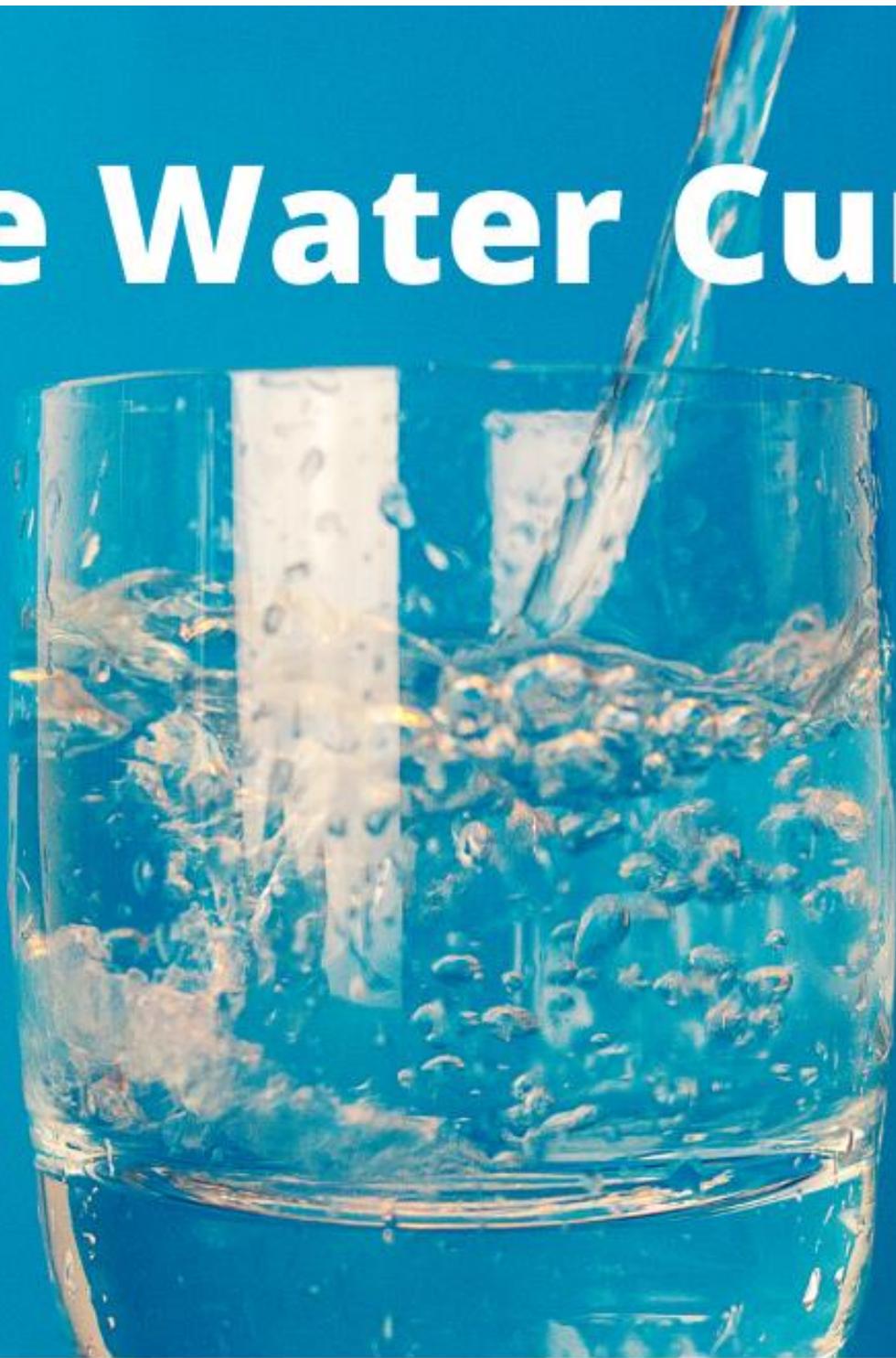


The Water Cure



Tina McDermott
DISCOVER WHOLE BODY FREEDOM

The Water Cure Recipe

Why Is Proper Daily Hydration So Important?

A major contributing factor to uncomfortable digestive system issues and weight gain is likely due to a condition of *chronic unintentional dehydration*. If you want to transform your body and your life then proper hydration is absolutely necessary and once corrected, your symptoms could disappear altogether. Follow the recipe below for best results. If you would like to discuss this further, email me at Tina@Tinamcdermott.com

1. Drink only PURE WATER free of all impurities.

The best way to do this is to have a point-of-use water purifier installed in your home and the cost is less than 10 cents a gallon. If you need one installed contact Jerry at Ewater which is the system that I have had for three years in my home and no other water tastes as good. <http://www.ewatercompany.com/water-systems/> .

