

**Bob Butt's Gift to You**

# The Greatest Health Discovery in the World

IF YOU ARE SUFFERING from problems of aging, this report can cure you. I know this is true, because my readers have told me. And yes, I have seen it in myself. So get ready for a cure from something you never expected. Because inside of this magnificent report, you are about to read absolutely amazing science, thrilling case histories from people like yourself—and to top it off, you will learn the incredible true story of how all of this came into being. You are about to be blessed. To your recovery!



# The Greatest Health Discovery in the World

**Sam Biser**

Sam Biser Press Inc.  
Waynesboro, Virginia 22980

Text Copyright 1997-2009 Sam Biser Press Inc.

All materials contained in this book are protected by United States and International Copyright and other laws.

No part of this report may be copied, reproduced, republished, modified, distributed, transmitted, published, displayed, broadcast or otherwise exploited in any form or by any means without the express prior written permission of the author. You may not alter or remove any trademark, copyright or other notice from copies of the content.

Without limiting the generality of the foregoing, you may not distribute any part of this book over the internet or any website or network, including a local area network, nor sell or offer it for sale—or give it away. In addition, this book may not be used to construct any kind of derivative work or database, including websites, blogs, listservs and/or bulletin boards.

Sam Biser Press Inc., P.O. Box 914, Waynesboro, VA 22980, [www.sambiser.com](http://www.sambiser.com). Printed in the United States of America.

For more information on Sam Biser's world-respected Save Your Life Course on curing genetically-triggered diseases—with unknown, untold, and still unpublished natural methods, go to [www.sambiser.com](http://www.sambiser.com)

---

#### LEGAL NOTICE

This book is sold 'as is.' It is a written piece of work and not a consulting service; purchasing it does not include the right to receive answers to any questions—or the right to receive advice, suggestions, clarification, explanations, discussion of personal cases (or of others with similar ailments), requests for sources or information on products, or information on natural therapies, whether covered in this book or not—by email, mail or phone, from the author or from any employee of Sam Biser Press.

Please note that natural methods, even the simple ones in this report, can sometimes cause adverse reactions. You may need to terminate the methods you are trying, and seek immediate professional help.

It is essential that you consult a medical doctor before you self-diagnose or self-treat any condition. The author and publisher, Sam Biser Press, Inc., do not have the experience to warrant the contents of this book, and can assume no responsibility for the use of this information.



**To My Readers,  
from Sam Biser  
Legendary Health Journalist**

“This is powerful healing—what you are about to read today. It is also free healing, because the key ingredient you need does not cost anything. But how could something medically-powerful not cost a bundle?

You are about to find out.”

*Sam Biser*

# The Greatest Health Discovery in the World

**T**his report is about a free common substance with tremendous healing powers, when you learn how to use it—as a medicine. It's an anti-aging breakthrough from an unlikely place, as you will soon see.

In this report, you will learn the simple discoveries of world-renowned medical doctor F. Batmanghelidj, M.D.

I interviewed medical doctor, F. Batmanghelidj, M.D. for many months—and visited him at his home, before publishing this final report. Dr. Batmanghelidj received his medical degree from St. Mary's Hospital Medical School of London University. Immediately before the Iranian revolution in 1979, he was engaged in the completion of a family charity medical center, the largest medical complex in Iran. Now the story...

Revolutionaries in Iran sent this medical doctor to prison to be executed. *They wanted him dead.*

They said he was “an enemy of the people.”

Revolutionary guards took him to prison in Iran to be executed. They wanted to get rid of anyone who had anything to do with the “establishment.” He was a doctor. His trial was announced on television several times a day for many days with appropriate revolutionary slogans.

The outcome was predetermined: death. The doctor knew he had to write down his discoveries so when he died, his work would get out to the world.

*The Greatest Health Discovery in the World*

The doctor, like other prisoners, had no idea if he was going to survive—from one hour to another.

With no warning, the guards used to pluck 20, 30, and sometimes 100 men out of the crowd, and take them out and shoot them. You and I may have big problems, but how would you like to live under that kind of stress?

As you can imagine, a lot of prisoners became very sick with diseases. So would you and I under those circumstances. This doctor was put in charge of Cell Block No. 3. By the time his prison experience was over, this doctor had cured over three thousand prisoners and made a huge medical discovery. These are our discussions and the results of my investigation.

I asked, “How on earth did you discover something that all of us have so completely missed?”

“It happened when I was taken to Evin Prison in Iran to be executed.”

“What, are you kidding?”

“Of course not. This was after the Shah. I was sent to prison by revolutionary guards and slated to be shot.”

“What was your crime?”

“I had no crime. These people wanted to confiscate my family’s assets and projects and so on.”

I said, “The crime was that your family had assets???”

“The crime was that the revolutionaries wanted to get rid of anyone who had anything to do with the ‘establishment’ at any time.”

“And that included anyone who was a doctor?”

“Apart from being a doctor, I was also involved in the creation of hospitals, medical centers, and so on, and they wanted to take all of these. They shot a lot of people in order to take their properties.”

“So that was a real death sentence?” I said.

“Absolutely,” the doctor said. “I had nine sessions of court in seventeen days and I had to defend thirty-two indictments. Even if one of them would have been proven, I would have been shot. It was my medical research that saved me.”

“What research was that?”

“Here’s how it happened. I had just come into the main block. It was eleven p.m. on a January night in 1980. A man was carried in by two other people. He was a peptic ulcer patient in such pain that he could not walk. He had wanted to go to the ‘hospital,’ but they wouldn’t take him.

“He asked for medication, but I had none, but I felt that water would relieve his pain. I gave him two glasses of water and his ulcer pain disappeared within eight minutes. And then I put him on two glasses of water every three hours.”

This didn’t make sense to me, so I asked Dr. Batmanghelidj, “Why did you give him water?”

“Because I remembered that when I was a medical student, I used to drink water whenever I had heartburn, and it cured it.

“After treating many cases, I had another unforgettable case. A young man in the cell block was in such pain that he was almost semiconscious. He was lying folded in the fetal position on the floor of his room. When I talked to him, he did not respond. I had to shake him to get an answer. I asked him, ‘What is the matter?’

“He groaned, ‘My ulcer is killing me.’ I asked him how long he had the pain. He said his pain started at one in the afternoon, immediately after his lunch. So I asked him if he had taken any medication. He said he had taken three tablets of cimetidine, an anti-ulcer drug and one whole bottle of anti-acid. He said he had gotten no relief in ten hours.

“I tested his abdomen to see if the ulcer had perforated. It had not. Then I gave him two full glasses of water. At first, he didn’t want to drink the water, since the medicines hadn’t worked. But he had no choice. He was in severe pain and didn’t know what to do.”

**“When you take a drug with a glass of water to swallow it, believe it or not, the water is often doing you more good than your medication.”**

“And what happened to the man in pain?”

Dr. Batmanghelidj replied, “I had to leave the cell and when I returned in about fifteen minutes, his pain had become less severe and his groans had stopped. I gave him another full glass of water. In



*The Greatest Health Discovery in the World*

a few minutes, his pain stopped completely and he started noticing the people around him.

“With his back to the wall, he started to conduct conversations with his visitors. They were more surprised than he was at the transformation caused by three glasses of water. For ten hours, the most potent and advanced medicines for the treatment of peptic ulcers had produced no results. Now, three glasses of water had produced total results in twenty minutes.

“Then, I kept going and studied many cases of ulcer patients. In every case, I found out that chronic dehydration was the real problem.”

“So how did this research save your life?” I said.

“I wrote up an article on peptic ulcers in English for publication in the medical journal *Lancet*. But they wouldn’t clear it. They had me write it in Persian and let it be published in the *Journal of the Iranian Medical Association*. And this is the ONLY thing that saved me. They read the article and they suddenly realized that this was a fantastic opportunity for them to say that their prisons are — not prisons, they are research centers. Because of this, they allowed me to defend myself.

“The judge told me, ‘Until we found out that you had scientific leanings, your case was really bad. We were not going to forgive you.’ Forgive me for what???”

“You can’t imagine how horrible prison life was. The prison was built for 600 people, and at one point they jammed between 8,000 and 9,000 people into it. Rooms were designed to hold four to six persons, and they packed as many as 90 people in a room. One-third of the prisoners lay down, one-third of them stood up, and one-third sat—all in eight-hour shifts.

“If the stress of civilized life at its worst is a 15 on a scale of one to ten, then the stress for these prisoners was a 100.

