

The Effects of Haquapathy to Strengthen the Immune System

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Introduction

Health versus Technology

What is the reason behind the absence of the symmetrical trend between scientific and technological development and comprehensive human health?

Where is the harmony between scientific and technological development with human health?

On the one hand, why are we seeing the revolution of science and technology like never?

Looking at the overall disease and human health statistics in general, we see the trend towards the opposite!

Isn't it because humans have been transformed into a laboratory that fills their bodies with all kinds of toxic chemicals and waste?

Isn't it now, before it is too late, to start taking complete care of our health and well-being, especially after discovering what this easy, cheap, and affordable substance has carried, as mentioned by MBC TV Dubai, UAE, during my interview in 2012?

Isn't this natural substance the primary fuel for the body to carry its potential towards self-healing, self-protection, and self-maintenance?

The modern world is witnessing unprecedented developments in technological advances and all scientific, cultural, and social fields. On the other hand, human health seems to be losing momentum. More drugs (medicines) and procedures are available than ever before. Still, there are also more ailments and diseases-

the number of people turning to ancient traditions and cultures to find a cure increases. Natural treatments are growing in popularity at an astounding rate.

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

Haqua 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 PEMSS-physical, emotional, mental, spiritual, and social-aspects of health.

Every non-living thing is made up of matter, and every 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 PEMSS-physical, emotional, mental, spiritual, and social-aspects of health in every individual rely 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.

The depletion of the Four Essential Elements of Life (FEELs)-water, oxygen, hydrogen, and energy-is responsible for all dysfunctions 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. However, the above therapies limit the health benefits available in their single format.

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

Haqua Revitalize® Therapy (HART) also has been coined as follows

- Haquapathy
- Haquapathic Medicine (HAM)

The following generic names originated before proceeding with the registration of Haqua Revitalize® Therapy (HART) in the United States Patent and Trademark Office (USPTO), U.S. as follows

- Hot Aqua Therapy (HAT),
- Hydro-Thermal Therapy (HTT),
- Aqua Calidum Therapy (ACT),
- Aqua Thermal Therapy (ATT)
- May Sakhin Therapy (MST),
- Maji Moto Therapy (MMT),
- Hot Water Therapy (HWT),
- Aqua Thermal Therapy (ATT).

This innovative approach to holistic health possesses the ability to transform natural health and well-being while revitalizing the human's PEMSS-physical, emotional, mental, spiritual, and social-aspects.

The Four Essential Elements of Life (FEELs) generate health using the BICADU-Believe, Implement, Continue, Appreciate, Discipline, and Understand-principles of Haqua Revitalize® Therapy (HART).

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 the fat in the body by enhancing the enzymes that break up the deposits into reusable resources-amino acids from proteins, fatty acids from fats, and glucose from carbohydrates. Both fatty acids and glucose are needed by the cells as energy sources, and amino acids are necessary for cell energy and the building of muscle and body tissues.

Holistic approach to Haquapathy

Have you been thinking of running a vehicle without its fuels, all combined, such as the engine oil, brake oil, power steering fluid, and engine coolant? Or a cellphone without a network or applications? Both the vehicle and the cellphone represent the body or simply the system. Whereas the others represent the fuels, these are exclusively invented and manufactured bodies, so with the fuels.

Well! Just a moment, please! How about YOU? Are you invented or manufactured the same as a vehicle or a cellphone, or any human-made machine? Unleash your potential and explore the power of your creature and your creativity.

This chapter is crucial as it highlights one of the most missing mysteries in the entire human healthcare system in the 21st century. We believe the discovery and founding of Haqua Revitalize® Therapy (HART), otherwise coined Haquapathy or Haquapathic Medicine (HAM) represents the missing part that may have impeded both Osteopathic Medicine and Holistic Health from reaching its global evolution entirely under the umbrella of the Wellness Industry. All these three principles once; managed to form a merging, falling under the Global Wellness Industry, which would revolutionize the healthcare system of the 21st century.

A Basic concept of osteopathy

Andrew Taylor Still, a medical doctor from Kansas, founded osteopathic medicine in 1874. Still lost three of his children from his first wife to spinal meningitis and the child of his second wife to pneumonia. After losing his children, Still began to question the medical practices of his day. Still focused his studies on anatomy and the power of the body to cure itself without medicines. He rejected the use of drugs as cures. He began researching healing methods such as magnetic healing, bone setting, Grahamism, hydropathy, homeopathy, and eclecticism. Osteopathy was met with much resistance within the medical community, and most of all by Still's family. (Kansapedia, n.d.) [1].

