



“Miracle Care” Called Water

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Miracle care/Element of life

Water is the single most important nutrient for our bodies. It is involved in every function of body (life). You can live for 4 to 5 weeks without food, but the average adult can last no more than 5 days without water.

Did you know?

- Your body is about 70% water.
- Your muscles are about 75% water.
- Your brain cells are about 85% water.
- Your blood is approximately 82% water.
- Even your bones are approximately 25% water.

The body loses about two quarts of water a day through perspiration, urination and exhalation.

The percentage of water in food materials and the state in which it exists in the food are important in determining their storage stability.

Fresh fruits and vegetables are high in moisture, most of which is free and available for microbial and chemical activities in these foods. Foods which have high moisture in free form have a much shorter shelf-life than grains (dry seeds of cereals and legumes) which contains much less water, mostly bound in the cells.

Points to ponder

Water is the single most important nutrient for our bodies and is considered a “miracle care” for many health conditions. It is involved in every function of our bodies. Your body loses about two quarts of water a day through perspiration, urination, and exhalation. If you wait until you are thirsty to drink water, then you are most likely already dehydrated.

Action step

Instead of reaching for a soft drink or tea, drink clean, natural water.

What happen when you don't drink water?

Water plays a vital role in regularity body temperature, transporting nutrient and oxygen to cells, removing waste, cushioning joints, and protecting organs and tissues.

Water for health, for healing, for life

Pointing out some of the benefit of maintaining your body properly hydrated.

- Water is the main lubricant in the joint spaces and helps prevent arthritis and back pain.
- Water increases the efficiency of the immune system.
- Water prevents clogging of arteries in the heart and brain, and thus helps reduce the risk of heart attack and stroke.
- Water is directly connected to brain function – it is need for the efficient manufacture of neuro-transmitters, including serotonin, it is need for the production of hormones made by the brain, such as melatonin, it can prevent attention deficit disorder (ADD), and it improves our attention span.
- Water helps prevent memory loss as we age, reducing the risk of degenerative diseases such as Alzheimer's disease and Lou Gehrig's disease.
- Water affects our appearance, making our skin smoother and giving it sparkling luster; it also reduces the effects of ageing.

Points to ponder

Dehydration robs some certain areas of the body to keep the brain, heart, lungs, liver and kidney well hydrated. Many symptoms of disease are the first sign of the body needing adequate amounts of water. Some of the symptoms of inadequate water intake may include headaches, back pain, joint aches, dry skin allergies, heart burns, constipation, and memory loss.

Action steps

If you are suffering from any of the health conditions listed above, identify which ones, gradually increase the amount of water you drink each day, and eventually these symptoms may start to subside.

The skinny on skin

- Skin is the largest organ of the body and weighs about six pounds.
- Grows faster than any other organ.
- Is tough, flexible, and vitamin D.
- Protects the body from germs, heat, cold and sun light.
- Is replaced approximately every thirsty day.

As we age, our bodies signal for thirsty tends to decrease, which may be the reason why some elderly people don't drink as much water as they should. Their water reserves are typically lower, and their vulnerability to become more dehydrated tends to increase.

Building blocks to healthy life

Points to ponder

- Water is a powerful nutrient to show the aging process and to maintain your brain and memory.
- Your brain cells are mainly water about 85% - and your brain is constantly active, even during sleep.
- Therefore, your brain needs to be well hydrated.

Action steps

Increase your intake of salads, vegetable, and fruits since they all contain a high percentage of water.

The cap on tap water

Chlorine, the anti-vitamin

Chlorinated water can destroy nutrients your body needs: vitamins A, B, C and E and fatty acids. Chronic skin conditions like acne, psoriasis, and eczema may clear up or improve by simply switching to unchlorinated drinking water.

Did you know.....?

- If you have lead pipes, do not drink hot water from the faucet.
- Hot water increases lead concentration flushes the pipes first by running cool water before using it.

Points to ponder

It's best not to drink water straight from the faucet, because tap water contains toxins, heavy metals, pesticides, residual personal care products, bacteria and other microbes. One of the chemical added to our tap water is fluoride.

