

# Water

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When we think of water, we automatically think about the "8 glasses a day, 1/2 your body weight in ounces" verbiage commonly heard in health arenas. Although the drinking of water is essential for life, most are unaware that water is also a healer. Because the body loses water through breathing, sweating, urination, digestion and stool, it is very important to remain hydrated by ensuring adequate water intake and eating foods that contain water. Foods containing the most amount of water are primarily fruit and vegetables, making water intake full of variety, especially for those beginning to drink water and also for children.

## **Water as a drink**

The body is comprised of 60% water, thus making its intake vital to life. Water intake helps the body,

- remove waste
- aid the blood in transporting nutrients and oxygen to the cells
- maintain the health of the cells in the body
- regulate body temperature
- aid in digestion and prevents constipation
- prevent dehydration
- moisturize the skin to maintain its texture, appearance and elasticity
- lubricate and cushion the joints

"Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed." {CD 420}

Drinking water 30 minutes before or after a meal is the best practice; it allows the digestive system to do its work through the salivary glands, requiring no further assistance by the drinking of water.

" In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drank freely, it helps to supply the necessities of the system and assists nature to resist disease. " {MH 237.1}

## Water as a healer

The skin is the largest eliminatory organ of the body and through exercise and sufficient water intake, the body perspires/sweats, releasing toxins from the body. If there is not an adequate amount of water intake, the body cannot do its proper work by releasing toxins through the skin. Many become ill due to increased toxicity of the blood because the pores are clogged and cannot release the toxins through the skin. In health and healing, we are not to take the job of healing from the body, rather we are to assist it. In this manner, if one is ill, dehydrated and not able to produce sweat, we are able to aid the body in releasing toxins by taking hot baths. Not a shower, but hot baths, sitting in the tub, immersed in water to the neck. When we take hot baths, we aide the body by increasing the body's temperature, allowing it to begin to perspire, thus allowing the pores to open and toxins to be released.

"The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation. " {MH 237.1}

"The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened, it is strengthened. Instead of increasing the liability of cold, a bath, properly taken, fortifies against cold, because the circulation is improved, and the uterine organs, which are more or less congested are relieved; for the blood is brought to the surface, and a more easy and regular flow of the blood through all the blood vessels is obtained." {Testimonies for the Church, vol. 3, pp. 70, 71 (1871)}.

**Baptism-** As our bodies are cleansed by the release of toxins through the skin by water intake. So our spiritual lives will be increased once we take in the living water of Christ and follow him in baptism, fully immersed in water, cleansing us from the toxicity of sin. "But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." John 4:14

"And now why tarriest thou? arise, and be baptized, and wash away thy sins, calling on the name of the Lord." Acts 22:16

*"Therefore with joy shall ye draw water out of the wells of salvation." Isaiah 12:3*