drinking of contaminated water were many digestive, skin related, and blood related, because of the pathogens and the bacteria which entered the body through the water.



Water, precious water...

Once upon a time, cholera epidemics were rife in the East, and though the people in the East managed to survive, because they knew how to prevent and cure themselves during a cholera epidemic, the Westerners who had gone there for trade purposes or to soldier, died like flies every rainy season and in the summer.

The reason was that they did not want to admit that the native medicine was effective in getting rid of an infection and was able to cure them. This phobia or this stubborn ignorance, whatever you may want to call it cost them dearly.

Even in Kipling's time, it was written in many of his stories that one never knew when he would be seeing his friend again, after he had said goodbye, because one did not know how fast cholera could strike.

And that is why people who knew that water could cause diseases took precautionary measures like filtering the water through charcoal filters, or boiling it, and then storing it in earthenware clay pots.

You cannot improve the quality of the water by boiling it, but you can make it potable.

As a youngster, I lived in an area where the womenfolk of the family got water from the old traditional well, which had been serving that particular area for centuries. It was then boiled, with a little bit of cumin seed added to the boiling water, which was then allowed to cool and placed in really huge metal pots. Along with that, every family member had his own personal water pot into which the matriarch of the family would place his daily quota of boiled water, which he had to drink throughout the day.

Those water pots held about 3 L of water, and you are going to say, even a little child had to drink that much of water, the answer is yes, the children were so busy playing and exercising, and having fun throughout the day, that they did not even get to know that they had finished up the water pots, and so their bodies were never dehydrated, ever.

The water which was drunk was never boiling hot or icy cold. The icy cold water which we love today, is definitely not good for our health, especially when it is conducive to giving us sore throats. Also, if you had a hot meal, you would not wash it down with cold water and vice versa. According to the ancients, this disturbed the balance and harmony of your system and gave rise to possible diseases and problems.

So many of us are crazy about the mineral water, which is being sold in bottles, especially when we buy them with their stylish labels. All right, let me tell you something. Truthfully, I have seen this expensive mineral water being “made,” before it is bottled in the bottling plant.

There is absolutely no natural source of water, which was advertised in that particular brand’s advertisements, as coming down straight from the mountains as melted snow giving you your water, fresh and pure, and which looked so attractive in print! Actually, it was just ordinary water, which had been boiled a little, so that the chlorine content did not strike you like a sledgehammer, the moment you took a deep gulp. After that, some minerals – manufactured in the lab – were added to that water, so that you thought that this tasted like a natural mineral water, taken from natural water sources.

And then that water was bottled in really attractive bottles, packaged and sent all over the World as one hundred percent pure mineral water! And that is what you have been drinking, thinking that you have been drinking pure natural water.



So who manufactured this mineral water and where? Then supposedly bottled and sold it to you?

Let me tell you something here. If you need to melt ice, to make pure water, it is going to take ages. The taste is going to be absolutely yucky. That is because that ice is definitely not clean, especially when it has been coming down the mountain. So if you have to melt that ice, you are going to take some water from a bottle, and a chunk of ice added to it, and then put both of them together on to boil.

The ice is going to melt, and then you are going to filter the liquid, before you drink it. Also, you do not drink ice water straight, from the glacier, or from the ice floe in the mountains, which has been stagnating for a long while. However, if the water is free-flowing, and you can see that there are no impurities visible in that water, you can take a chance, especially when you are so thirsty, and you do not want to get out that cloth for filtering purposes. But you are not going to drink this water, 3 days running.

One bacterial infection in the mountains means there you are, caught, again due to bad water.



One does not know much about the source of this water, especially in a dry and arid land. He is just thankful that he can get a mouthful to drink on a thirsty summer's day.

Thanks to mineral water being a status symbol, along with brands telling you that you are going to drink one hundred percent pure, filtered water through their machines, using reverse osmosis system and all that marketing jazz, let me tell you something about filtering systems.