“These were not vicious thugs accustomed to prison. These were beautiful men and women, educators, doctors, scientists. They did nothing wrong. Their only crime was that they were perceived as being part of the ‘evil’ establishment.”

“Wow, what a prison,” I said. “Let’s go back to that first man you helped in prison. You must have been as astonished as anyone else at his miraculous improvement.”

“Yes, I was astonished.”

“But I was also ashamed of myself. I realized that, we, as doctors, didn’t know the first thing about water and I was so ignorant. I was ashamed of the whole structure of medicine that didn’t teach me about water.”

“So that case shook you up?”

“To the core! So much so, that I raised my head to God and said, *‘Thank you for putting me in prison to teach me these things.’*”

“And what happened next?”

“In my cell, I wrote a simple article on my discoveries. I attached some testimonial letters from prisoners I had cured. Soon enough, my trial came.

“At the opening session, I handed my article and letters to Hajagha Mohammadi Gilani, the supreme revolutionary judge in Iran. The man had already ordered the death sentence for two of his own sons, who had different ideas on the revolution than he did.

“I told the judge that my research papers would change the practice of medicine all over the world. The prison authorities could see that they needed doctors in the prisons and that I was doing something good, so they allowed me time to test my methods.

“Some time later they came to me and said, ‘We now realize that you are a very nice person. We would like to let you go out. We want to free you.’ I said, ‘Thank you very much for your kindness, but I’m in the middle of my research. I need to stay in prison for three or four more months.’

“They couldn’t understand it, but of course they agreed.

“I told them there are many thousands of professors from all over the world who would give their right hand to come to this stress laboratory and find out something to research. I said, ‘I am in the middle of it. What is outside that would be more enticing than this?’

“Finally, in May of 1982, I was released. They promised to return millions of dollars of my assets—if I stayed in Iran.

“But God told me to leave it all behind.

**“I crossed the border out of Iran—and travelled to the United States with nothing more than the shirt on my back—to give my discoveries to the world.”**

“Well, after 27 months in prison,” the doctor said, “I finished my work and finally published my article in English in the *Journal of Clinical Gastroenterology*. It appeared in June of 1983.”

“Please tell us,” I said, “I know you cured many diseases with water. But how did water cure those prisoners of their peptic ulcers?”

“Because stomach pain can be one of many unrecognized symptoms of water deficiency.

“Locally, the stomach produces acid. The pancreas then produces a watery bicarbonate solution in order to neutralize the acid, because this acid cannot be allowed to go into the intestines.

“But when there is not enough water, the body creates a spasm to block the acid from travelling to the intestines. It is a spasm of the sphincter muscle between the stomach and the duodenum. This is what causes the pain.

“When the pancreas cannot neutralize your stomach acid, the body seals off the stomach with a muscle spasm.”

“In other words, the body creates its own anti-acids?”

“Precisely. The stomach at least is designed to contain acid. It has a lining of mucus to protect itself. The intestines are not designed to receive or contain the high acid.

“So ulcers are caused by dehydration. The gastroenterologists don’t understand any of this, because it deviates from current medical science completely.”

I replied, “It also interferes with their cash flow!”

“Oh yes,” Dr. Batmanghelidj replied, “because there is not much of a markup on water.”

**How does a lack of water affect the aging process?**

I said to the doctor, “In that prison, you and the other political prisoners were in a high-stress environment. Over time, that would cause much more rapid aging of anyone’s body. Yet in spite of all that

stress, you were able to help so many people. I am curious, what does water have to do with the aging process itself?”

The doctor replied, “Dehydration is a primary factor in the producing of disease all over the body.

“Furthermore, dehydration is one of the greatest producers of free radicals in the body—and free radicals cause more rapid aging. *And water is the greatest free radical remover.*

“Free radicals cut amino acids from the proteins. They damage the cell architecture. The mechanism of water’s role in preventing free radicals is extremely complicated to explain. It involves white cell metabolism in the bloodstream.

“The body mechanisms that are supposed to prevent the generation of free radicals get destroyed by dehydration.”

I asked, “So people who just eat good foods and vitamins and who avoid water are in for a big surprise—if they think they have *avoided* premature aging?”

“That’s right! People are over-emphasizing the solids and ignoring the role of water in energy generation and body metabolism.”

I added, “Another problem is that the healthfood people drink fruit juices instead of water.”

He replied, “Yes they do. They don’t realize that everything gets turned into glucose. Excess sugar has an effect on the brain. Too much insulin will dry out the system. It will take water out of the extra-cellular environment, and as a result, more food will be eaten—because insulin produces artificial hunger.

“When we eat excessively as a result of insulin, that which cannot be used will be converted to fat. *Readers should not concentrate on fruit juices in place of water.*”

I asked the doctor an obvious question: “Can dehydration be detected by blood tests?”

“Blood tests don’t show the sort of chronic dehydration we have been talking about. For example, the Capital Beltway around Washington, D.C., is an enormously busy highway. If one hundred businesses along the highway go bankrupt, it will not affect traffic on the road. It will not be noticed. Similarly...

*The Greatest Health Discovery in the World*

“If 2,000 or 100,000 body cells die from dehydration, this will not be reflected in what goes on in the blood vessels. You will only see the damage in raised cholesterol, or in certain minute changes in other systems.

“Chronic dehydration renders a lot of tests and procedures obsolete. Tests are so gross that they don’t show a problem until the person is seriously sick or on the verge of dying.”

**“High blood pressure is caused by water deficiency. People who are given diuretics are being sent to their doom gradually.”**

I said, “Let’s take a look at high blood pressure for a moment, because it’s definitely a problem of old age and it’s also a problem that can come on silently.”

“When the body has to force water into tissues, it has to raise the pressure. This pressure that is required is called hypertension. Hypertension is caused by water deficiency. And one of the stupidest things in medicine is to go and give the person diuretics.”

“So we make it worse!”

“Absolutely. We are killing people. People who are given diuretics are being sent to their doom gradually.

“The doctors think salt is the problem. The salt is NOT the problem. The body retains the salt in order to keep more water in the tissues. So the medical thinking is 180 degrees wrong. By giving diuretics, you are forcing water out of a body that is already starved for water. Diuretics in my mind are so dangerous that I foresee that soon treatment of hypertension with diuretics will become a legal issue in the courts.

“The person who is being dehydrated is gradually losing functions in certain parts of his body and is being made sicker. And that is why hypertension patients don’t come off of their drugs. First they are given diuretics, and then a beta blocker and a calcium blocker and eventually bypass surgery.

“The body is needing water all the while, and it is being forced into this situation through sheer ignorance.”

I asked him, “And the drugs for high blood pressure do nothing to bring water into the body?”

He replied, “Of course not.

“You are drinking some water with your medication, and from what I have told you, you can see that the water is more important than the medication. You need to re-hydrate the person, and water is the only medication that will cure.”

### **High cholesterol and water intake.**

I said, “Since we touched on high blood pressure, what about high cholesterol?”

“Cholesterol is deposited in tissues because of dehydration. The cells put out cholesterol to close themselves off—so they do not lose any more water.”

I asked, “So it is like desert plants that put out waxy substances to retain water inside their leaves?”

“Exactly. The high cholesterol is an adaptation to a low water intake. I had one patient, a Minister Wahby, who lowered his cholesterol by almost 100 points by increasing his water intake. Before, he had tried without much success to reduce his cholesterol. He was a diplomat from Washington who had to entertain socially quite often. Last year, he was shocked to find that his cholesterol had shot up to 279.

“In two months of following my advice, and with very little ‘observance’ of the old rules which were making his life miserable, his cholesterol went down to 203 for the first time in nine years. It is important to drink the water and to walk for a half hour to an hour a day. Results like this are not a fluke—they are typical.”

### **“Anginal chest pain is a signal of dehydration. Doctors use nitroglycerin to relieve it, but water will cure it completely in a few days.”**

I said, “So the medical approach suppresses the symptoms of dehydration. Therefore, the dehydration will get worse and hit elsewhere?”

“It is *already* hitting elsewhere.

**He lost 30 pounds. Lowered his blood pressure too.**

We spoke with a Mr. Peck, who followed the doctor's program. When he first started, he was overweight, with high blood pressure. He lost about 30 pounds and had a 10 point drop in blood pressure. He also lost his allergies and asthma. He was so allergic that he had to count the pollen before he went out. Now he hasn't had an attack in five years.

Here are Mr. Peck's comments...

"I don't consider it a treatment. It is a lifestyle change. I not only restrict my intake of caffeinated stuff, but I choose to restrict my intake of alcohol, which is also a dehydrator.