The Tenets of Osteopathic Medicine feature the underlying philosophy of osteopathic medicine and were approved by the American Osteopathic Association (AOA) House of Delegates as policy.

- The body is a unit; the person is a unit of body, mind, and spirit.
- The body is capable of self-regulation, self-healing, and health maintenance.
- Structure and function are reciprocally interrelated.
- Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function. American Osteopathic Association, n.d.) [2].

A Basic Concept of Holistic Health

Holistic medicine is a form of healing that considers the whole person -- body, mind, spirit, and emotions -- in the quest for optimal health and wellness. Holistic medicine practitioners believe that the whole person is made up of interdependent parts and if one part is not working properly, all the other parts will be affected. In this way, if people have imbalances (physical, emotional, or spiritual) in their lives, it can negatively affect their overall health [3].

Holistic medicine is all about believing in the importance of healing the entire person instead of the specific illness, certain body parts, or symptoms. Hippocrates was known as the father of medicine in the 4th century B.C. and was the first one to encourage self-healing of the body [4].

The distinction between Haquapathy with regard to Osteopathic Medicine and Holistic Health

For any human-made machine, its performance and durability rely on two main issues: regular maintenance and the range of its 'fuels'. Take a fuel engine vehicle as an example. If the vehicle's routine maintenance and its 'fuels' are conducted as per the manufacturer's instruction, the vehicle will remain to perform at its maximum capacity. We coined all the vehicle's essentials under one name; "fuel," such as but not limited to engine oil, engine coolant, transmission oil, brake oil, etc. If only one of the vehicle's fuels is depleted, the vehicle cannot run. Instead, severe damage would occur the moment the vehicle is driven. Hence, we have coined a vehicle, "the system.»

Unlike the human body, the principle falls under similar circumstances to the vehicle but is entirely different. The difference between a vehicle and a human's body is that a vehicle is manufactured by human, so its fuels are also manufactured.

Therefore, they represent human-made fuels or synthetic fuels. The principle entirely differs from the human body, as it is created and not fabricated. Thus, the human body exclusively performs accurately at its maximum performance with the availability of its exclusive natural fuels, namely, water, oxygen, hydrogen, and energy. All these natural fuels originated from one natural source; Haqua, specifically all recommended here in this entire book, is fully supported by all scientific, biological, genetic, and psychological studies. Drugs (medicines) consumed by humans represent artificially; human's made fuels, which only solve the symptoms of diseases or the body's dysfunction. The immune system instead treats the chemical contents as foreign invaders. The prime target would be the liver, as it falls at the forefront and act to defend the body by swallowing any toxic substances in the body. Meanwhile, the immune system becomes compromised and would no longer sustain its ability to protect the body against foreign invaders, such as pathogens, toxins, bacteria, viruses, etc.

Both osteopathic medicine and holistic health represent "the system" of the human body in terms of the Tenets of Osteopathy and the interconnection in the Five Aspects of Health (FAH). Haqua Revitalize® Therapy (HART)/Haquapathy, or Haquapathic Medicine (HAM), represents the "natural fuels" on which the system entirely relies to keep its performance. Thus, a system represented by the human body would gradually collapse when depleted from one or all its FEELs (the Four Essential Elements of Life). These FEELs exclusively represent the source of creation of every single human being on this planet earth (except the first human family). In addition, it also represents the exclusive source of every single living organism on this planet earth. No single living being would ever exist, or even survive, without these FEELs.

Every single industry takes a new form. Our efforts to seek academic collaboration with Osteopathic Medicine and holistic health would soon revolutionize the 21st century healthcare system. In the coming years, before the end of this decade, the entire world would dramatically shift to these three new industries under the "Wellness Industry. "The use of drugs would perish faster than any other industry in history for many reasons; the evolution of information, the technological advancements in all fields, including research and development, the availability of the internet, and accessible information at the tip of fingers. More and more legal cases would be filed against pharmaceutical industries. The use of medicine would be eradicated only and exclusively used under

critical conditions, in accidents, and in emergencies. Our view is not intended to underestimate the outstanding contributions made by the pharmaceutical industries since the evolution of modern medicine.

The entire world will come into a mutual relationship to eradicate poverty; superhuman intelligence would be accomplished, and wars and all humans' detestations would vanish. Our recent and upcoming generation would finally live in final peace, harmony, and decent life. The world is super-rich enough to feed the entire world population and keep every human being on this planet accessing the least necessities of life, from shelter to food, transportation, and basic needs. Further discovery of the world's richness will be attained faster than ever before in history. Big pharmaceutical industries would soon have the choice to invest their mega investments from drugs to the wellness industry, to create a series of wellness projects in every single county, city, country, and continent; related to; wellness centers, wellness lodging and spas, wellness resorts and spa, and wellness cities. Greediness -excessively, inordinately desirous of wealth, profit, etc.- would finally vanish from its point of no return. Wellness would become easy access to impact every human being on the planet.