You have reassured yourself that you have the most expensive filter installed in your house and your family is getting pure water. Believe it or not, even after the supposed filtering, if you test out that water, it is going to have quite a number of impurities still suspended in the water, with only some large particles of supposed impurities removed from the water.

Also, this filtration process had changed the taste of the water with the chemicals used during the filtration process, so one began to wonder whether one was already adding more chemicals to the body, along with the impurities already present within the water.

I have an acquaintance, who is quite nitpicky and particular about the filtered water that she gives to her family, and one fine day, she invited herself to a relative's house, but not before inspecting it to see if the water filter, which she considered necessary to keep her family health intact, was installed.

It was. She was really impressed by the company. She knew all about it. It was a multibillion dollar global company, which had its premiere expensive filtering systems installed in the best of houses, if one went by the advertising. And so she came with her family, and spent a healthy month, drinking that filtered water extensively, because one could see from the quality and the taste of the final product, that this was good stuff!

At the end of the month, she went back home, promising herself that she would have that same system installed in her house. And then I went to meet my relative who was looking as smug as a cat who had dined off cream.

“That female, well, I could not tell her that a fool and her money are soon parted,” said my relative. “She is so impressed by this filtering system, I never told her that the water supply which came out of the tap, was straight from the source pipe, *because the filter has not worked for the last 10 years* and I could not be bothered to replace it. But as long as she heard the music, and the lights going on, and she got easy access to that horrible tasting chemical enriched water, she was satisfied that she was drinking filtered water.”

So, my friends, how much filtered water and how much mineral water is going into you, with you being reassured by companies with their expensive filtering systems and marketing campaigns that you are drinking your water pristine pure.

Ancient Water Drinking Rules



Beer, ale, cider and other drinks were the drinks of choice, when the water was not potable. Even today, many people may choose these drinks, over water, when and if they get a chance.

In ancient times, there was a method and system to everything, including eating and drinking. And that is why in many regions of the World, even now, those practices are still being followed. Because, according to the oldsters, these rules and regulations are capable of getting rid of the number of old and new, as well as chronic diseases, just by drinking water at dawn.

In olden times, it was early to bed and early to rise, especially at sunrise, because nobody wanted to waste any precious daylight. That is why it was easy for them to drink water, first thing after they got up, without washing out their mouths first, or brushing their teeth or doing any other normal hygiene related activity.

The idea in the East is that this saliva in the mouth, which occurs when one is asleep has a large number of health giving qualities. As that is why you took 3 – 4 large glasses of water, which had been placed in a metal utensil and left overnight, next to your pillow, to be drunk first thing in the morning.

Also, the belief was that during the night, the water got incorporated with metal ions, as well as the power of the moonlight, especially when people slept out in the open. The utensils were of course covered and the next morning you drank that water.

Traditionally, that water was placed in a copper utensil, and if you were really rich, that utensil was made of silver or gold. I have seen smaller versions of these old silver utensils, in my family passing down through generations, but as I do not belong to Royal blueblood with huge silver and gold pots used for storing water in the palaces, my ancestors made do with copper utensils and clay utensils, coming down in the family for generations. Like the rest of the citizens did.

Also, my father had some very pleasant memories about his childhood. He said, that when he was a child, everybody slept in the open air, under the moon light and the stars, on fine days – and at midnight, his father use to wake everybody up, and give them one or more drinks of cold cold water, from the clay pots kept at his bedside.



He was just continuing the tradition, of his father and grandfather, giving his children and other family members cold water to drink, so that when they woke up in the morning, they did not suffer from constipation, had a clear and healthy digestive and circulatory system and also skin, and also were not dehydrated ever, especially in the summer.

And after that, everybody slept literally and figuratively, like a baby.

If you drank water at dawn, you did not eat or drink anything else, only after about an hour or so. This was because you needed to allow that water to do its magic in your system, especially when you had just woken up.