Do **not** drink tap water. Do not use an inferior quality faucet filter as they often make your water quality worse not better. If you must, go to your local health food store and buy the bottled water they recommend. But the use of any bottled water should be temporary.

2. The water you drink must be warm.

Your body temperature is 98.6 degrees and is what your water should be at when you drink it. Otherwise your body will have to work very hard to bring the water to your body's temperature using up vital nutrients to do it. This is especially important if you have an inflammatory condition.

3. The water you drink must contain salt.

Light grey Celtic sea salt is the best sea salt as it has over 75 minerals and trace elements that your body craves. Add one quarter teaspoon of salt per 32 ounces of warm drinking water. Why salt? It helps to bring the water molecules into your blood and cells and aids in the process of absorption and assimilation. The presence of the salt also has an alkalizing effect which is conducive to the natural healing process.

If you cannot handle the taste of one quarter teaspoon of salt per quart of water, don't worry. Just start with a smaller amount, even if that smaller amount is one grain of salt per quart of water. Then just build up gradually over days and weeks until you reach compliant levels. Most people have some difficulty when first drinking intentionally salted water. These same people also report that they prefer the salted water once they get used to it and once they experience the profound benefits of proper daily hydration.

4. Drink your salted water throughout the entire day.

Sip your water throughout the day and only drink 1-2 oz at a time. No guzzling allowed. If you have a history of incontinence, other bladder problems, frequent bladder and urinary tract infections, or you are concerned about the increased amount of water you

will be drinking...relax. This isn't something I am telling you about because it sounded like a good idea. This is a powerful solution to all kinds of problems. I have witnessed this in my own life and in the lives of my clients over the years. As your kidneys and bladder become properly re-hydrated their normal functions will get better not worse and any associated problems in these areas will get better, not worse. Just follow these directions precisely. Be patient. Go slow but steady.

5. Drink at least 16-24-32oz of warm salted water within the first hour of waking up each day.

Try to wake up within an hour of sunrise if at all possible. Our body co-exists in a natural symbiotic relationship with the seasons and the tides and the rising and setting of the sun. Natural healing co-exists in harmony with the forces at work in the natural world. These same forces are at work inside our bodies. Each morning our body is the most dehydrated, the most acidic and the most toxic. This habit of starting each day by consuming 16-24-32oz of salted water within the first hour of waking up is a very important key to getting and maintaining the very best results possible from the watercure. If you weigh less than 150 pounds, then you can start your day with 16-24 ounces of salted water. (Yes, children too.) Use common sense. If this seems like too much for you, start with a smaller amount and build up to compliance levels gradually.

6. The amount of urine you eliminate should be equal to the amount of water you drink each day.

It may take several days but not usually more than several weeks to see this balance happening with your body. You've never measured your outflow of urine? Neither had I. Join the club. Hey, we get to do all kinds of strange and curious things in the name of natural healing. The color of the first morning urine can be moderately yellow, but the rest of the urine should be very light yellow to almost clear like the color of lite beer. Dark yellow to orange colored urine is a sure-sign of dehydration and possible kidney stagnation which is not good. If the color of your urine is currently orange or very dark yellow and it does not become significantly lighter within several days of doing the water-cure, you should check with your medical doctor right away. You can call me to discuss too.

7. You must consume half your body weight in ounces of water per day, each and every day to recover from the symptoms of long term, chronic, unintentional dehydration and to prevent it from happening again.

Read that rather long sentence again, and then several times after that, for it represents the most important part of the watercure recipe. You must consume the right quality water and you must consume the right amount or quantity of water. I have never been one for "set prescriptions" especially when it comes to our food and beverage intake. Set prescriptions are usually reserved for drugs, not for habits in the world of natural

healing. However, there are always exceptions to the rules and this is absolutely one of those exceptional rules. Please do not underestimate the importance of being consistent with the correct amount of water you need to drink each day. Water and salt in combination promote and restore proper hydration levels within the cells and systems of the body. Proper daily hydration is the most significant biomodulating and homeostatic influence inside the human body. When the body is properly and consistently hydrated, everything else functions better. If you exercise and sweat, consume any diuretic beverages (alcohol, coffee, tea, soda, caffeine), then you will need to consume more water to make up. Your body loses 32 ounces of water each day just from breathing and sleeping and sitting around! If you exert yourself vigorously and sweat profusely, you will need to be very careful to restore proper hydration levels and then maintain proper hydration levels. Half your body weight in ounces of water is therefore, the absolute minimum of water you need each day. But don't over-hydrate yourself either. Find the balance. Find the right amount of water for you given your unique circumstances and conditions.