Haqua Revitalize® Therapy (HART), Haquapathic Medicine (HAM), and Haquapathy

What is the concept of "Haqua"?

"Haqua" derives from two words, "hot" and "aqua," from the Latin word "water."

"Haquate" means to make the body absorb water, oxygen, hydrogen, and energy (WOHE). Therefore, we coined them the FEELs (Four Essential Elements of Life). These natural elements, which represent non-living things, nourish every living organism's cell, tissue, and organ, including the human body. They are all found in water at heated temperatures, coined the Four Essential Elements of Life (FEELs).

What is the concept of "Haquapathy"?

Haquapathy, also coined Haquapathic Medicine (HAM), is trademarked as Haqua Revitalize® Therapy (HART). It is a newly introduced system of natural remedies based on the notion that the human body is not invented but created to achieve its full ability to function with maximum effectiveness in healing and prevention. It is a system that must be stimulated with its essential natural

fuels, usually, all dysfunctions that are the leading cause of illness in all the physical, emotional, mental, mental, and social aspects of Health. They provide the body's fuel, which is essential for maintaining homeostasis.

Haquapathy underlines revitalizing and energizing the body to its state of all PEMSS aspects of Health and well-being (physical, emotional, mental, spiritual, and social) through Haqua Revitalize® Therapeutic Modalities (HRTM) for individuals' inherent self-healing, self-protection, and self-maintenance process.

The entire therapy requires the implementation of the entire Haqua Revitalize® Therapeutic Modalities (HRTM) for different purposes and health benefits. It is one of the primary methods of revitalizing and energizing the human body in the system of natural remedies we instigated.

We asserted Haquapathy as a new practice of holistic Health and wellness that involves using Haqua Revitalize® Therapeutic Modalities (HRTM).

What is the concept of "Haqua Revitalize®"?

"Haqua Revitalize®" is the reinstatement of the human body to its initial state of creation in the precise form of complete PEMSS (physical, emotional, mental, spiritual, and social) aspects of Health through the implementation of Haqua Revitalize® Therapeutic Modalities (HRTM).

Anything invented or manufactured by humans shall be maintained according to its manufacturing recommendations. They represent rules and regulations that must be applied to safeguard its function at maximum capacity, from regular maintenance to spare parts replacement. Contrary, nature has its laws, Laws of Creation and Nature, otherwise coined as Cosmogenic Systems Laws of Nature (CSLN). Nature is divided into two structures: living organisms, or living things, and non-living things. Any living organism is made up of cells. The entire body represents a system that sustains life, grows, and reproduces. Non-living things represent the exclusive fuels of every living organism. No living organism can sustain life without access to its natural fuels, called non-living things.

No single living organism can be invented, nor can it be manufactured by humans, the most powerful and intelligent

creatures. Instead, any living organism is created. Therefore, abiding with its regular maintenance shall strictly be following its source of creation and growth.

Haqua Revitalize® Therapy (HART) is strictly embedded into the Laws of Creation and Nature; we coined them the Cosmogenic Systems Laws of Nature (CSLN).

Any dysfunction of the human body, whether in cells, tissues, or organs, would result in the body trying to fix it. Each human organ, cell, and tissue plays a vital role in regulating the system back to its maximum performance, whether in the physical, emotional, mental, spiritual, or social aspects of Health. Haqua Revitalize® Therapy (HART) plays the most crucial role by revitalizing and energizing the body with its essential fuels, which we coined, the FEELs (Four Essential Elements of Life). Any disease falls under the physical aspect of Health. Therefore, only the body requires revitalizing and energizing, rather than just treatment through what we now coin the traditional form of treatment, whether by Allopathic Medicine (Western, Conventional Medicine) or Alternative Medicine. As the world entered a new evolution of Health, information technology advances, freedom of expression, and social media have evolved exponentially. These have paved the path towards bringing Haqua Revitalize® Therapy (HART), Haquapathic Medicine (HAM), or simply Haquapathy, to become one of the most progressive evolutions in the 21st century, if not the most.