"I originally started drinking water because of hypertension, and began noticing other things. I didn't have as many colds. I very seldom get sick, and if I do, I was up and around the next day, instead of three or four days.

"I finally gave up coffee by putting one of these hot water dispensers in the place that has cold water. I get a cup of hot water and put a little honey in it and a little lemon. It gives me the same soothing feeling a cup of hot coffee does and it's good for me."

"For example, histamine in your lungs is a water-regulated substance. It regulates hormonal substances called prostaglandins. You have probably heard about these substances in the news. They are powerful in extremely tiny concentrations.

"Well, some of the prostaglandins are *constrictors*.

"If some of these spill over from the lungs to the circulation that is going directly to the left side of the heart, the same prostaglandins that are regulating the lungs can also cause vasoconstriction in the heart.

"And that's how sudden heart arrest can begin—by unrecognized dehydration."

**“As we get older, we get progressively dehydrated and we become completely oblivious to our need for water.”**

I said, “You say that people don’t even come close to drinking enough water. But wouldn’t a person know when he is thirsty?”

“That’s the biggest fallacy of all.

“In my book, *Your Body’s Many Cries for Water*, I tried to explain that the body loses its alertness to dehydration. You can be thirsty, your lips may be dry, your tongue may be sticking to the roof of your mouth, but you don’t recognize that you are thirsty.

“Older people in particular are like that. Experiments have been done to demonstrate that older people cannot recognize the dehydration if you keep them without water for say, eighteen to twenty hours, and if you put the jug of water next to them, they wouldn’t satisfy their bodies’ needs.”

“You mean, they would only drink a little bit?”

“They may not even drink at all,” he told me.

I said to him, “This neglect of water must start early. The women in our office drink soda pop *all day long*.”

“If the soda contains caffeine, they are dehydrating themselves. They are also being drugged, because that’s what caffeine is. As you dehydrate the body, you create stress in your tissues. The body responds by producing hormones in the brain called endorphins. We become addicted to their effects.

“It’s like morphine or heroin. The same amount doesn’t give you the same kick every time.

“You need to increase it every time to get the same kick as before. I find that when people begin to drink colas, they become addicted to it and they can’t drink anything else.

“I lectured at one of the schools here nearby, Marshall High School. One of the things I did was to inspect the urinal, and all of them contained a very dark murky urine.

“It shows that these people are not well hydrated. They are depending on the concentrating power of their kidneys, but that is not supposed to be the case.



**Reader cured of body-wide aches, pains  
and stiffness**

Mr. Sam Biser:

I felt compelled to respond to your request for readers experiences following Dr. Batmanghelidjs advice concerning drinking water.

At the time this issue arrived, I had been feeling unwell. I was feeling sluggish and tired, had very hard hunger pains, gained weight, had a perpetually upset stomach, and fairly regular heartburn.

In addition, I have had fibrositis for twenty-six years, and the worsening stiffness was beginning to concern me. It seemed my mobility was diminishing rapidly. Also, my knees would often need to crack, a painful solution to an uncomfortable feeling.

While I had been aware that 8-10 glasses of water should be consumed each day, it was not until your article that I realized that drinking iced tea in that amount was worse than a substitute for water.

I immediately switched to water. The results were dramatic! I feel completely energized. The extreme hunger has ended, and I am losing weight without effort. My knees crack occasionally but without pain. Even something so basic to my life as morning stiffness has disappeared.

Needless to say, I am delighted with the results of this simple change in beverages and sincerely thank you for publishing this interview.

—Joan Lewis  
Middletown, PA

“They are supposed to drink enough water so that they don’t have to concentrate their urine. If your urine is concentrated, you are dehydrated.”

“Let’s see,” I said to the doctor: “The body is concentrating its urine...”

“Yes, to retain its water.”

“So if it didn’t,” I said, “it wouldn’t have enough water.”

“That’s right. As I said before, thirst is not a good indicator of your water needs. Your body has many ways of telling you. These include stomach pains, depression, high blood pressure, high cholesterol, liver and kidney damage, and exhaustion.”

I said to the doctor: “You mentioned that sodas contain caffeine and can cause problems. What’s about coffee or tea? I know that I myself like to drink a lot of iced tea when I’m thirsty. It seems to do the job, doesn’t it?”

“You’ve just stumbled on one of the biggest fallacies that keeps people sick.

“Coffee, tea, or sodas all contain caffeine. Caffeine is a dehydrating agent. It gets your kidneys to flush more water out. It has a direct effect on the renal tubes. It tells them to get rid of water. Caffeine is a dehydrating, water-rejecting substance.”

**“In ancient medicine, water was held as sacred. One of the things they would say is that if you are given water without asking for it, that is God’s blessing.”**

“So even if you drink four or five glasses of iced tea, you haven’t really replenished yourself?”

“No, you haven’t,” the doctor said. “The tea doesn’t allow the water to stay in the body *long enough* for it to do any good. You see, the cells in your body are just like sponges.

“Yet it takes them some time to rehydrate because there are two mechanisms for getting water into the cells of the body. *They are both slow.* One is by direct diffusion through cell membranes—which occurs at the rate of ten to the power of minus three centimeters per second. That’s slow! *(continued on page 20)*

**Reader suffers with knee, thigh and hip pains for over two years. Cured in three days by water.**

Dear Dr. Batmanghelidj,

I sustained a severe fall on a sidewalk that was in need of repair. My right knee, thigh, hip and rib areas were extremely painful. I tried chiropractic, physical therapy, massage, Qi Gong (a pain-relieving machine), acupuncture, vibrators, etc. all to no avail.

I secured your book, *Your Body's Many Cries for Water*, on Monday at noon. Began drinking more water for two and a half days. At that time I could run for the first time in two years and four months. Pain was gone and also my limp. Being an octogenarian, it took me 55 minutes to go ten laps around the shopping center on my bicycle. Now it takes 32 minutes.

May God bless you as you continue your blessing to us. With deepest gratitude,

Marie Cassil, D.C., Kansas City, MO

P.S. My sister, 92 years of age, went to some meetings where there was a strong draft. She caught a deep chest cold and a paroxysmal cough which continued for two weeks in spite of various treatments. I asked her, 'How much water do you drink a day?' She said, 'Oh, maybe a cup.' I told her to drink a lot of water and the next day see what would happen. When she came over to my house the next night she did not cough once. That was the end of her cold.

(continued on page 18) ... “Another rehydrating mechanism occurs when the body forces water under pressure into your tissues. It is a type of reverse osmosis.”

I said to the doctor, “You mentioned that sodas, coffee and tea all contain caffeine, which drives water out of the body. But let’s face it, people are going to continue to drink these things, no matter what you say to my readers.”

“Of course, I realize that. But these beverages should be a luxury — not our ‘source’ of water. If you drink a cup of a caffeine-containing beverage, you should drink an additional glass of pure water to compensate for it.”

**“Silent dehydration is a major cause of exhaustion.”**

I asked the doctor, “When we spoke to some of your patients, they said they got a lot more energy from drinking water. Were they just imagining—or does it really happen?”

“It *has* to happen, because water is one of the main sources of energy for the brain and the entire body.”

“Excuse me,” I said, “Water? A source of energy? How could that be? I thought water was just an inert substance.”

“This is the tragic mistake made by modern medicine. In their minds, what is important is the solids in the body—the proteins, the minerals, the vitamins. To them, water is incidental. It is merely a solvent—a packing material and a means of transport. But this view is incorrect.”

“So,” I asked, “what role does water play in body chemistry?”

“Water is a source of energy. One of the ways water produces energy is through hydrolysis. Hydrolysis means the splitting of water into its two components: hydrogen and oxygen. Whenever this occurs, energy is released. The energy generated by water helps produce ATP, a compound that stores body energy.

“Just as there is solar energy, there is hydro-electric energy.”

I had to interrupt the doctor.

“Excuse me, Dr. Batmanghelidj, but one man wrote in after our initial interview claiming—no pun intended, that you were all

wet about hydrolysis. He said the process doesn't release energy, it requires it. What is your response?"

"The man is not acquainted with new scientific findings. I am not talking about hydrolysis in a test tube. I am talking about hydrolysis (the splitting of water) as it occurs in *living* systems.

"Here is how it works:

"A body compound called Magnesium ATP contains 600 units of energy (KJM). When this ATP reacts with water, 7,000 units of energy (KJM) are released. That is a tremendous increase in energy.

"At the cell membrane, there occurs what is called a high heat of activation.<sup>1</sup> It is the heat produced by the passage of water through the cell membrane that increases the rotation of the key amino acid tryptophan by hundreds of times.

