

# YOUR BODY'S MANY CRIES FOR WATER

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Originally published in 1992, this seminal work argues that most chronic diseases are not illnesses, but expressions of **chronic, unintentional dehydration**. Dr. Batmanghelidj posits that we are treating thirst with drugs rather than water.

## 1. The Paradigm Shift: Water as Energy

- **The Hydroelectric Source:** Water is the primary source of cellular energy. When it rushes through cell membranes, it generates **ATP (voltage)**.
- **Drought Management:** In a dehydrated state, the body selectively rations water to vital organs (the brain) while shutting down supply to peripheral systems, manifesting as disease symptoms.

## 2. Pain as a Distress Signal

Dry mouth is the *last* sign of dehydration. The primary early signal is **Pain**, managed by the neurotransmitter **Histamine**.

- **Heartburn/Reflux:** A signal that the stomach lacks the protective water layer against acid.
- **Joint Pain:** Cartilage is 80% water; when it dries, friction and inflammation occur.
- **Asthma:** A water-conservation mechanism where the body constricts airways to prevent water vapor from being breathed out.

## 3. Major Diseases & Dehydration

**Hypertension:** The vascular system constricts to prevent "voids" in the blood supply when fluid volume is low, forcing blood pressure to rise.

**Type 2 Diabetes:** The body restricts insulin to keep glucose circulating, preventing water from being "trapped" in cells and saving it for the brain.

## 4. The Water and Salt Prescription

- **The Formula:** Drink half your body weight in ounces of pure water daily.
- **The Salt Connection:** Consume roughly **1/4 tsp of sea salt** for every liter of water to maintain extracellular fluid balance.
- **Timing:** Two glasses of water 30 minutes before every meal.
- **Avoid Diuretics:** Caffeine, soda, and alcohol force the body to excrete more water than they provide.

**THE ULTIMATE TAKEAWAY:** *You are not sick, you are thirsty. Treat your symptoms as a cry for fluid, giving your body the water and salt it needs to regulate itself naturally.*