During the meal, water was rarely drank, but buttermilk was drank after the meal was done. The idea was to get all the liquid material from the food sources itself. If you were really thirsty, you could take a sip of water, in between mouthfuls, but not more.

That is because it was known that too much water drank during the meal, diluted the effect of the saliva, which had been mixed with the food, during chewing and ingestion. This saliva helped in the digestion of the food, but if the food was already floating in a pool full of water, in your stomach, the enzymes of the saliva could not do their best work, nor could the enzymes of your stomach and the rest of the digestive system.

That meant that you would not be able to digest your food properly. Nor could the healthy nutritional and nourishing fats, carbohydrates, vitamins, proteins, and other essential necessary items of your

food be assimilated into your system properly.

That meant that your system would start showing signs of indigestion, lessening of hunger, and even constipation, because the stomach was already full of half-digested material, sitting there, waiting to be eliminated and playing merry pranks with your system in the meanwhile.

However buttermilk was considered to be helpful in digestion, because of its nutritional value and all the helpful bacteria which helped in the digestion of food. So it was drunk after you had eaten your meal.

If you really cannot manage 4 glasses of water, when you wake up, start with at least 2. Soon, you are going to increase this to 4. Continue this practice for as long as you want to remain healthy naturally.

Also, it has been proved through time that a number of people have the habit of eating and drinking toxic creating food and drink items like tobacco products, smoking cigarettes, and other such things, including coffee, along with their food at breakfast time. The drinking of the water at dawn is going to prevent them from suffering from constipation brought about by this ingestion of toxic items.

If you feel the craving for these things, especially because you are so used to them – smoke a cigarette, after breakfast, or anytime, in the morning, try this natural remedy. Take some roasted bishops weed and some roasted aniseed. To this, you are going to add some lemon juice and some sea salt.

Take this mixture instead, to get rid of that craving for a cigarette or for your cup of coffee, or for a little weed, or even cannabis or the hair of the dog that bit you last night, especially if it made you drunk.

In ancient times, herbs were used in the water, to prevent a number of diseases, because these herbs were antiseptic. I have already told you about the cumin seeds. Also, in the East, 5 leaves of basil – the sacred basil, which grew in every garden and household yard – and 5 leaves of neem were chewed together, and swallowed down with a little bit of water.

Neem is an acquired taste, because it is bitter. But in many parts of the World, I found that the same Neem also came in a sweet version, which was known as curry leaves. So if you had curry leaves, and you did not want to bother about a really bitter mouth, first thing in the morning and the astringent taste of sacred basil, you would find the curry leaves equally effective.

So what are the diseases, ailments, and disorders which are going to be prevented as well as cured, slowly and steadily, with the help of drinking water at dawn?

The diseases included high blood pressure, cardiac problems, prevented wrinkles on your skin, headaches, paralysis, low blood pressure, cough and cold, TB, asthma, diabetes, kidney stones and other diseases related to the kidney, cancer of the uterus and other cancers, constipation and acidity, lack of progress in physical and mental development, hemorrhoids and piles, swelling in your body, a number of tertiary and secondary fevers, skin diseases like pimples, boils, skin infections, and even joint pains and gout.

I asked a naturopathic acquaintance, whether all this was true, and he said, yes, because for all those people, who cannot believe anything, unless someone talks about scientific proof, and scientific background, here is the scientific reason. And to me, it sounded thoroughly sensible.

Early in the morning, you drink water, and thus clean out your stomach and your kidneys of all the

toxins accumulated in them. A number of diseases and other ailments which are related to the accumulation of toxins in your body are thus going to be washed out, literally and figuratively, with this water itself.

I went one step further, and began adding the juice of one lemon, and one teaspoonful of honey to an extra glass of warm water, apart from the water, I had just glugged down from my copper pot.