"This rotation of tryptophan is necessary for its functioning as a *neuro-hormone precursor*. I understand, this may sound complicated—and it is. The role of water in human health is one of the most complicated sciences. It is not a simple matter when you study it."

**"Certain parts of the brain draw most of their energy from water."**

I asked, "How important a source of energy is hydrolysis?"

"Certain parts of the brain draw most of their energy from water. Neuro-transmission is heavily dependent on energy from water.

"What occurs along the nerves is an exchange of charged minerals, called cations. Cation exchange gets its energy from water. <sup>2</sup>

"Water affects nerve transmission in one other way too. There seem to exist small waterways or micro-streams along the length of nerves that float the packaged materials along biological structures called 'micro-tubules.' These waterways transport the products manufactured in the brain to their destinations in the nerve endings."

---

<sup>1</sup> See Wiggins, *Biophysics of Water*, John Wiley and Sons

<sup>2</sup> Readers who wish to learn more about this can refer to a scientific article sent to us by Dr. Batmanghelidj. It is "A mechanism of ATP-driven cation pumps" written by Phillipa M. Wiggins. It appeared in *Biophysics of Water*, John Wiley and Sons, 1982, pg 266-269

**“Whenever you become dehydrated, your cells die.”**

The doctor admitted to me, “Most people don’t know this, especially doctors.” Then he said, “Another amazing discovery is that water actually holds your cells together.

“It forms a natural molecular structure and maintains the integrity of your cells. Water keeps the cell membrane together. You know how ice becomes sticky. If you hold ice, it sticks to your fingers. Well, water has the same property inside the membrane of your cells, it sticks things together.

“Water in a certain shape and form does that. Water becomes a sheet of what are called ‘hydronium’ ions.”

“What is the hydronium ion,” I said, “three atoms of hydrogen moving together?”

“Yes, it’s  $H_3O^+$ . In certain areas of the body, that is how water functions. It is very sticky. In this way, water becomes an *adhesive* material that bonds the cells together.

“Finally, the proteins and the enzymes of the body function more efficiently in solutions of *lower* viscosity. (Note: viscosity is a measure of ‘stickiness.’)

“In solutions of higher viscosity (more stickiness) — in a dehydrated state—the proteins and enzymes become *less efficient*. So it doesn’t surprise me at all that people would have a lot more energy when the water intake is high enough. Remember, the human body is composed of 25% solid matter and 75% water.”

**“Brain tissue is said to consist of 76% water.”**

I asked, “Have you ever had a case of extreme exhaustion that was helped by water, or is this just theoretical?”

“I assure you. The increase in energy is quite real. In fact, a Mr. Lopez contacted me after reading my book. He is a counselor on drug addiction. He was very excited, and called me and informed me of the results he was getting.

“He told me about people who would come out of the rehab program and they would be exhausted, tired, fatigued, and often that is the first step backward; they go back to the coffee and again back to the drugs, and so on. *(continued on bottom of page 24)*

### **Man Cured of Severe Exhaustion with Water Program**

The following letter is from a woman whose brother was cured of chronic fatigue syndrome. Her letter was written to a government medical researcher.

Dear Dr. -----,

My 36-year-old brother has suffered from CFS for one year. He tried everything including vitamin therapy, acupuncture, bed rest, various medications, special diets, etc. Some of these treatments seemed to help but the symptoms returned.

I mentioned to a Doctor friend of mine, Fereydoon Batmanghelidj, that my brother suffered from CFS and how much his life changed since the symptoms appeared. He told me about his research and suggested that my brother increase his water intake. He spoke to my brother every day, long distance, to encourage him.

My brother gradually increased his water intake based on these daily conversations. Within two weeks, he was better, within four weeks, he was even better. My whole family was amazed that he could be so much better with something as simple as WATER. Four months later, he is doing extremely well. My brother finds that when he adds alcohol to his fluid intake, the symptoms reappear. The alcohol had a dehydrating effect.

It seems unbelievable that something so simple could have an amazing effect. I would love to see you do some research on this simple effective treatment. —Molly Hart, Potomac, MD

Note: The government doctor was NOT interested. He scoffed at the idea that something as simple as water could cure this condition. We called Molly Hart ourselves. She told us: “My brother was thirty-six years old and perfectly normal and then one day he... *(go to page 24)*”

*(continued from page 23)*...had all of this pain in his arm and chest. He thought he was having a heart attack. He rushed himself to the emergency room, but doctors thought it was stress. Then, he went to ten different doctors, tranquilizers, etc. with no help. They thought he might have Lyme's Disease, Rocky Mountain Spotted Fever, or whatever—they could never find anything wrong with him. This hit him. He was in bed, he couldn't work, he couldn't do anything. He lived his life waiting to go to the next doctor.

“Dr. Batmanghelidj called him every day for two weeks and he started improving on the water. It has now been about the two year mark and he is 75% his old self again. He is now out in his motorboat, driving fourteen or fifteen children and adults around, water skiing, boating, up and down the waves, picnic lunching. He is just unbelievable. This is a guy who had chronic fatigue syndrome and he gets mad now—because he is feeling tired after this.”

*(continued from page 22)*...“He said, ‘I tested this on a number of rehab cases and they all felt the energy. They didn't feel fatigue, they didn't feel tired, they were very happy with the whole program.’ ”

[Note: We called Mr. Lopez to verify this information]

Mr. Lopez told us, “I tell people to give it a day (on the water) and by the second day, they start to see the lines disappearing around the eyes and they start feeling better about themselves and the cravings start to go away.

“I have seen in twenty-four hours to forty-eight hours where people call me on the phone, saying, ‘I don't believe how good I feel. How come you didn't tell me about this before?’ ”

Mr. Lopez said people admit to him, “If I knew I could feel this good and have this much energy, I would never have bothered with drugs.”



*The Greatest Health Discovery in the World*

We also spoke with a woman, an Armenian medical doctor in Pennsylvania who was herself the wife of a doctor. She was 90% better from the doctor's water program.

She told us that in America, we “put mainly the emphasis on food instead of putting it on water.” She said that when she doesn't push more water into her body, she is low on energy.

She also said, “*I know when I start to feel nervous, irritable, I know I haven't been drinking my water.*”

**“Water is the juice of life. That is why it can cure deadly diseases—but only IF you use it correctly.”**

“What can a person do in a dangerous health situation?”

The doctor said, “I'll give you an example from a case I had. It involved a 40-year old woman. She had stroke symptoms all down her left side. Her arms and legs and her neck muscles were partially paralyzed.

“In cases like this, you have to remember that water is a *primary* nutrient, salt is a *secondary* nutrient, and diet is *third*.

“I told her to immediately drink three whole glasses of water. Within an hour, she had drunk a whole jug—which is 10 glasses of water. Later, I gave her some orange juice for some potassium. By the end of the day, I gave her some salt. Her total intake of water on that first day was probably twenty-five glasses. She did the same on the next day.

“I initially flooded her with water to remove the histamine and prostaglandin effect, which was causing a brain-induced spasm of her arterial system.

“Thank God, the water was able to eliminate all symptoms so that when the doctor examined her, he could not find any evidence of a stroke.

“To make sure there was no other underlying condition, she was taken to Georgetown Hospital, where she was X-rayed, CAT-scanned, and eventually a cerebral angiogram was performed. Nothing was discovered. All this cost her \$13,000 in three days—to prove that water cured her—and to make sure that there wasn't any other problem. *(continued on page 29)*

*Sam Biser*

**A woman was bedridden with pain, now up and around—  
and losing weight steadily**

Dear Mr. Biser (Sam),

I really appreciate your publications, especially the recent newsletter with the interview of the Iranian doctor who said DEHYDRATION was the cause of much/most illness.

I had been telling my husband for months that I believe my years of serious illness has been a domino-effect result of dehydration. Then your newsletter came, and I started drinking WATER!

I was notorious for NEVER drinking water, NEVER. When I started trying to eat more healthily/naturally, I tried spring water, since all sources said you need good clean water. But it always made me feel nauseous including filtered, spring and other friendly waters.

After reading your Water newsletter, I started praying for INSIGHT. Here water is ESSENTIAL, but I can't stomach it. What's the answer? Medical-regime regularity. A smaller glass drunk according to the CLOCK like MEDICINE.

I shortly found myself able to drink water comfortably. AND my health problems began to disappear.