Since the first creation of human beings, as time passed, humans have been involved in finding means of improving their lifestyle, mainly as they became exposed to various challenges. From there, humans have been in pursuit of exploring, discovering, and inventing, until the modern time of the Industrial Revolution, which turned the entire world into a modern world. From the construction of steam engines, airplanes, railroads, electric lights, telegraphs, motion pictures, Etc. The world has since then been experiencing a series of evolutions in exponential growth in all the fields of science, economy, technology, communication, artificial intelligence, information technology, social media, Etc.

Unfortunately, human Health has severely declined in all the physical, emotional, mental, spiritual, and social aspects. These PEMSS aspects of Health have been declining in the opposite direction of technological advancement in all fields. The rates of people with chronic ailments, obesity, stress, and anxieties keep rising exponentially, irrespective of the technological advances in

diagnostic equipment. The cure for diseases, including those chronic ones and other factors, has become a considerable challenge to the entire world population, government and organization levels, and the entire world economy.

The Human body is the most sensitive system that treats any foreign materials that encounter it or enter inside it as foreign invaders, whether natural or unnatural. Our body carefully observes natural materials, and our entire system reacts accordingly. Whereas synthetic materials, including, but not limited to drugs or medicines, chemicals, Etc., are the most toxic and poisonous materials that gradually damage the entire body system.

Synthetic is something made by combining different substances: not natural (Britannica.com).

With regards to synthetic drugs are chemical compounds produced in a laboratory. They can be produced commercially by drug manufacturers for valid medical purposes and are diverted from legal channels or produced illegally in clandestine laboratories for illicit markets worldwide (Community Anti-Drug Coalitions of America, n.d.) [5].

A series of notable researchers and scientists started revolting against synthetic drugs by seeking alternative solutions to secure human beings from diseases, obesity, stress, anxiety, Etc. For a simple and logical reason, they found that foreign invaders made or invented by the human being through whatever scientific or technological means, once inducted into the human body, they pose a threat to the human's Health after certain times more than they could benefit.

The biggest blunders occurred when the human body was involved in the same path of the industrial revolution. The human body is treated like a machine by manipulating, fabricating, or replacing, like a machine's spare part; this did not work and will never work at any time; past, present, or even future. As a result, various researchers, and scientists, mainly on the medical side, have revolted to move away from drug dependency.

Modern life has made tremendous improvements to humans' lives from one side. For example, food additives mostly contain toxic substances. They safeguard the longevity of food preservation. On the other hand, radiation, air, and water pollution have caused damage to human health, not just physical health, such as chronic

diseases, obesity, Etc. Nevertheless, the damages have gone far beyond emotional, mental, spiritual, and social.

The latest discovery of Haqua Revitalize® Therapy (HART) represents the most missing part of the tenets of osteopathy and the principles of holistic Health and wellness.

Thus, Haqua Revitalize® Therapy (HART) is embedded in the human body fuels, which we coined the Four Essential Elements of Life (FEELs): water, oxygen, hydrogen, and energy (WOHE).

Osteopathic Medicine concentrates on the human body's ability, substantiated by the Tenets of Osteopathy. It defines the human body's innate ability to maintain self-healing, self-protection, and self-maintenance.

Holistic Health underlines the human body as one component of interrelated parts. Therefore, they represent the Five Aspects of Health (FAH), or the fundamental principles of Holistic Health. The physical, emotional, mental, spiritual, and social aspects of Health. If one part is affected, the entire system is affected.

Both Osteopathic Medicine and Holistic Health represent the human body. Therefore, we coined it the system. In contrast, Haqua Revitalize® Therapy (HART) represents the fuels of the system. No system can perform its duty of maintaining its homeostatic balance without having its fuels supplied at their optimum capacity. A depletion of the fuels will eventually lead to the system's gradual deterioration, malfunction, and collapse. In another expression, a system symbolizes a living organism or a living thing. The fuels designate non-living things.

Nature is fabulous, for these exquisite gifts are known to human beings. No human being could ever make any of them from other sources out of nature. The marvel is where we witness every human being in the history of all human civilizations. Furthermore, these Body's Essential Fuels (BEFs) are the sole natural source of creation and growth, passing through the fetal development until the child is born. For these reasons, we declared our scientific discovery on the hidden potentials of Haqua Revitalize® Therapy (HART), with its aptitude to maintain the human's PEMSS Health (physical, emotional, mental, spiritual, and social).