Generally, there two types of fluoride: the type added to toothpaste (sodium fluoride)and the type added to drinking water(sodium silico-flouride). The latter is the most toxic of two.

Is bottled water better?

Did you know.....?

In 2005, the total number of bottled water brands – worldwide is closed to three thousand, conservatively with Italy alone having more than six hundred brands.

Did you know.....?

Plastic – including baby bottles should not go on the microwave.

Points to ponder

- Some bottled water contains more toxins than tap water and are not as closely regulated as tap.

- If you drink bottled water, check if the manufacture of the bottled water is as member of the IBWA (international bottled water association). Always properly store your bottled water. Keep it away from chemicals and store it in a refrigerator if possible. If the container is plastic, check the expiration date or bottling date.

Action step

- Purchase clean bottled water, preferably alkaline and in glass containers rather than plastic.
- Penta water, however, is extremely pure water even though it comes in a plastic bottle.

Did you know.....?

- Snow water from the Alps or the Caucasus mountains is some of the very best water to drink.
- That's because the melted snow water usually travels down mountains, gaining energy and oxygen. But I advise not to drink snow from anywhere else, especially from cities where pollution is a problem.

Point to ponder.

- Filtered water is one of the best waters for your body. When choose a filter remember that carbon filter are the “entry-level “type of filter and at least expensive.
- Distilled water and reverse-osmosis water are the purest water. However they are also the most acidic. In my opinion, alkaline water filters are one of the best types of filters because our bodies thrive best in an alkaline environment, which helps our system function at an optimum level.

Action steps

Start to look for a home water filter system. If you are on a limited budget, start with a pitcher filter or a faucet – mounted filter.

How much and when to drink

How much should I drink?

Take your weight in pound and divide it by two. The result is how many ounces of water you should drink daily.

$$\frac{\text{Weight}}{2} = \text{ounce/day.}$$

Natural water

Natural water includes rain-water, spring water, well-water, river-water, lake-water and sea-water.

Rain water is the purest form of natural water because it is formed as a result of the condensation of water vapour in the atmosphere, i.e. it is a natural form of distilled water. Spring water contains a consideration amount of mineral salts but very little sus-

pendent impurities such as dust and bacterial, so it is a good source of drinking water. Well-water contains a lot of clay and other mineral salts. A well that is used as a source of drinking water should be:

- Sited away from sources of underground.
- Water pollution such as pit latrine lined with bricks and covered.

Diagram of water cycle

Water from deep wells tends to be less polluted than that from surface wells. Generally, it is safer to boil well water before drinking. River water, lake water and sea water contain a lot of dissolved air, mineral salts, bacteria and organic remains.

These waters have to be specially purified before they can be used for drinking.

All the types of natural water are in constant circulation, forming a gigantic water cycle.

Treated water

Treated water is usually prepared for special purposes. Examples of treated water are distilled water, pipe-borne water for townships, and chlorinated water for use in swimming pools.

Distilled water

Distilled water is chemically pure water. It is prepared by condensing steam or passing water through an ion-exchange resin column.

- Distilled water is used in the laboratory for preparing reagents and analytical work;
- Certain industrial processes;
- The preparation of drugs, car batteries.

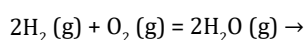
Composition of water

Priestley (1781) was the first to observe that the explosion of a hydrogen-and-oxygen gas mixture yields water vapour.

Later, Cavendish established that the ratio by volume of hydrogen to oxygen in that reaction, at constant temperature and pressure was 2:1.

Water as oxide hydrogen

When dry hydrogen gas is ignited in air, it burns with a faint blue flame to give steam, which will condense on contact with any cold surface to form water.



Properties of water

Physical properties

Pure water is a clear, colorless, tasteless and odorless liquid with the following properties.

- A boiling point of 100°C.
- A freezing point of 0°C.
- Maximum density of 1 g cm⁻³ at 4°C.
- Neutral to litmus.

Chemical properties

Water reacts with metals in a number of ways, with the degree of reactivity depending on the position of the metal in the electrochemical series.