More insight: I had a lot of TENSION in my body, though I'm NOT a worrier. Where was the tension coming from? DEHYDRATION caused my blood volume to be smaller so my entire circulatory system had to contract slightly in order to stay in touch with my blood. So did my lymph system have to contract to match lower lymph amount.

The resultant constriction/tension set up the stage for problems caused by restricted circulation: namely, the whole list!

Drinking water expanded my blood and lymph volumes. NO TENSION. Problems caused by constriction eased off (headaches, angina, cramping, aching in lower back). Meanwhile CHRONIC EDEMA is disappearing BIT BY BIT; KIDNEY (only one) PAIN IS ALMOST GONE; and I have ENERGY.

Yes, energy! I'm out running around catching up on YEARS OF BACKLOG and just in time, as business challenges made it necessary for me to be more active at work.

*The Greatest Health Discovery in the World*

This has been a great blessing and I am sharing it with others, with similar results. One friend hospitalized repeatedly with agonizing stomach pains that defied diagnosis started drinking water and got out of the hospital and went back to work as a painter. A few weeks later, he forgot to drink in a heat wave and was back in the hospital. I reminded him of WATER, and he was discharged the next afternoon!

My husband travels over 20 days/month and tends not to get enough rest, air, water and sunlight (planes, hotels, etc.). Since he started drinking water regularly, he is like a new person, much more energy and alertness. And he doesn't fall asleep involuntarily anymore in meetings. A great trial for him is over!

Thank you for the work you're doing to help humanity. And please don't mock yourself or doctors as you don't have to react at all to detractors. Don't give them the satisfaction of making you react. You're a HUMANITARIAN!

Sincerely — N'omi Orr, Chesapeake, VA

NOTE: We spoke extensively with N'omi. Here is what she told us on the phone...

I've had serious health problems my whole life. I had appendicitis when I was fifteen, and when I was nineteen I had a ruptured gallbladder. At age twenty my kidney stopped working and nobody could figure out why; there was no organic cause or disease. It just stopped functioning, and I had to have it removed. I've also had chronic bronchial problems all my life. Just over the past year I had begun to tell my husband that I thought all these problems were due to chronic dehydration.

I never drank water my whole life. Never. It made me nauseous. I felt that dehydration was the problem, and knew I needed to drink water, but didn't know what to do because a person who is completely dehydrated can get ill from drinking lots of water all at once—and that's what was happening to me. My body was just not equipped to deal with big doses of water all at once.

When your article came in the mail, I said "Now I know what to do." I began to drink water medicinally, just a little bit at a time, but by the clock as if it were medication. *(See next page for the rest of her story)*

*(continued from page 27)*... I started with half a glass, every half hour or so, and eventually hydrated my body enough so that now I can drink a huge tumbler of water with no problem.

My main source of water up to that time had been Coca-Cola. I loved Coke, and didn't think I could ever give it up, but I've managed to break myself of the habit rather painlessly.

I decided that every time I felt the urge to drink a Coke, I would make myself drink a glass of water first, and then have my soda. What happens now is I go to the fridge, take out a can of Coke, then go to the sink and drink a glass of water. About 75% of the time I don't even open the Coke, because my desire for it is gone. It was water my body wanted the whole time, but it didn't know how to tell me.

Getting adjusted to the water program took a few weeks, because my body didn't trust me at first. It had grown accustomed to being chronically dehydrated. But as I kept up with my program and started improving, soon I could feel my body actually beginning to experience thirst. I had never experienced thirst my whole life. It was so funny to actually feel the sensation and say "I'm thirsty."

Before I began this water program, my health was just continuing to go downhill. When you are dehydrated, nutrition and exercise won't help you. In fact, a doctor told me about a year and a half ago, "You're decompensating." He was telling me that I was dying and there was nothing I could do about it. Every day, every cell in my body was less able to cope, so my life systems were going down.

I was bedridden, but now I am up and around. I can drive around, work in my business, design brochures, and study and finish writing my Master's thesis. It's really amazing: what I did just yesterday would have been a month's activity before the water program—and that's when I was feeling good! I owe you a lot.

It has been about six months now, and wonderful changes are still happening. For example, I've experienced a gradual weight loss of about a half a pound a week. And the benefits keep on coming. Thank you for this article, and for putting out your newsletter. This knowledge has been a tremendous blessing.

## *The Greatest Health Discovery in the World*

*(continued from page 25)*... She was back to normal; she could walk. “However, what saved her from a lifetime of complications was *adequate water intake at a crucial moment*.”

“A person who fears a stroke coming on should drink water *instantly* as soon as he or she feels weakness on one side. In many health crises, water intake should be *immediately and drastically* increased.

“You need the water to increase the water *inside* the cells. You need the salt to increase the water in the spaces *surrounding* the cells. And you need the proteins to regulate *everything else*.”

“In different people, the primary symptoms of dehydration may be something else. It is just a *different* face on the *same* problem.”

### **Curing heart disease and cancer.**

“Just how serious are some of the cases you have been able to help with water?”

“Well, one man referred by another doctor was scheduled for a heart transplant operation. He could not walk for more than 30 seconds. After treatment with water, he can now walk for 20 minutes. They cancelled the operation. It now seems the operation is not urgently required.

“And just today, I had a visit from a 63 year-old man who is a terminal cancer patient; *he has stage four prostate cancer*. It has metastasized to his hips. He had pain and tenderness in the pelvic bone from the spreading cancer. He needed painkillers to sleep.

“He is on combination hormone therapy which had initially worked. But now, the cancer has become hormone independent and the treatment isn’t stopping the cancer.

“What doctors don’t realize is that the hormones involved in the cancer are also used by the body for regional water regulation. In a state of dehydration, these hormones *can become ineffective*.”

“After drinking 10-12 glasses of water a day for two weeks, he said the pain in his hip has gone down from an intensity of ten to an intensity of one. It is essentially gone. This is the pain from his hip cancer. Now he is hopeful of a recovery.”

[Note: I spoke with the man myself while he was at Dr. Batmanghelidj's office. He confirmed what the doctor told me and said he's going in for another PSA test to confirm his progress.]

"I also heard," said Dr. Batmanghelidj, "of a case in which a woman cured herself of a bleeding kidney by using large amounts of water. I personally believe that water can prevent and possibly cure the kidney condition known as glomerular nephritis.

"Water is strong medicine—as strong as top drugs, when you use it correctly as I am showing your readers."

### **Breast cancer and dehydration.**

"You mentioned in a private conversation that being chronically dehydrated can contribute to the formation of breast cancer. How is that?"

"Remember, the breast is a water-secreting organ. It is intended to be a water foundation for the child. Whether you are having a child or not makes no difference. The breast must be ready to fulfill its pre-destined role.

"Without sufficient water, cancer may result.

"First of all," said Dr. Batmanghelidj, "chronic dehydration is a stress on the body. Continual dehydration of the body will increase the secretion of a hormone called prolactin, which can at times cause the breast to transform into cancerous tissue.

"Second, during dehydration, there is immune system suppression in which the body's natural killer cells become less active.

"Third, during dehydration, the body's metabolism of the amino acids tryptophan, tyrosine, and lysine becomes upset. Tryptophan is used as an antioxidant by the body.

"These three amino acids are also used for quality control by the body to prevent defective DNA from being produced in the breast and elsewhere. When defective DNA is produced, these amino acids are instrumental in cutting it out, as though they were biological scissors.

"Thus, dehydration would allow more DNA errors during cell division, another factor promoting breast cancer.

“Finally, if a woman already has breast cancer, drinking plenty of water would *make any therapy more effective*.

“It would flush out the toxins formed as a result of chemotherapy or any other cancer medication. These medications are designed to kill cells—and dead cells have a lot of toxic by-products.

“Do not substitute caffeine-containing beverages for water. The caffeine will cause water to exit the body too quickly, depriving the body of the benefits. Also, remember to take enough salt so that you retain the water in your cells as discussed elsewhere in this report. You also need the water to rev-up the immune system to help fight the cancer.

“If you do not have breast cancer, or want to prevent a metastasis from occurring, it is urgent you drink enough water. If you don’t, your breast may suffer horribly because of its unique role in supplying fluids.”

### **Breathing problems and lung disease.**

I asked Dr. Batmanghelidj, “How does water shortage affect breathing problems?”

He said, “It has *everything* to do with them.”

“Here’s how it works: When the body is low on water, it tries to conserve it. Now one of the main areas of water loss is in the lungs. You remember the steam that comes out of your lungs on cold winter days. This is obviously water vapor leaving your body.