In addition, nutritional foods consumed rely on the efficacy of the human body with the Body's Essential Fuels (BEFs) to enhance the function of the enzymes to break them up and transport them

to produce energy for the cells and build up muscles. Depleting the Body's Essential Fuels (BEFs) would lead to the foods consumed turning into sludge and causing various body malfunctions. Therefore, we hypothesized that more than ninety percent of human diseases are derived from food. As a result of reducing toxic substances from metabolic wastes from foods, we introduced an alternative natural and safer restoration, the Haqua Diet Therapy (HDT). In order to implement Haqua Diet Therapy (HDT), daily food taken by volume shall be reduced between 50-70%. Some other days, it may be reduced by volume up to 90%. To make life easier and maintain a proper biological connection between the body and soul, once or twice weekly shall be spared to eat anything the body craves. There is no specific limit or amount of food to be taken according to the body's capacity. We coined "Fraudantes Diem" from the Latin word, meaning "cheating day."

Haqua Diet Therapy (HDT) is categorized in three different parts for various benefits

- Modicus Haqua Diet-MHD
- Summa Haqua Diet Therapy-SHD
- Extremum Haqua Diet Therapy-EHD.

Haqua Revitalize® is the official brand registered under the United States Trademark and Patent Office [16].

The name 'disease' does not exist in our concept. Instead, it is a temporary body dysfunction when deleted from one or more of its essential body's fuels known as the FEELs (the Four Essential Elements of Life), namely, water, oxygen, hydrogen, and energy (WOHE). All these FEELs are exclusively found by implementing Haqua Revitalize® Therapy (HART) Haqua at the designated temperature. Thus, the human body does not require treatment, nor is it alleviated. Haqua Revitalize® Therapy (HART) completely rejects this principle by simply understanding the human body's biological, genetic, and psychological functions.

In any PEMSS aspect, we define a disease as a temporary dysfunction of the body resulting in its inability to restructure the system back to its total functional capacity, resulting from the depletion of its body's essential fuels. We coined them the FEELs (Four Essential Elements of Life). In such cases, once it occurs, whether it resulted from a bacterial or viral infection or any foreign invaders, such as pathogens, including, but not limited to, stress, anxiety, Etc. The system must be REVITALIZED and ENERGIZED

back to its initial state towards self-healing, self-regulation, and self-maintenance, through the Haqua Revitalize Therapy (HART).

The FEELs from Haquapathy - scientific rationality

Haqua Revitalize® Therapy (HART), otherwise coined as Haquapathic Medicine (HAM), or simply Haquapathy, exclusively merges all these four therapeutic approaches from a single source; Haquapathy, which was initially derived from its generic name and publicly unveiled as Hot Water Therapy. The Four Essential Elements of Life (FEELs) are exclusively combined from a single source and form the secret core that represents the exclusive source of creation and growth of every human on this planet, past, present, and definitely, future; in addition, it represents the exclusive source of every living organism on earth, as follows

- Water Therapy
- Oxygen Therapy
- Hydrogen Therapy
- Energy Therapy

There is no other single source that could combine all the above natural therapies at once. These Four Natural Therapies (FNT) form part of the Cosmogenic Systems Laws of Nature (CSNL), or simply the Laws of Nature.

These personal scientific findings could be substantiated as follows

- Heat water in a covered container up to boiling point. As you open the lid, you will realize there are water droplets below the lid. The water molecules from its covalent bonds of hydrogen and oxygen have separated due to the presence of high energy involved during the heating process. As hydrogen is the lightest element, it was not affected by the gravity. Rather, it immediately raised up vertically, until it reached the top of the lid cover. Since there was no air allowed to be released from the lid, the oxygen was burned by the energy from the heat, and therefore, the oxygen burned the hydrogen, and the water droplets were formed below the lid cover accordingly. However, a certain volume of oxygen and hydrogen have been released from the water at boiling point. If you were to leave the water to keep boiling, the entire water in the container will eventually disappear, or completely dry out.