Look mama, no wrinkles, smooth and well hydrated skin! Without resorting to expensive cosmetics. No one can believe that I will never see 45 ever again. Even though a couple of white hairs at my temples do make me look a mature, sober, serious 35 – 40!

All this is thanks to the honey. Hey, you are going to say, “Warm water, first thing in the morning, where am I going to get it?”

Elementary, my dear Watson. My grandma used a kettle plugged into the wall socket, which stood on her bedside table.

She learned this habit in England, especially when she could not be bothered to get out of a warm bed, to go into the cold cold freezing kitchen and make her First-Thing-in-the-Morning-Cup-of-Tea, without which fix she could and would not do.

The British had started this early morning ritual in the 1920s, with their kettles plugged into their wall sockets, on their bedside tables. Also, she did not believe in the water therapy, especially when it entailed drinking cold water on a wintry morning!

So if you have a kettle, nestling somewhere and not being used, get it out, my friend, old is gold. To the warm water, add your lemon juice and honey – never boil lemon juice – and drink it down.

Now we come to something, known as hydrotherapy, where water is used to help in the curing of a number of ailments.

Hydrotherapy

Hydrotherapy was once known as hydropathy. Hydropaths use traditional methods to help cure ailments, with the use of water, hot or cold, to restore the balances of an upset system out of harmony with nature. It is an alternative treatment, which is also used for relief from pain, and it is definitely not something new, because the ancient Romans, Greeks, Egyptians, and Turks knew all about the benefits of hot and cold baths, especially in their own huge public baths.



A modern-day sauna would have been the same as the ones used centuries ago

These baths had pools full of hot water and cold water, steam emerged, when the water was thrown on red-hot rocks, and all the toxins were supposedly steamed out from one's system through the application of hot and cold water. Even the Chinese and the Japanese had their own hydropathy treatments in their medical sciences and systems.

In ancient Indian medical sciences like Ayurveda, hydrotherapy was done by immersing the body into a bath of hot water, and after that, he was lifted back into another tub full of cold water, thus literally sweating out his poisons. He could also be wrapped up in a cloth, dipped in icy water, or his stomach and forehead being subjected to either the hot water treatment or the cold water treatment depending on the diseases. Because at that time it was thought that the ailments and the fevers could be literally sweated out, through the skin and from the pores, through the application of hot and cold water.

When hot and cold water was applied to the body, with the help of cloth, a hot application was always followed by a cold application immediately, nodded to get the sluggish circulation moving again – caused by the constriction of the blood cells, which would occur when they felt something hot touch the skin – and the blood vessels went back to normal. The amount of time taken for any such application would be anywhere between 40 seconds to 3 minutes, depending on whether it was a cold application or a hot application.

You can get a large number of hip baths, body baths, and full-body immersion baths, either in the market, or if you want to go through the spa treatment, you are also going to go undergo massage, especially in a steamy atmosphere – words not to be taken literally, or with any double entendre, nor do I intend a pun.

Hydrotherapy became fashionable in England in the 1800s, when aristocrats began discovering their old Roman baths, and began to gather in places, where they could drink mineral waters which were supposedly the cure all, for rheumatism, gout, and other problems, according to the doctors. Actually, these baths were beneficial for all those people who really liked their food and drink. And that is why they had to walk to the baths, in order to drink a glass full of sulfur laden water. This exercise was enough to set their digestion moving, and they thought it was the benefit of the waters, and the minerals in them which did the curing.

Here is an example of some of the affectations, shown by these aristocrats, in the drinking of the water. This excerpt has been taken from Lorna Doone, written by RD Blackmore, about a young lad named John Ridd.

He was about 12 years old, going home from school, and pumping some cold water upon his head from the pump in a yard. And he got caught by a flirtatious female, a French servant, who wanted some water for her mistress, the baroness in a carriage, traveling somewhere.

Now make the pump to flow, my dear, and give me the good water. The baroness will not touch unless a nebule be formed outside the glass."