Let's summarize the steps of the watercure recipe for easier reference and understanding.

1. The water we drink must be free of all impurities. Sip, do not gulp your water.
2. The water we drink must be warm. Body temperature water is best.
3. Every oz of water you drink must contain the Celtic sea salt for best results.
4. Drink your warm salted water throughout the entire day. Space-it-out. Sip.
5. Drink 16-24-32 oz of warm salted water within the first hour of waking up each day. If you weigh 150 pounds or less, you can try 12-16-24 oz to start the day.
6. The outflow of urine should be equal in volume to the inflow of water. The color of your urine should be very light yellow like the color of lite beer.
7. You must consume half your body weight in ounces of warm salted water every day. If you weigh 200 pounds you need to drink 100 ounces of water. It's just this simple.

If you have any questions about how to implement the watercure recipe into your current diet and lifestyle, you can phone me during the day at 410-570-5170 or email me at Tina@tinamcdermott.com .



You have just read about the seven steps that make up the watercure recipe. You must follow this recipe as described as soon as possible. This means that depending on your unique circumstances and conditions, it might take you three days to make this transition and it might take you three weeks. What matters most is that you get to 100% compliance as soon as you possibly can. Don't rush, but don't procrastinate either.

For the very best results possible, please order some Celtic sea salt right away. For the best prices and how to order, see the information below. Use whatever sea salt you have on hand, or get some at your local health food store, until you get the Celtic sea salt. Some natural food stores are now carrying the Celtic Salt; Whole Foods Market. Or order online at www.celticseasalt.com The Celtic sea salt contains many other minerals and trace minerals (over 75) and this allows for better absorption into the cells, better communication between cells, and the incalculable therapeutic effects of alkalinizing our blood and lymph. I keep using this term, alkalinizing, but what I really mean is stabilizing our body fluids at their proper ph levels. For example, the ph of human blood must remain constant at 7.35 to 7.45 for optimum health. The ph of ocean water is nearly identical to the ph of human blood. Imagine that. The primary reason commercial table salt is so bad for us is that it is almost pure sodium chloride. It has been stripped of all other minerals. This kind of salt is not natural at all. It is highly processed and refined. It is even bleached to be white. No wonder it is toxic to the body! Naturally harvested salt from the ocean is gray and moist, not white and dry.

When you use the Celtic sea salt in the correct amounts according to the watercure recipe you will not increase the problems normally associated with the excess use of salt, you will decrease their likelihood of occurrence. This is because of the dramatic qualitative differences between organic quality sea salt and commercial quality highly processed and refined table salt. Use the sea salt. Don't use the commercial table salt. If you are not sure what you should do, and have not been convinced by now of the therapeutic value of sea salt, please do not proceed.

I talk to people all the time who claim to drink tons of water. These same people will report astonishing results as soon as they start adding salt per the instructions of the watercure recipe. The combination of water and salt is a powerful natural remedy for all kinds of problems.

The warm salted water we drink is absorbed into our body through the stomach. Follow these suggestions (sipping constantly throughout the day) and you will not feel bloated. Your bladder will get stronger not weaker. Your bladder capacity will increase and if you

suffer from the symptoms of frequent urination and/or incontinence, they will subside and eventually disappear altogether. You must drink your water on an empty stomach and before meals. Wait about 20-30 minutes after meals before resuming your water intake or you may dilute your digestive juices, which is not good. Sometimes you need to wait longer. You decide.

As I have said many times already, when you are feeling healthy and whole and strong again, you will need to take all of my “suggestions” with a grain of salt and mostly rely on your own experimenting to ultimately find out what works best for you. But this advice is for down the road, well into Phase Two or even into Phase Three. In Phase One, it is best to follow my suggestions as described here.

Think of *proper daily hydration* as the foundation of your physical health habits.

Top 10 reasons to get your water and soils tested:

- #1) If you live near a mining operation, test your soils.
- #2) If you live near fracking operations, test your well water.
- #3) If you don't trust your city water pipes, test your tap water.
- #4) If you suspect chemtrails or other atmospheric fallout, get your soils tested.
- #5) If you're about to buy some land, get the soils tested.
- #6) If you suspect someone has dumped biosolids on nearby land, get that soil tested.
- #7) If you are experiencing **strange health effects** and don't know where they're coming from, get your water and soils tested.
- #8) If you're about to plant a garden or orchard, and you don't know if your soil is contaminated, get it tested.
- #9) If you live near a factory or coal-fired power plant, get your soils tested.
- #10) If you think your soils may have been previously sprayed with lead arsenate or other toxic agricultural chemicals that contain toxic metals, get that soil tested.