- Enzymes break down the foods we eat; glucose from carbohydrates. Fatty acids from fats, and amino acids from proteins. Then break down glucose, fatty acids, and amino acids to produce energy for our cells. In addition to building the cells, and muscles from the amino acids. Similar process occur while implementing the Therapeutic Methods of Haqua Gulping (TMHG), where hydrogen, and oxygen are broken by the enzymes, in addition to producing energy for the cells, in accordance to the First Law of Thermodynamics.
- Hydrogen cycle as explained by Patrick Flanagan MD, an American researcher where he emphasized that plants are able to use infrared light from the sun to break down water H₂O into hydrogen and oxygen. The plants exhale oxygen into the atmosphere and add the hydrogen to carbon in order to make carbohydrates, proteins and lipids [14]. Our personal scientific hypothesis is hereby highlighted here as follows
- Plants store a large amount of water to maintain life. Sunlight produces energy in the form heat (heat energy). The plants absorb the heat energy from the sun, which in return increases water temperature in the plants. Enzymes in plants which are proteins and the primary constituents of all living organisms, break down the water molecules into hydrogen and oxygen in a process known as hydrolysis (from Greek words, hydro means water, and lysis means breakdown). Oxygen is released in the air by the plants. Whereas hydrogen is added to carbons to make more carbohydrates.
- The hydrologic cycle where water is going through a continuous process of evaporation, transpiration, condensation, precipitation, and runoff [13]. Our personal scientific hypothesis could be substantiated by observing the water surface of oceans and lakes receive radiation from the sun in a form of heat energy. The water's temperature on the surface increases, and the oxygen and hydrogen molecules in the water breakdown. Hydrogen as being the lightest element (you could see in the periodic table with no.1), is not affected by the gravity, thus it rises up vertically up in the sky until where there is no oxygen presence in the upper atmosphere, where it is extremely cold, before it condensates into cloud and brought horizontally by the winds. Whereas the oxygen released during the evaporation process spread all over above water level up to a certain atmospheric level, and as it travels, it enters dry lands. For

this reason, the maximum amount of oxygen in the air above lakes and oceans does not exceed 21%, whereas it reduces as it enters dry land. Rich people, mostly prefer to live near the sea and oceans. You may have realized this, the moment you stand at the sea front, or beach, you could feel the air surrounding the area seems refreshing.

- During the fetal development of a child inside the mother's womb, a large amount of amniotic fluid is generally known to protect the baby against any shocks. This fluid is composed of 98-99% water; and its temperature is not cold, warm, nor iced. Rather it is hot at a specific temperature of 37.6 degrees Celsius (99.68 degrees Fahrenheit). Thus, one degree Celsius more than the mother's temperature during normal time. Why that! Our scientific hypothesis is that the temperature of the amniotic fluid to remain at that specific temperature, is to supply continuum energy to the baby, as defined by the First Law of Thermodynamics. During this process, the enzymes breakdown the molecules in the water into oxygen and hydrogen. Thus, amniotic fluid supplies the baby with all the Four Essential Elements of Life (FEELs); namely, water, oxygen, hydrogen, and energy. A newborn baby is composed of much higher amount of water, oxygen, hydrogen, and energy than an adult. As the baby grows, depletion of each of the FEELs is superseded accordingly. Out of the 98-99% water that makes up the amniotic fluid, the remaining 1-2% is made up of collagen and non-collagen, which is protein for the baby.

To maintain the Cosmogenic Systems laws of Nature (CSLN), Haquapathy shall be implemented to a newborn baby as we emphasized.

The human body is fueled by four vital supplements, otherwise known here as the Four Essential Elements of Life (FEELs): water, oxygen, hydrogen, and energy. These natural elements required by the body thoroughly maintain the homeostasis [defined by Britannica as any self-regulating process by which biological systems tend to maintain stability while adjusting to conditions that are optimal for survival] of the whole human body. In their abundant form, the FEELs 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 the Four Essential Elements of Life (FEELs) for this system to perform accurately in all aspects of health: physical, emotional, mental, spiritual, and social.

Every single invention or creation performs through two initial criteria, which I coined a structure, or a system versus its supplement, or fuels. Thus, no single invented product, nor creature would eventually operate without its essential supplement or supplements. An invented product would ultimately rely on its invented supplements, whereas, any creature, would absolutely rely on its naturally created supplements. Moreover, there is no single mixed product between invented and created that would properly function, rather, it would lead to dysfunction of the system.

Let us see as we take a few examples. A vehicle is an invented product, it cannot maintain its efficacy, even if it were just released from the factory, except all its essential fuels are filled up as per the manufacture terms, to name a few; oil, engine coolant, engine oil, transmission oil, brake oil, etc.

Similar parameter applies to all the living organisms, including humans, animals, birds, plants, bacteria, fungi, etc., and the non-living things, which include viruses, sunlight, oxygen, hydrogen, rocks, mountains, etc.

Each of the living organism represents a system, while the non-living things represent supplements or fuels for the living organisms. In the event, any of the supplements which the living organisms rely on to maintain their ultimate healthy living are depleted, they would ultimately begin to wane and dysfunction, resulting in homeostatic imbalance [as defined by study.com, an online learning platform, a body that is in a homeostatic state is one in which everything is healthy and working properly. This means that the person is in good health, there are no illnesses, and all of their internal systems are working as they should [15].