I did not know what she meant by that; yet I pumped for her very heartily, and marveled to see her for fifty times throw the water away in the trough, as if it was not good enough. At last the water suited her, with a likeness of fog outside the glass, and the gleam of a crystal under it, and then she made a curtsy to me, in a sort of mocking manner, holding the long glass by the foot, not to take the cloud off; and then she wanted to kiss me; but I was out of breath, and have always been shy of that work, except when I come to offer it; and so I ducked under the pump-handle, and she knocked her chin on the knob of it; and the hostlers came out, and asked whether they would do as well.

Upon this, she retreated up the yard, with a certain dark dignity, and a foreign way of walking, which stopped them at once from going farther, because it was so different from the fashion of their sweethearts. One with another they hung back, where half a cart-load of hay was, and they looked to be sure that she would not turn round; and then each one laughed at the rest of them.

In Germany and in other mountainous areas, also, along with Sweden, Norway, and other European countries there were a number of ancient spas, discovered again in the 18th and 19th centuries, where the same thing was advertised by the doctors, and people flocked to them, climbed up hills and roads, to reach those hidden magic baths, drank the waters, and perhaps bathed in the pools, of hot water coming from Springs, and felt themselves miraculously rejuvenated.

Even today, after a long tiring day, what could be better than sinking into a hot water bath and feeling all that heat seep into your tired bones and muscles?

A hot water bath or a cold water bath is never going to be undertaken, after a meal. Hydrotherapy is basically a therapeutic treatment, which can only be done under the close supervision of an experienced therapist. He is also going to add the right herbs and essential oils to the bath, which he knows are going to help relax, cure, heal, and rejuvenate you.

Hydrotherapy has been associated with aromatherapy since ancient times. Essential oils of spices, flowers, plants, and herbs were added to the water, and the steam inhaled by the patient. But as I am not a qualified hydrotherapy practitioner, I can only just tell you about the old methods, where hydrotherapy treatment was done in the form of a cold water bath, just a simple cold water bath. Taken daily without fail.

Use of Water Down the Ages

Of course, apart from drinking water in large quantities in places, where the source of water was uncontaminated and pure, in ancient times, people bathed regularly, in tropical countries, and in hot countries, where personal cleanliness was a matter of the daily routine, and an absolutely necessary part of hygiene.

It was only in the comparatively cold countries, where baths began to be neglected as a matter of personal hygiene. In fact, this was a part of ancient xenophobia – that person belonged to a race, where nobody knows how to bath, or to wash one's clothes regularly.

And that is why many Westerners still could not understand why people in the East did not want to stand close to them. That was because of the results brought about a neglect and lack of ablutions.

I would definitely not want to live in the 17th and 18th century and walk around in fashionable London. The body odors would be overpowering mixed with the stale stench of perfumes. In France, the aristocrats did bathe occasionally, when they got soap of Castille, which was soft and mild, and did not harm their skin.

The Spaniards of course and the Italians as well as people living in other Mediterranean countries were very particular about their ablutions and personal cleanliness. Also, in the Scandinavian countries, where the bathing was done in hot water springs.

In fact, in many parts of Finland, even today the whole society and fabric of a number of old towns and cities revolve around hot water springs, where this water is used, as it has been done traditionally for bathing, washing clothes – no soap used ever, traditionally – and even cooking.

Many many years ago, I read about a real-life adventure, where the hero and his Finnish friend were walking over the ice. The hero had to stop occasionally, when his friend would reach certain places, say aha, break the topmost layer of ice and then lift up something, either in the shape of a wicker basket, or in the shape of a fish line to which invariably there was a fish attached.

The wicker baskets were full of food cooked during the night, in the hot water springs, under the snow. The fishes were the fish caught on the lines, under the surface of the ice, where the water was still liquid and life flourished undisturbed as it had done so for millenniums.