Thus,

- Sodium, potassium and calcium react with cold water to form alkalis and liberate hydrogen;
- Magnesium and zinc react only with steam to liberate hydrogen and form oxides;
- Iron only reacts with excess steam at red heat;
- Copper, gold, silver and mercury do not react with water in any form.

When is it a good time to drink water?

Here are some rules of thumbs about when to drink water.

- Drink water fifteen to thirty minutes before meals or two hours after.
- Only drink four to eight ounces of room-temperature water at meals.
- Do not drink much water past 7:00pm, because it may interfere with your sleep.

“Thank you for my clean, healing water”, mark 16:18 says that if I drink any deadly thing it shall not harm me. By faith, I thank you for cleaning this water from any toxic chemicals, bacteria, viruses, parasites e.t.c, and for protecting me super-naturally from any harm.

“I bless the water according to” exodus 23:25 – which says that God shall bless my water and take sickness away from the midst of me.

I drink this water with thanks giving. Because God loves me and desires me to healthy, I receive this water with gratitude and rejoice as it goes to every cell in my body. As I drink this water, my cells, tissues and organs are cleansed, strengthened and renewed like the lion I see myself healed, and keep this vision before my eyes. In the name of Jesus amen.

Point to ponder

Don't wait until you are thirsty to drink water. If you wait until you're thirsty, you've waited too long. You're probably already dehydrated.

Drink at least two quart of clean water per day. Drink thirty minutes before meals or two hours after meals.

Try not to drink excessive amount of water past 7:00pm. Doing so many interfere with your sleep.

Facts about water

Let us consider certain deep truth concerning water. Water is unavoidable. Water constitutes one of the most abundant resources on earth. Both, the rich and poor have access to water. Water is vital for all known form of life. Water dissolves different substance. Water is the only natural substance that is found in three states. Water comes in form of liquid. It comes in a solid form as ice; it comes in an appearance of gas, steam. Hence, water can come up in forms like liquid, solid and gas. Those who are conversant with the art of swimming know that there is a difference between what happens when you are outside water and when you are fully submerged in it. When submerged in water, there is an entire change of sensation. Air is no longer felt. Breathing is no longer possible. The vision of the person under water changes automatically.

You can no longer stand the way stand on land. Water will begin to move you around.

Water is indispensable

These are parts of the mystery of water. Water is the means of motion for all the materials on the earth.

Food must be combined with water for it to taste well and be received into the stomach.

When dry food is placed tongue there would be no taste whatsoever. Water provides the matrix of conception. Water also provides the pre-natal environment for the baby. At birth, water accounts for 30% of the weight of the baby, water is indispensable to human life. Water is used to brush, shower, wash and fix meals. Little will be achieved on earth without water. In fact, life will be difficult if not impossible without water.

Do you know that 70% of the human body is made up of water? A lot of people do not know that the human body is mostly water. Many do not understand this.

Hence, some people come to the deliverance ground complaining about things moving inside their body. They do not understand the fact that things could actually move around the mass of water inside the human body. Something could be swimming about in the water in your body.

Water and the body

The body of man can survive for a few weeks without food. For example, somebody can survive without food for 40 days with no serious havoc on your body. But nobody can survive for that long with water.

Water is absolutely necessary for keeping your body in good shape. Water aids the regulation of your blood streams. It also aids regulating your body temperature. The oxygen which you breath in is conveyed into every part of your body by water. The nutrients which you obtain from food and drinks that are consumed are passed through all part of your body water.

Water is a natural lubricant for the entire joint in the human body.

- Water aids digestion. This explains why water is prominently mentioned in the scriptures: infacts water is mentioned over 700 times in the bible. Here, is the first mention of the water.
- Genesis 1:2 “And the earth was without form, and void; and darkness was upon the face of the deep. And the spirit of God moved upon the face of the waters”.
- The last mention of the word water occurred in the book of revelation.
- Revelation 22:17 “And the spirit and the bride say, come. And let him that heareth say come. And let him that is at thirst come. And whoever will, let him take the water of life freely”.