This is the great example implemented on the human body; how does it function, and what makes it function accurately at its maximum performance and at its ultimate PEMSS health?

In conformity with the second Tenet of Osteopathic Medicine published by the American Osteopathic Association, the body is capable of self-regulation, self-healing, and health maintenance. Consequently, the human body represents a system.

On the other side, in proportion to Haqua Revitalize® Therapy (HART), the depletion of the Four Essential Elements of Life (FEELs)-water, oxygen, hydrogen, and energy-is responsible for all dysfunctions which were resulted from a homeostatic

imbalance in the human body, in which the body is depleted from its essential natural fuels, considerably, the FEELs which elucidate the supplements.

Bonding together, both the system and the supplements, that is the case in which the entire human body reaches to accomplish its apex in sustaining an ultimate healthful lifestyle in all PEMSS (Physical, Emotional, Mental, Spiritual, and Social) Aspects of Health.

The human body is so vulnerable that any foreign substance, artificial or natural, will treat it as an intruder. For illustrative purposes, if a person eats foods he has not eaten before, it could result in experiencing some intestinal obstructions. When the body is in prime form, it can adapt and handle an array of foreign substances. If the body is depleted from the FEELs, it would undoubtedly become susceptible.

Immune system

The human body was created in such a manner it possesses a unique, intelligent biologic system capable of protecting itself from all foreign invaders, such as bacteria, viruses, pathogens, toxins, etc., by maintaining a neat homeostatic balance. On the other side, the system entirely relies on specific natural fuels, known as non-living things. These are exclusively from the FEELs, the Four Essential Elements of Life. Namely, water, oxygen, hydrogen, and energy. The immune system, at the forefront, plays the most vital role in protecting our bodies from these foreign invaders. The immune system would gradually collapse when it runs out of these FEELs. Therefore, implementing the Therapeutic Methods of Haqua Gulping (TMHG) is strongly recommended to maintain a more robust immune system, a process linked to natural immunity.

To maintain healthy cells, the body's immune system remains steadily at a high temperature, as we highlighted.

Our personal extensive studies we have conducted since we discovered Haqua *Revitalize*[®] Therapy (HART) in August 2007, we found that the human body maintains its continuum energy for the reproduction of cells, metabolism, blood circulation, proper neuro-system of the brain and every single part of the organ, we have the inner core of the body where energy is produced, particularly inside the stomach, we concluded the temperature stands at 40 degree Celsius (104 Degree Fahrenheit) or above. This scientific rationality we have concluded, also applies to the amniotic sac filled up with amniotic fluid inside the mother's womb where the

fetal growth takes place without any exemption with regards to whoever the person may be or may belong, the temperature stands higher. Thus, amniotic fluid is with no single doubt, concluded as "Haqua".

The Human body has its own immune system strong enough to detect and neutralize any harmful bacteria or any foreign substances that could harm the body. But this of course needs protection from toxic substances through Haquapathy, in order to provide the body with needed water, energy from the heat, hydrogen, and pure oxygen resulting from Haqua *Revitalize*[®] Therapy (HART).

Water with regards to the immune system

According to Quinn (2020), our immune system is highly dependent on the nutrients in our bloodstream, and our bloodstream is made mostly of water [6]. Well, the fact is that our blood plasma is made up of 92% water, so we only see our blood's red color due to the presence of red blood cells. Our bodies use water to keep our immune system functioning well, to excrete metabolic wastes, cleanse toxins and need a continuous provision of water throughout the day. Abiding the Therapeutic Methods of Haqua Gulping (TMHG) as recommended, would maintain the amount of water in the bloodstream, and maximize the function of our immune system to protect us from pathogenic invasions, toxins, viruses, and all the disease-causing microorganisms.

Oxygen with regards to the immune system

Ischemia-reperfusion injury [tissue damage caused when blood supply returns to tissue after a period of ischemia or lack of oxygen (anoxia or hypoxia)] is involved in the adaptative alloimmune response -an immune response to nonself antigens from members of the same species. They previously found that a strong immune/inflammatory response was induced by ischemia during kidney transplantation in rats [7]. Tissue oxygen levels play a fundamental role in the regulation of cellular proliferation and differentiation. Although there is mounting evidence that hypoxia modulates immune and inflammatory responses [8].