And then the hero and his friend went into a small enclosure, where there was a nice hot spring, and had a delicious breakfast/lunch, after a swim in the hot water. Because this was a part of the Finnish social fabric and tradition, down the centuries, and one did not find the necessity to break with it.

Even today, in many parts of the East, or especially in lands where the sun beats down relentlessly, a person who does not enjoy a bath often, and everyday is considered to be abnormal. So naturally, it was not too much of a hardship for these people to have a cold water bath, especially in the summer, after waking up to a fresh dawn, after a perhaps very warm summer's night.

So these people took it for granted that they would have a bath in the summer and also in the winter. That is because the cold wintry snows did not spread all over the land. And that is why they could manage the bath.

My grandmother used to wake up at dawn and have her bath, because she had been taught since childhood that this was the way to do things. We of course were spoiled brats, and no way were we

going to take cold water baths in the winter. We wanted hot baths, even though she said all right, hot and cold for you. That means our bathing water in the winter was tepid and lukewarm.

A cold water bath was not taken in 5 minutes. That is because the body needed to accustom itself to the chilly air. Funnily enough, the people who have got into the habit of taking cold water baths – yes, I know some British officers, who consider this a part of their military fitness training – cold showers, even in the winter, brrrrrrr – do not feel the cold, because their bodies have got accustomed to that chilly spray, and their mind is not going to shrink from the trauma of a sudden immersion into a chilly shower, soaking their head.

It took about 30 seconds for the body to accustom itself to the new temperature, and then the hot circulatory system kicked in, regulating the temperature of the body and making you feel that you had just walked into a really nice and warm cozy room, with a pleasant fire burning to welcome you.

This is where I come to the point where the cold water bath was managed. *The first mug of water was always poured over the head.* Because it was said that the moment the water soaked the head, all the heat in the head traveled through the body, and came out at the feet. However, if you dipped your feet in first, the heat from your feet would be escaping from your head. And that was not good for your system, because the heat was escaping afterwards and some of it would remain in the head.

Possibly this is the reason why diving is done, always headfirst, and the diver does not just get down into the water, feet first and start swimming.

The body was scrubbed thoroughly with either a loofah or with the hand, so that the circulation went even more hyperactive. That is why scrubs are so popular, down the ages, because this was the only way in which the skin could be cleansed, and once it was on, it became imperative for that person to have a bath and to rub it off, during the bathing process.

This got rid of all the grime, as well as the toxic waste through your skin. Once that bath was over, the skin was rubbed vigorously, with a rough cloth – we use a very soft towel to mop up the water and to get rid of the moisture, but the main use of a towel was to keep the circulation moving, with another healthy scrub.

After that, the skin was never exposed to cold air and clothes were put on immediately. That was because the body was generating lots of heat, and if it was exposed to the cold air, it spelled trouble with a capital T.

Benefits of a Cold Water Bath

Here were the benefits of cold water bathing. You are not going to get them, with a lukewarm water bath or a hot water bath. But like I said, no way were we going to be bathing in cold water, every day, in the winter in a mountain area, and that is why grandma had to compromise with lukewarm water, half hot and half cold.

The moment you get out of a hot water bath, you are going to start shivering, because your skin has been exposed to the cold air. The skin in the upper epidermis has shrunk, because the body is trying to keep the body temperature normal. And that is why the circulation of that skin is reduced.



Regular hot water baths are going to dehydrate your skin. That is because all the oil has been removed through the application of the hot water on your epidermis. You may also feel excessively thirsty, after you have come out of a hot water bath.

This can show you how the body has got dehydrated, due to the application of something really unnatural and unbearably hot, on the skin's surface. You can consider this to be trauma, though we do not consider it so, especially when your body is half frozen, coming into a warm house from outside, where there is a healthy snowstorm blowing. And then getting into a hot water bath and thawing out. What fun.

But definitely not good for your body in the long run. Because you have went from extremes of temperature – cold to hot, without allowing your body to acclimatize or accustom itself to the temperature change which has occurred suddenly.