“To conserve water, the body constricts the lung tissue to reduce fluid loss. It does this by increasing the levels of a substance you have heard about. It’s called histamine.

“One of the unknown functions of histamine is to regulate water intake and its conservation. This is a new and revolutionary concept I have just introduced to the medical world, in my papers and in my lectures.”<sup>3</sup>

“Wait a minute,” I said. “I thought histamine was a *bad* substance. Isn’t that why we have drugs called antihistamines?”

The doctor replied, “Histamine is not a bad substance, as drug company advertising has led your readers to believe. Histamine is

---

<sup>3</sup> Abstract Volume: Page 37, 3rd Interscience World Conference on Inflammation, Antirheumatics, Analgesics, Immunomodulators. March 15-18th, 1989

one of the main energy ration-masters of the body. It facilitates the release of stored energy or essential functions.

“In a state of chronic dehydration, the increased histamines cause *chronic inflammation in lung tissue*. Whenever the stress from low tissue water gets worse, the lungs will constrict. And one of the side effects of prolonged high histamine is that it suppresses certain cells in the immune system. So the consequence is an *increased tendency to lung infections*, and this is particularly a problem with asthmatics.”

“So taking antihistamines doesn’t really solve the problem?”

The doctor said, “*How could it?*”

“Antihistamines merely suppress the body’s cry for water. You see, the more dehydrated you are, the less water should leave your lungs through evaporation. It is the design of the human body that histamine at the same time seeks water and regulates that which is available.

“Histamine also blocks the loss of water through evaporation, and there are lots of histamine-producing cells in the lungs that can trigger bronchial inflammation and spasms.

“Histamine has two groups of ‘henchmen’—chemical messengers—that do its work. One shunts the water to other tissues, and the other constricts the blood vessels to drive the water out. One substance opens the blood vessels and the other constricts. The whole process reroutes water to where it is needed most.

“The whole mechanism of breathing problems is very simple, very, very simple.”

I was curious, so I asked him, “Exactly how do asthmatics get in trouble? Do they have an asthma attack and can’t—”

“Suffocation, lack of oxygen.”

“You mean they will actually suffocate to death?”

“Absolutely.”

“By the way,” I told the doctor, “I heard of a woman who died from asthma because they couldn’t get her to the emergency room quick enough. She passed on.

“And for those who may not be aware,” I told my readers, “an asthmatic can suffocate to death. It happens over 8,000 times a year, even after the best medical care. You may not have asthma,



but how would you like it if someone pressed a pillow over your face, making it impossible for you to breathe? How would you like to gasp for your life—and not get any air?”

The doctor answered, “If she had taken three glasses of water, she might have survived.”

I asked, “*And the medication can't stop the attack in these cases?*”

“No, the medication sometimes cannot stop it. Fortunately, there are few such cases. But it is increasing. The death rate from asthma has doubled in the past few years.”

I asked, “What does the medical community do for asthma?”

“They produce bronchial dilators and they often use cortisone. Cortisone is indirectly an antihistamine. But much better than cortisone as an antihistamine is water. It is anti-inflammatory.”

I said, “This all makes sense in theory. But how does it work on actual patients?”

“It cures them of asthma,” he said. “Without enough water, the lungs go in spasm and the air doesn't go in and come out freely. But if you take water, in a matter of days, the problem will disappear.”

“Even in the severe cases?”

“Even the severe cases!,” he responded. “Let me give you a case...”

**“One 72-year-old man,” said the doctor, “was so ill with terminal breathing problems, he had contemplated suicide and was dying before his wife’s eyes.”**

“His energy level was nonexistent. He was losing weight, from a healthy 170 lbs. to 149 lbs., and was losing his memory and the ability to cope with simple tasks. He was not getting sufficient air to his lungs, brain, or his bloodstream to sustain his life. Lung specialists could not help him.

“He was so incapacitated that he had become almost confined to his house and his room, with medications on hand at all times. Life was unbearable for him and his wife.

“She had anxiety about his impending death. For him, it was the drudgery of life in the shadow of constant suffocation. She met me at a Rotary Club meeting and asked my opinion about her husband’s

asthma. I told her to immediately telephone her husband and tell him to begin drinking plenty of water straight away.

“It didn’t take more than a few days of following the instructions I gave her to see a miraculous improvement in his breathing. He didn’t need the nebulizer he had rented.

“In six weeks (not six months), he returned the vaporizer which had kept him going for five months. His wife is so happy, she just wrote an article on his recovery for the local newspaper.”

### **A pastor cures a woman of asthma by using water.**

We received a handwritten letter from a reader in Dayton, Washington. We have reprinted it below, because it backs up what the doctor is now explaining.

Dear Sam,

Your article about water curing asthma reminded me of an incident some 35 years ago when I had my last asthma attack.

I was living in Amarillo, Texas at the time. I was suffering, couldn’t eat a meal, just an apricot or two a day and a dried prune. My heart pounding, I was in great stress. My husband called our pastor.

When our pastor arrived, he asked for a large glass of water, then handed it to me.

He said, “The Lord told me to have you drink water, a large glass of water, and continue drinking water.”

I looked at that glass and it may as well have been a bucketful.

Drinking water made me feel as though I was drowning.

The pastor said, “Drink it all.”

I drank, and after about half of the glass, I felt something being pushed out of my body, and I thirsted and finished the glass.

For some thirty-five years, I have not had an asthma attack.  
— Mrs. Ray Lowery

### **Important rules for using water to cure.**

I asked him, “What overall disease-curing advice can you give my readers?” *(continued on page 36)*

### **Woman cures bronchitis**

We received the following letter from a woman who read our initial report, cured herself, and wrote to Dr. Batmanghelidj.

Dear Dr. Batmanghelidj,

In May of this year, I acquired a sinus infection followed by bronchitis in June. Both were treated medically and apparently successfully. The following month while vacationing in the high country (8,000 to 10,000 ft. elevation) of Mexico, I developed difficulty in breathing to the point that I cut my vacation short to consult with my doctor.

The problem seemed to be shortness of breath or insufficient intake of air. My doctor immediately referred me to the hospital for a series of tests in view of my breathing problem and the previous sinus and bronchitis that I had experienced. Tests revealed nothing.

On the third day, I was released and was prescribed Xanax to be taken whenever a “breathing incident” occurred. My breathing difficulty remained unchanged.

A friend with whom my husband had discussed my hospital visit and problem visited us and shared the newsletter in which Sam Biser reported his interview with you.

As soon as I finished reading the article, I started the water treatment and have been on it since early August. Let me emphasize that I had become very inactive and spoke as little as possible since activity and speaking caused me breathing difficulty. Within one week of drinking at least eight glasses of water daily, my breathing came easier and less labored. I regained my normal energy.

For over three weeks of this date, I have been walking three miles in the morning and three miles in the evening. I did not take the Xanax as I detest tranquilizers, nor have I been on any other medication.

I have since secured your book, *“Your Body’s Many Cries for Water,”* read it, and shared it with friends and relatives. It is my prayer that other people with breathing problems read about you and try the water treatment that has helped me so much.

—Martha Avelar, Garland, Texas

(continued from page 34)...The doctor told me, “You need to drink one half hour before meals to make sure that your body does not have to withdraw water from other organs to produce digestive juices for the stomach.”

“How much water should a person drink a day?”

He said, “A minimum of 6-8 glasses a day, more if you drink any caffeinated beverages, and more if you are a much heavier than normal person, such as a football player.

“If you live or travel in a hot area like Phoenix, you may need 18 glasses a day. *Drink till your urine is clear.* That is a gauge to go by. It means your body is no longer concentrating urine to retain water.

“Naturally, because of your increased intake of water, you will notice increased urine production. This can cause a loss of salt and water-soluble vitamins. *You may need to increase your vitamin intake from foods or supplements.* If you develop cramps, you should assume that the salt in your diet *is not sufficient* for your body’s needs. You should add some salt to your diet, as long as you stick to taking more water.

“For every eight glasses of water you drink, you should take 1/4 teaspoon of salt. If you don’t, your body will not be able to retain the water—and you may *remain* dehydrated.

“I must add several precautions: People who are on medication should not cut off their medication abruptly. They should begin to drink water and then, consult with a medical doctor to tail off the medication.

“People who have heart or kidney problems should consult with a medical doctor before increasing water intake. Under their doctor’s care, they should increase water gradually, and should not cut medication without the consent of their physician.”

I asked, “What if you forget to drink before meals?”

“*You don’t forget.* If you must, drink your water and then wait a few minutes before eating.”

“Is tap water okay?”