These two studies substantiate oxygen's importance in maintaining a robust immune system. Therefore, we hypothesized that the oxygen obtained from the environment, which does not exceed 21%, would not be sufficient to keep our immune system more vital. However, strictly abiding by the Therapeutic Methods

of Haqua Gulping (TMHG), which represents the most crucial modality of Haqua Revitalize® Therapy (HART), otherwise coined Haquapathy, or Haquapathic Medicine (HAM), exclusively supplies the entire body with the maximum amount of oxygen. Therefore, we hypothesized that the amount of oxygen provided by the HART stood solely at 100%. Consequently, it is sufficient to nourish the immune system with the maximum amount of oxygen required to stay healthy and maintain the oxygen level with all the cells and organs, including the lungs.

Hydrogen with regards to the immune system

Sepsis [upper abdominal discomfort] is a serious systemic inflammatory response syndrome caused by infection, which is characterized by an explosive inflammatory reaction, oxidative stress, and immune system disorder, that eventually leads to septic shock [a life-threatening condition that happens when your blood pressure drops to a dangerously low level after an infection] and multiple organ failure. At present, there are several treatments for sepsis [a potentially life-threatening condition that occurs when the body's response to an infection damages its own tissues-Mayo Clinic (n.d.)] [9], such as anti-inflammation and anti-shock. However, there is no definite therapeutic effect, and the mortality rate remains high. Molecular hydrogen was first reported in *Nature Medicine* (2007) as a natural antioxidant and selective scavenger of oxygen-free radicals to treat oxidative stress. A large number of studies have subsequently used it to treat various types of diseases, including infection, trauma, metabolic diseases, organ ischemia-reperfusion injury, and tumors, and have achieved satisfactory efficacy. Molecular hydrogen provides a variety of advantages for treating conditions due to its unique physical and chemical properties. Molecular hydrogen promotes cell detoxification, increases cell hydration, and strengthens the host immune system [10].

This study proves the therapeutic effects of molecular hydrogen. For this reason, implementing Haqua Revitalize® Therapy (HART) is crucial to keep supplying the immune system with molecular hydrogen and fill up the hydrogen pools within various organs. The later as discovered by Albert Szent-Gyorgyi.

Energy with regards to the immune system

Suzanne C. Segerstrom, a Professor of Psychology at the University of Kentucky and known for her clinical research on optimism and other personality traits in relation to health in

her Scientific article, found that physical effort requires energy; therefore, one might predict that the immune system would be a low priority during fight-or-flight-type stressors. However, fighting and fleeing increase the risk of being wounded by bites or scrapes, and wounds provide entrances for infectious agents. Acute stressors induce an immunological profile in which low-energy-consuming immune components are enhanced and high-energy-consuming ones are suppressed (Segerstrom and Miller, 2004). Specifically, cells and antibodies that are already prepared to act are mobilized into the saliva and the blood; such mobilization comes at a relatively low energetic cost. At the same time, cell production in the blood, which comes at a relatively high energetic cost, is inhibited. The consequence appears to be a maximization of immunity while minimizing energy expenditure [11].

Three researchers from Sungkyunkwan University, South Korea, Korea Advanced Institute of Science and Technology, South Korea, and Utrecht University, Netherlands (Bae Y-S., *et al.* 2019), in their study, they found that physicochemical stress results from environmental factors such as food/nutrition, toxins, metabolic disorders, infections, and inflammation. It is known that if the immune system is compromised and cannot properly cope with physicochemical stresses, or if the stress exceeds the regular adaptability of the immune system, this may lead to disease states or fatal conditions. On the other hand, we are all well aware of the effects of psychological stress on the body and the immune system altogether. Long-term and chronic stress leads to persistently high cortisol and corticosteroid levels, which cause resistance to cortisol and impaired anti-inflammatory effects on the immune system. Such effects result in chronic infection, chronic inflammatory autoimmune diseases, or cancers as well as other physiological disorders. Chronic stress also inhibits the cross-talk of immune cells and signaling networks [12].

Continuum of energy is required by the entire body system, including the immune system. This study substantiates the importance of energy to keep the immune system stronger to fight pathogenic invasions, such as viruses, harmful bacteria, etc. Stress results in higher consumption of energy due to the increased release of adrenaline, a hormone charged with responding to stress, otherwise called fight and flight. This results in the immune system compromising its energy to maintain the fight and flight response. During this period, infectious agents easily enter the body without enough resistance by the immune system, and therefore, the body's

system becomes weaker as these infectious agents find a safer haven to reproduce and attack the cells. A root cause behind most dysfunctions of the body. Haqua Revitalize® Therapeutic Modalities (HRTM), particularly, the Therapeutic Methods of Haqua Gulping (TMHG), and the Haqua Compress Therapy (HCT), secure a continuum supply of energy to the body as substantiated by the First Law of Thermodynamics.

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