Get ready for possible fever, coughs and colds, and possibly an infection, because this is a time when your resistance is going to be at its lowest ebb.

Also, all the blood cells, which are under the surface of the skin are going to get weakened. However,

if you bathed with cold water instead, these blood cells would get stronger because of the added power of a reinforced circulatory system.

Conclusion



He knows how to keep fit, with plenty of exercise in the fresh air, and in water.

It is a well-known fact that people who take cold water baths rarely suffer from diseases and infections. However, if you are already sick, recuperating from a serious illness, have a weakened physical system, and are prone to infections, you are not going to do any sort of cold water bath experiment.

A couple of winters ago, when it was somewhere in the minuses outside, I was shocked and astonished when I went into my 84-year-old father's room, to ask him to have his dinner, and saw him coming out of the shower, after a cold water bath. His skin was glowing; he looked full of energy, and pep, and quite full of life.

It finally came to light that he had been bathing every day, in those subzero temperatures, without our getting to know about it, and he had finally got caught.

I definitely lost my cool, no pun intended. "What did he intend to do, kill himself? Winter, and cold water baths, and he prone to a weak chest, and if he got ill, my life would be more of a thing of beauty and a joy forever, because then I would have the added responsibility of a sick father on my hands, and if he was doing it on purpose, just to add a little bit more of excitement to my life, or his, or the rest of the families', that was his prerogative wasn't it, and oh no, nobody could teach him better, could one, because he was the head of the family. And his children and grandchildren were just silly kids, and such whining, badgering, pestering nags, because they prevented him from doing what he wanted to do."

And so on and so forth, loud and clear. For another 3 to 7 minutes.

He definitely weathered the winter better than I did. I came down with mild coughs and colds, with my

lukewarm baths, while he breezed through the winter, trying his very best not to say in a very soft but clearly heard murmur – I told you so. Because like my grandmother and like the rest of his family, he had been brought up since childhood on cold water baths, in freezing temperatures.

Talk about cruelty to youngsters, but down the ages, people have had to survive the best they could, and hothouse flowers were weeded out because nobody could take on the responsibility of sickly and weak kids. Especially in troubled areas and in bad weather.

Naturally, I am astounded at the stoic nature of these people, who have been brought up traditionally. They can bear hardihood and are definitely full of stamina, toughness, robustness, and durability.

Remember that water in itself as a medium does not have the power to heal you. However, it has the ability to encourage your body to heal itself. The metabolism of your body is going to change with the addition of water, the hot and cold temperatures, and this is going to encourage natural healing. So either your body is going to get relaxed and sedated or is going to get stimulated. Both of these states are conducive in the speedy healing of the body.

Water also has a number of uses, as a natural detoxifying agent, cleansing your body, and keeping your system working normally and properly. So the moment you find yourself wanting to drink some water, get up immediately from whatever work you are doing, and drink a glass full of water. That is because your body has begun to feel the need of some liquid, and water is of course the best and healthiest 0 calorie drink.

When I was working, busy, busy, busy, 8 to 5, I often saw a number of my colleagues reaching for the glass of water, which I had asked the office boy to place upon their desks, every hour, automatically. They did not know that they had finished the glass of water which would be replaced immediately. It was only one evening, after a hectic day, when a colleague said, “Man, I had this very important decision to make, and I was so het up, and I reached for my glass of water, and hey, my mind cleared. So I should thank the office boy for placing it there.”



And he did. And everybody began to understand that yes, it was the water which they were drinking throughout the day, which made them feel fresh, healthy, and even one could almost use the word cool. It was not icy cold water, especially because we worked in an air-conditioned atmosphere. It was just ordinary honest-to-goodness natural water.

So God bless water, and make it flow upon the earth long to provide every living thing with many long, deep, thankful drafts.

Live Long and Prosper!