“It’s just fine. If your readers are worried about the chlorine, they should just let the water sit in a pitcher for 30 minutes, and chlorine will evaporate.”

**Avoid this common water mistake.**

“What about distilled water?”

“I don’t recommend it. Distilled water is a very corrosive form of water. It immediately tries to dissolve things in itself. There is a remote possibility that the distilled water may in the long run decalcify the teeth because they are the first thing that the water contacts.

“Distilled water is empty. Water needs to carry things. That is its nature. That’s why distilled water can be potentially weakening. Healthfood enthusiasts claim it only removes ‘dead, inorganic’ minerals. I don’t believe that.”

[Note from Sam Biser: I have had strong reservations about distilled water for years. I think that it can leech minerals from the body—even though advocates claim that only dead inorganic minerals are removed. I don’t believe it.]

I asked the doctor, “Isn’t dehydration something that just occurs in summer?”

“No, not at all. It can occur in winter or anytime of year. We are constantly dehydrated. Inside our bodies is a marine environment. It needs water. *And it is always losing water.*

“When there is dehydration, 66% of the water is lost from the cells, 26% from the extra-cellular fluid, and an 8% reduction in blood vessel volume to prevent empty spaces from forming where water used to be.”

“What if a person drinks the water regularly and gets no results?”

“It may not be as simple as just drinking water.

“When a person has been dehydrated for a long time, there are changes in amino acid metabolism—and in the balance of amino acids available in the body.

“These must be dealt with or disease may continue.

“For instance, two amino acids, tryptophan and tyrosine, are used up in the liver much more than a normal rate when water is deficient. Water is a primary anti-oxidant; it protects cells against free radicals and it supplies energy so that the generation of free radicals is reduced.

“But under conditions of water deprivation, tryptophan and tyrosine are used up. A person who has been dehydrated needs to increase his intake of tryptophan from lentils and other beans. It may take time for the damage to amino acid metabolism to be restored.

“Some of these amino acids are used to make important neurotransmitters. Their deficiency will distort the neuro-transmitter balance in the brain.”

### **Does more water interfere with sleeping?**

I asked the doctor, “One health doctor said never to drink water anywhere near bedtime. He said it would ruin your sleep. *Is that true?*”

“I have treated people in the prison who didn’t even wake up to drink more water; they had lost their anxiety state.

“If you drink water before bedtime, the sleep that you have will be far more relaxing and revitalizing. Getting up at night does not destroy what is called your R.E.M. (rapid eye movement) sleep—it doesn’t have to be in continuous segments. R.E.M is deep sleep which occurs for about twenty minutes in every ninety-minute sleep cycle.

“I am getting the impression that the rapid eye movement is the body’s way of exercising the eye muscles trying to build up the fluid consistency of the eye. The body shakes it so that the fluid in the eye is not stagnant, and doesn’t deposit.”

### **“I recommend people walk briskly one hour per day.”**

“How much exercise do people really need,” I asked him.

The doctor said, “The duration of the exercise is important. When you exercise for one hour *continuously*—as in walking—this activates fat-burning enzymes that then operate for twelve hours. That’s why I recommend that people take *two one-hour walks per day*.

“This is how you help reverse the damage done by long-term dehydration.”

I said, “But surely you realize that *no-one* will follow such a recommendation!”

*The Greatest Health Discovery in the World*

“I realize that. But if they have to make a choice between having heart surgery and burning the cholesterol from inside, they may do it. Walking would be a better choice.”

I said, “*It’s better than having your chest cut open.*”

“Absolutely. Which do you want? Do you want to do this for two months and not need surgery? Or do you want to be lazy and not walk and go and have surgery? And even then, after the surgery, you need to take those walks anyway.”

“Why? Because the same pathology will come back?”

“Of course. It will come back and affect the veins that’s there. A lot of people have second and third surgeries for their heart problems. Unless they change their lifestyle and begin to take water and walk, they will have the same problems again.”

**How lack of walking can cause serious depression.**

The doctor told me, “Long-duration exercise is not just a matter of burning fat. It’s a question of *neurotransmitter balance*.”

“Exercise causes your body to burn the amino acids known as branched-chain amino acids for fuel in your muscles. If these amino acids are not burned in the muscles, they compete with tryptophan—which is a neurotransmitter.

“We were meant to exercise. Sitting before desks is a sociological revolution—not a physiological one. In other words, our bodies haven’t changed. *When we don’t exercise, our brains suffer*—and it is not necessarily through lack of circulation. It’s all about protein balance—and how that affects our thinking.

“When we are sedentary, the biological action of tryptophan is blocked by an *excess* of the branched-chain amino acids. *The result is depression in your brain*. Why?”

“You need serotonin that is manufactured from tryptophan—to prevent depression from *taking over the body physiology*.”

“Finally, if a person refuses to add the small amount of salt I suggested earlier—for every eight glasses—then the water may not produce full benefits.

“Your body *requires* salt to retain the water. Otherwise, the water will pass through too quickly. One woman I heard of drank plenty of water and still had high blood pressure, because she refused to

take any salt. She was too frightened from all the misinformation she had heard. Unfortunately, the health movement is fanatically against salt, which can make it *impossible to cure dehydration*.

“I saw one woman with asthma who was drinking water, but who did not get a lasting cure until she started taking some salt.

“By the way, if you are being forced to have an elective surgery because you have one or another symptoms, you should postpone it for a month while you re-hydrate the body. It may turn out that all you were exposing was *complications* of long-standing dehydration—and the surgery is then not necessary.”

### **Using water to improve sex life.**

I said to Dr. Batmanghelidj, “When I was at your house, I asked you if water had any effect on sex. You said it did and that water was the best aphrodisiac. Could you explain this for our readers?”

“Yes, I’d be happy to. First of all, water improves the hormonal functions. It improves the uptake of hormones by the cells.

“This involves a phenomenon called ‘conformational rotation of receptor molecules’ occurring at the cell membrane. Let me explain.

“Water controls the *changing shapes and positioning* of molecules that escort hormones in the cells. The same receptor serves many functions, because if it did not, the cells would need receptors layered six deep. So instead, receptors are multi-purpose.

“Anyway, I am quite emphatic that better sex is the result.

“The second way water improves sex is that it will prevent a man from losing the ability to get an erection. There is a messenger system in the body that must say there is enough fluid for an erection to occur.

“When you make an appointment to consummate a relationship, you will not be disappointed, once you begin to drink water. Water by itself maintains the efficiency of performance.

“Having the area properly hydrated is an aid to performance.”



### **Woman cures lifelong battle with depression**

Here is a letter from a reader in Syracuse, New York.

Dear Mr. Biser,

I read your interview with Dr. Batmanghelidj a couple of weeks ago and it made a profound impression on me. I immediately began drinking more water, I also completely gave up beverages containing caffeine. Although I have only been on this program for a couple of weeks, I feel like a new person!

I wanted to tell you about some results that I got, because the ones that impressed me the most, and for which I am most thankful, are not physical results, per se, they are emotional/psychological & mental.

I did get some very good physical results, I lost weight, my allergy symptoms disappeared, and I enjoyed a tremendous upsurge in energy—but I was much more grateful for (and amazed by) a release from a lifelong battle with depression, and other emotional and psychological problems.

I had gotten to the point where my nerves were just shot. I was overly sensitive and overreacted to everything. The slightest setback became a major setback, I couldn't cope with the pressures of even ordinary everyday living, much less more stressful situations. I developed a very short fuse, I would get irritated and angry at the slightest provocation, and then I would get depressed and hate myself, and really just want to die. I was ruining my closest relationships, and I contemplated suicide many times.

I began to believe that I might have a mental illness. I saw many different psychiatrists and social workers, but my experiences never really changed. I was progressively more volatile with drastic mood swings, and I lived under a big dark cloud. But then, when I began to follow Dr. Batmanghelidj's guidelines, I felt the big dark cloud lift. It was as if the sun finally came out. I felt calmer and more peaceful, more centered and grounded, and just plain happier. *(continued on top of page 42)*

*(continued from page 41)*... My nerves no longer jumped out of control at every little thing, and I began to feel a profound sense of joy and relief. I no longer felt so much like something was drastically wrong with me. I began to be able to hold my head up and face the world, instead of tending toward a sort of paranoid agoraphobia.

I don't know whether other people with similar problems might get the same relief, but as you say, when you've tried everything else and it's failed, it can't hurt to try something like this. I know many people who don't even drink one glass of water in a day. I can't imagine anyone who wouldn't benefit from increasing their intake of water.

