



An Introduction to Haqua Revitalize Therapy

Faris AlHajri*

Founder and CEO, Haqua Wellness, USA

***Corresponding Author:** Faris AlHajri, Founder and CEO, Haqua Wellness, USA

Received: March 21, 2019; **Published:** April 15, 2019

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease".

Thomas A. Edison

"Osteopathic medicine focuses on the whole person, the relationship of the body's nerves, muscles, bones and organs, and the body's innate ability to heal itself".

American Osteopathic Association

"An individual is a whole made up of interdependent parts, which are the physical, mental, emotional, and spiritual. When one part is not working at its best, it impacts all of the other parts of that person".

American Holistic Health Association

"A living cell requires energy not only for all its functions, but also for the maintenance of its structure... bring out the fact that our body really only knows one fuel, hydrogen. Without energy, life would be extinguished instantaneously, and the cellular fabric would collapse".

Albert Szent-Györgyi (1937 Nobel Prize Speech.)

"The existing medical establishment is responsible for killing and permanently injuring millions of Americans".

Dr. Mercola, Osteopathic Physician

Haquapathic Medicine is the newly introduced form of primary health care that emphasizing prevention, treatment, and optimal health using Haqua Revitalize™ Therapy. This branch of holistic health and wellness, particularly naturopathy, uses individuals' inherent self-healing, self-protection and self-maintenance processes.

Haquapathy is derived from the words 'haqua' (hot), 'aqua' the Latin word for water, and '-pathy', from the Latin word meaning therapy.

The human body is fueled by four vital substances, otherwise known here as the Four Essential Elements of Life (FEEL's): water, oxygen, hydrogen, and energy. These natural elements required by the body perfectly maintain the entire human system. In their abundant form, the FEEL's sustain every single cell and encourage

appropriate performance. New cells replace similar ones that die every day by apoptosis—natural cell death—and the human body requires a balanced level of FEEL's for this system to perform accurately in all aspects of health: physical, emotional, mental, and spiritual.

The modern world is witnessing unprecedented developments in all scientific, cultural, and social fields. On the other hand, the field of human health seems to be losing momentum. There are more medicines and procedures available than ever before, but there are also more ailments and diseases. The number of people turning to ancient traditions and cultures to find a cure is increasing. Natural treatments are growing in popularity at an astounding rate.

Some are rediscovered. Some need further scientific research. And some exist in plain sight.

Haqua 'Hot water' is one of these. This divine fluid holds vast secrets as the source of the creation and development of every human being. Its potential has altered the direction of the human PEMS—physical, emotional, mental, and spiritual—aspects of health.

All matter is made up of atoms: the entire universe, our earth planet, and the human body. The formation of a human body begins with a single cell. At the point of birth, one cell has become seventy trillion. A single cell is made up of one hundred trillion atoms and an atom is made up of electrons, protons, and neutrons. The PEMS—physical, emotional, mental, and emotional—aspects of health in every individual relies on the health of these cells. Fifty to seventy billion cells in an adult die every day and replacement cells must be produced. The cell cycle is a marvel of life.

Depletion of the Four Essential Elements of Life (FEEL's)—water, oxygen, hydrogen, and energy—is responsible for all abnormal functions in the human body. Therefore, much research has been conducted on water, oxygen, hydrogen, and energy therapies. Because each cell of the human body relies on these unique elements, Haqua Revitalize™ Therapy (HART) combines all four of them. In their individual format, the above therapies limit the health benefits available.

The Four Essential Elements of Life (FEEL) are not available in their complete form from any other source than Haqua Revitalize™ Therapy.

This innovative approach to holistic health possesses the ability to transform natural health and wellbeing, while revitalizing the human's PEMS—physical, emotional, mental, and spiritual - aspects.

According to the American Holistic Health Association, an individual is made up of interdependent parts, the PEMS aspects of life. When one part is dysfunctional, the whole person is impacted.

Andrew Taylor Still, MD, DO—founder of osteopathy and osteopathic medicine - laid especial emphasis on the self-regulation, self-tenets healing, and health maintenance capabilities of the human body.

The Four Essential Elements of Life (FEEL's) generate health through the use of the BICADU - Believe, Implement, Continue, Appreciate, Discipline, Understand - principles of Haqua Revitalize™ Therapy.

These are the missing puzzle pieces in healthcare, with the potential to carry out two basic, but essential, functions: naturally destroying pathogenic bacteria, toxins, and the poisonous products of organisms, and melting fat in the body by enhancing the enzymes that break up the deposits into reusable resources—amino acids from proteins, fatty acids from fats, glucose from carbohydrates. Both fatty acids and glucose are needed by the cells as sources of energy, and amino acids are necessary for cell energy and building muscle and body tissues.

One of the most essential and unrealized benefits of implementing this therapy is the increase of hydrogen in the body. 'Hydrogen pools' exist in most human organs—liver, heart, lungs, kidneys, spleen—and this hydrogen must be regulated for maximum health.

Hydrogen has been found to be the most powerful antioxidant and an essential fuel of life by various notable scientists and researchers, such as Albert Szent-Gyorgyi, the Hungarian-born American Biochemist Nobel Prize winner for his discovery of vitamin C.

Modern life has brought an acceleration of technological growth, globalization, international integration, advance transportation, internet, mobile phones, industrialization, etc. And much of this has made our lives easier.

However, there has also been an increase in pollution, radiation from mobile phones and wifi, food preservatives containing toxic chemicals, poor diets, lack of activity, pesticides, smoking, magnetic fields from power lines, etc. All of this has led to detrimental health in billions around the world.

Our bodies are exposed to more dangerous toxins than ever before. They are in our homes, our cars, and our places of work. They are everywhere we live, from the air we breathe to the food we eat.

Although the human body is equipped with an array of natural defenses to eliminate these noxious variables, our bodies are always on high alert. The organs and systems we rely on to filter and eliminate waste and contaminants—primarily the lungs, liver, lymphatic system, kidneys, skin, blood and bowel (or colon)—have become overwhelmed by an increasingly toxic modern world.

All these factors have contributed to the exponential decline of the PEMS—physical, emotional, mental, and spiritual—aspects of health for millions of people globally.

The human body is created with systems to address and destroy harmful substances, but the high level of toxic matter has caused these systems to break down.

With the proper supply of the Four Essential Elements of Life (FEEL), all of which are offered through Haqua Revitalize Therapy (HART), humanity will once more find full health in every aspect of life.

As humanity becomes more aware of their health requirements and how to naturally supply them, there will be less of a need for conventional medications and procedures. Each person will be able to address their own personal needs and then live life fully without continually relying on surgeries and drugs.

Volume 2 Issue 5 May 2019

© All rights are reserved by Faris AlHajri.