

## Drink Up – Your Life Depends On It!

by [Bob Bellevue](#) • Lifestyle & Wellness Home Advocate, Certified LifeLine Practitioner

Visualize a constantly flowing stream. Now think about a retention pond filled with stagnant water. Look at the pathogenic life beginning to form. The more water you drink, the stronger the flow of your internal stream, making it difficult for harmful organisms and disease to take root in your system.

I'm sure you've heard before that *you can live an extended period without food, but not without water*. Water plays a role in nearly every bodily function—from regulating temperature and cushioning joints to bringing oxygen to cells and removing waste. According to the late **Dr. F. Batmanghelidj**, a medical doctor and the author of **Your Body's Many Cries For Water** ([www.watercure.com](http://www.watercure.com)), water is an essential component of Optimal Health.

**Dehydration** is a condition in which the body's ability to operate as a self-healing organism is blocked. It affects blood pressure, blood-sugar metabolism, digestion, and kidney function. Thirst means the body is already in this state, and dry mouth is the last symptom of chronic dehydration.

**What causes dehydration?** Besides the fact that many people don't drink enough water, they also consume excessive amounts of coffee, sugar-filled drinks, regular and diet soda, herbal and black tea, sports drinks, and concentrated juices. **Sugar dehydrates the body and caffeine is a diuretic that causes the body to eliminate fluids.**

Most of us think of thirst as the common signal that our bodies need water. However, because we've ignored it or responded with fluids that make the situation worse, **we've become desensitized**. Consequently, *as we grow older, we gradually lose our perception of thirst, compounding the challenge and actually speeding up the aging process*. **Fatigue is the first symptom of dehydration**. By the time we feel thirsty, we're already dehydrated. Pain is yet another sign the body sends, telling us it needs more water.

Dr. Batmanghelidj's has determined that **many common ailments are actually the result of not drinking enough water**, including:

- Morning sickness in pregnant women
- Allergic sensitivities
- Heartburn
- Colitis
- Rheumatoid arthritis
- Fibromyalgia
- Back and angina pain
- Migraines and other headaches
- Depression
- Leg pain when walking
- Obesity
- High blood pressure and cholesterol

Dr. Batmanghelidj recommends that most of us drink half of our body weight in ounces of water. For example, a 180-pound person would drink 90 ounces of water. Hot weather or exercise increases the body's requirements for water. If you drink coffee, tea (herbal, black, or green), juice or soda, be sure to *also take in an equal **additional** amount of water for every ounce you consume of these other beverages so that your body will be fully hydrated*. Water is best consumed at room temperature and sipped all day long.

## Water Has Consciousness

Dr. Masaru Emoto demonstrated that water has consciousness, as well as other life-giving qualities. Dr. Emoto's work, documented in his book *Messages from Water*, began by studying the crystallization

process of water as it passed into a frozen state. He soon realized that the nature of the crystals was based on the source of the water—that is, natural springs, city water systems, snowflakes, and stagnant ponds. This discovery made Dr. Emoto curious to see whether the frequency of words or sounds would have any impact. Through repeated experiments exposing vials of water to spoken and written words, as well as to music, *he demonstrated how thoughts and words alter the molecular structure of water.*

We live on a planet that's more than 70 percent covered in water, and our bodies are composed of 75 to 90 percent water. The implications of Dr. Emoto's work are astonishing, not only for health, but for the well-being of the entire planet.

More importantly, we have the power to transform the structure of water through our thoughts, words, and actions, which means that **we have the ability to change the course of our health in the same way.** The words "Infinite Love & Gratitude", whether written, spoken, or reflected in someone's actions, has tremendous power to heal. The energy of the fluid you drink determines its health-giving properties. A combination of factors (environment, water pipes, emotions, negatively charged chemicals) results in the loss of water's charge, or vibratory rate.

### **For optimal health, don't drink unfiltered tap or bottled water!**

The chlorine and fluoride used to "purify" it are toxic chemicals and have been known to cause severe health challenges. Many houses have lead or copper pipes, and the heavy metals easily leach into the water. Tap water can also contain many toxins, pesticides, and bacteria. You can read plenty about the dangers and risks of bottled water, and it's the most 'dead' water as well.

**Most commercially advertised water filters or purification systems only do half of what they need to, if they do that part well at all.** I have been using the PiMag Water Systems and shower systems from NIKKEN for years now. This Asian-based home-technology does so much more than just filter tap or well water. (up to .01 microns in size using similar technology used in medical grade kidney dialysis devices). By creating what is called "Living Water", the end result for drinking or showering is a natural harmonization of essential elements, replicating the earth's magnetism, alkaline minerals and far-infrared (Pi) energy.

Here's some of the research I collected and put together in an easy to read public document – [What is Pi-Water](#). This [water experiment performed by Dr. Chad Nielson](#) is quite revealing to the eye.

**The bottom line is to do the best you can with what you have.** No matter what type of water you're drinking, writing "Infinite Love & Gratitude" on the container increases its energetic quality. Structure is directly related to function: **Infinite Love & Gratitude** enhances the pure, crystalline structure of water, thus increasing its functional healing potential.

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*Adapted from **The Power of Infinite Love & Gratitude: An Evolutionary Journey to Awakening Your Spirit**, by Dr. Darren R. Weissman. Published by Hay House (Feb. 2007)*

**Bob Believeau** is a health and wellness lifestyle advocate "for the people", providing education, training and marketing of Nikken's Wellness Home Technologies, and is also a holistic energy practitioner, certified in The LifeLine Technique. For more information, Q&A, and plenty of free information on living [The Wellness LifeStyle](#), visit him at [BobBeliveau.com](#)