Thank you so much for publishing that fascinating interview. It made more sense than anything else I have ever read on health (and I've read a lot), and it has helped me more than anything else I have ever tried (and I've tried a lot!).

Also, a glass of water is free... my last psychiatrist was \$65.00 for 45 minutes! Thank you again,

—Katrina Montague, Syracuse, New York

**“Understanding how water will cure you is not trivial or known. It is on the cutting edge of medical science.”**

I wanted to know: “What about people who say this is trivial information; that everyone knows to drink enough water, and that it is nothing new?”

“They all fall through the same gap of knowledge that all professionals have fallen through.

“And that's *why* we have the present health care crisis.

“They confuse the verb ‘to hear’ with the verb ‘to know.’ (*go to page 44*)

### **She's off of anti-depression medication**

Since August 24, when I began the water program, I have only suffered from a couple of episodes of depression. The episodes have lasted only a few hours, and with my type of depression they normally last for days. It's amazing. When I wake up in the morning, I am a different person.

I have been in therapy on and off for twenty years.

I quit my medication last May or June, I had just gotten disgusted with it all. I was on tranquilizers and two anti-depressants. There were times I had to take something to get out of bed in the morning and something else to get in bed each night. All I was doing was popping pills.

The doctors would tell me it was helping, and they would say they noticed improvements in me, but what they said didn't mean anything to me. I still felt bad. I was coping well if I could just get out of bed in the morning.

Depression is a killer. People and all their cliches like, "Cheer up," or "Snap out of it." *You want to slap them.* I have a twenty-year-old son and all he has known is me being depressed. It has caused many problems between us. But the last few times I have seen him there has been such a difference, it has been so much more pleasant.

I was very dubious, but I have tried everything and thought that water couldn't hurt. The improvement has been amazing. I might still get upset once in awhile which I think is very normal, or I might get a little down, but when that happens I come home and drink some water and the next morning it is gone. I feel like a different person, more in control of my life. I cannot thank you enough!

—Susan McLaughlin, Georgia

“We have all heard that water is good, necessary, essential, etc. However, what we did not appreciate is what happens *if we do not carry out this instruction*.

“We now know and understand in greater detail what happens to a body that is short-changed for its water needs.”

**“Water is the cash-flow of the body. It’s shortage can lead to the bankruptcy of our health.”**

As the doctor said, “My book explains how it happens and what are its indicators. This is new knowledge on chronic dehydration—and a new topic in the science of medicine.

[Note: We received a letter the doctor gave us from L.B. Work, M.D., who said, “A few months ago I read your book, *Your Body’s Many Cries for Water*. I consider your insights some of the most amazing I’ve encountered in medicine.”

We also received a letter from Laurence A. Malone, M.D., Ph.D., who is Dean of Academic Affairs for The Learning Center in Ohio, and is 82 years old. After reading my book, he said,

“I have used his advice for the painful arthritis I have in my hands and back and within two weeks, I have experienced considerable reduction of pain. I sleep better, I have more strength, with greater coordination and relaxation.”]

I asked the doctor, “What do fellow physicians say when you tell them you have cured serious diseases with water?”

“They don’t believe me. I sent my findings on the whole water topic to the AMA.”

**“I sent my findings complete with scientific backup to every member of the AMA Board—that’s 24 different people—and I got only a perfunctory ‘thank you for your letter’ response.”**

“I think the AMA and the National Institutes of Health should be taken to account for purposely choosing to look the other way and ignoring this information. They are condoning the treatment of thirst with drugs.

*The Greatest Health Discovery in the World*

“Some doctors in prominent and decision-making jobs have become the chattel of the pharmaceutical companies. They have turned into professional salespeople for pills and procedures.

“While the drug companies and the doctors around the world ignore it, the people go on suffering. The medications do not cure them. They live in fear—

“I remember when I was at a party in the South of France. Another guest in his fifties was a chronic asthma sufferer. It was embarrassing to be around him, because he was trying to put his food in his mouth and he was having so much trouble breathing.

“I told him to put his food down and forced him to drink three glasses of water. Gradually, his breathing became less labored. He was 50% better instantly after drinking the three glasses of water. I met him three weeks later and he had improved 75%. If I had not met him, he would go on suffering the rest of his life, when the God-given cure is only a few steps away and costs nothing. That’s why I am working so hard. This information has got to get out. I didn’t invent water. Nor do I sell it. And I don’t have shares in any water company. I just want people to stop suffering.

“God is giving America this information just in time. We now spend one trillion dollars on health care per year. I feel that 60% of that cost could be eliminated through the proper use of God’s miracle fluid—water.

“The government has a built-in reason for not listening to me. They probably collect \$300 billion in taxes from monies earned through the sale of health goods and services.

“Everyone is gaining from this crisis—except the public. People’s pain is other people’s source of business.

“I don’t think they have any right to be in business treating dehydration with medication. There are certain drugs which are essential to better life and better health. I have nothing against them.”

**“Drugs are being used to treat dehydration disorders.”**

“I don’t prescribe them,” the doctor said to me. “I know they are not helping the patient. The patient is continuing to remain

dehydrated; he will not know that he is dehydrated. That is why these new discoveries of mine are so important.”

I said, “Thank you Doctor for helping my readers.”

### **How the doctor saved my own life.**

As I was preparing this report, the doctor saved my life with this information—and what he told me can help many of you.

To begin with, I had ulcerative colitis and was bedridden and in extreme pain, so strong it doubled me over. The bleeding was also severe, and in truth, I should have been in a hospital. Dr. Batmanghelidj called me out of the blue (he had a hunch I was ill), and then he called me every day to get me out of it—which he did. That tells you the kind of person he was!

First, he told me to take three glasses of water at once, when I needed it for the pain. It gave temporary relief.

Then he told me to take a glass of water every hour on the hour and to dip my finger in salt with every glass. He said the salt was an anti-histamine that would reduce inflammation.

He told me not to eat any fruit or fruit juice, because it would promote fermentation in the gut and make me worse. He said I could have yogurt, and that I should have someone make me fresh chicken soup, made with a whole chicken, salt, onions, carrot and celery.

He also said a good food to eat, when you have a digestive disorder and can't eat or get enough calories, is Basmati white rice, by itself or added to some soup. He said toasted white bread was okay, but not whole wheat.

Once I was past the worst phase, he recommended a couple of egg whites a day, poached with a little salt. He said this supplied the protein albumin, which the body needed to make healthy blood. Then, once the body had formed movements with no blood in them, I could have a whole poached egg with white toast.

The doctor was very strict about NO working and NO telephone calls. And when I was well enough to work again, start with one hour of work a day, and later, one hour of work alternated with one hour of rest. Too much stress could trigger a relapse. In a week and a half, I was completely over the crisis. If anything like this ever

*The Greatest Health Discovery in the World*

happens to you or someone you love, this advice may be just what you need. I was so grateful to him!

I recommend all my readers get a copy of the doctor's classic book, titled, *Your Body's Many Cries for Water*. The book explains sophisticated and as yet unrecognized body thirst signals. Dr. Batmanghelidj told me he believes many diseases are in fact no more than professional labels for chronic dehydration.

There is so much more that can help you inside the doctor's book, beyond anything I have room to cover in this brief introductory report. Please get yourself a copy of "*Your Body's Many Cries for Water*" from: Global Health Solutions, P. O. Box 3189, Falls Church, VA 22043.

For more information on Sam Biser's world-respected Save Your Life Course on curing genetically-triggered diseases—with unknown, untold, and still unpublished natural methods, go to [www.sambiser.com](http://www.sambiser.com)



Author Sam Biser helps people who are ill—and who can't seem to get their health back, no matter *what*...

Sam lives to locate answers for these people, because that was his own path. He was made ill by birth injuries—and by a popular toxic drug, DES (diethylstilbestrol) that his mother took in great quantities during pregnancy to prevent a miscarriage.

All this left him crippled at birth, growing up with leg braces and never-ending sickness. To his surprise and horror, nothing in natural healing (or medicine either) helped him, so he hit the road searching—as sick as he was.

And so began, over 40 years ago, a lifelong passion to save the dedicated person who never gets the BIG results others do.

Out of persistence, Sam located treasure-chests of forgotten and under-used answers. He shared what he learned first with friends, then with readers of his national newsletters. Eventually, it became a world-wide following—from the Seychelles Islands in the Indian Ocean all the way to North Pole, Alaska—of recovered people who found in *bis* research *their* miracle answers.

This report is one of the treasure-chests of information that saved Sam's life—and it can save you too.