The water of life

The first water is physical. The last one is spiritual. Thus, we see a move from physical to spiritual properties of water. In specific terms, God starts the bible with water and ends it with water. The last mention of water is loaded with life transforming facts.

There is water and there is water. The water of life is deeply spiritual. It is loaded with life giving properties. Life oozes out of this type of water. When you drink the water of life, you will feel tingling sensation and rejuvenating power in your body. Sickness will dry up and poison will be rendered harmless. Physical exhaustion will be swallowed by the effervescent power of God. One dose of the water of life is more potent than all the vitamins and the tablets in the world put together.

The water of life is one cure for every ailment. It is an anti-dote for every sickness, a poison killer, a source of renewal and an avenue of spiritual revival and a vehicle for conveying the anointing that breaks every yoke. The water of life of life flows from the throne of God. It is laced with the power of the Holy Spirit. It boils with the highest temperature of the Holy Spirit. It acts as a bulldozer and it is highly confrontational. No power can withstand its onslaught. No witch or wizard can challenge the efficacy of the water of life.

Spiritual properties of water

The water of life retains its ancient properties, keeps it primordial strength and remains tamper proof. Blessed are those who are privileged to drink the water of life. It over flows with the raw pow-

er of God. One doze in your body can last for years. When the fullest of the power of God is released through the water of life, you will become indestructible witches who attempt to attack you will fall down and die. Satanic agents who go beyond their boundaries will be guilty of courting trouble and they shall suffer untold damages.

The water of life has been offered to you, drink and conquer. Drink and overcome. Drink and prosper. Drink and become more than conqueror. This is the season of a manifestation of the sons and daughters of God. The holy Ghost is ready to vomit fire upon your body through the water of life. This is one of the mysteries of the last days.

This is one weapon that God has reserved for the toughest hour on the field of battle. The devil is in for a showdown. You are in for the greatest victory ever experience in your entire history.

Water and its function

The body requires water. It is possible to survive longer without food than without water. It represent on average 66% of body weight in adult and almost 75% in the new born. The water content of somebody fluids and tissue are follows:

- Saliva sweet: 99.5%
- Blood: 79.0%
- Lung: 79.0%
- Muscle: 76.0%
- Skin: 72.0%
- Fat: 30.0%
- Bone: 20.0%

Body water is divided into 2:

- Intra-cellular – water with the cells.
- Extra-cellular – water that bath the cells on the outside.

Function of water

- Water serves as a building material in each cell the body.
- It is used in digestion as a solvent.
- It aids in mastication and softening of food.
- It facilitates movement of materials along the digestive tract.
- It is the medium in which intracellular chemical reactions take place.
- It serves as lubricant in joints and between internal organs.
- Water helps to regulate the body temperature.

5 advantages of drinking water in the morning.

1. Drinking water on empty stomach purifies the colon making it easier to absorb nutrient.
2. Increases the production of new blood and muscle cells.

3. Help with weight loss. Drinking at least 16 ounces of chilled water can boost your metabolism by 24% in the morning.
4. Glowing skin. Water helps to purge toxins from the blood which help keeps your skin glowing and clear.
5. Balance your lymph system. These glands help you perform your daily functions, balance your body fluids, and fight infection.

Did you know?

Drinking water in the morning immediately upon waking up can have amazing therapeutic effects for a multitude of health conditions – ranging from pain to asthma to cancer.

Can water wash away disease?

It has long been known that drinking water first thing in the morning on an empty stomach purifies the body internal system. An especially important result of this treatment is that body much more able to absorb nutrient from food.

This is achieved through the production of new blood (hematopoiesis). This fresh blood has an immense restorative effect in the body and can even cure existing ailments.

Disadvantage of drinking water

- Causes hyponatremia.
- Causes the cells to swell up.
- Causes hypokalemia.
- Affects the brain.
- Over burdens the kidney.
- Causes liver problem.
- Frequent urination.
- Poses the risk of chlorine over dose
- Coma.

Lower sodium levels abnormally (hyponatremia)

Drinking too much water can also upset your body's carefully balance of sodium. This critical mineral should hover between 135 and 145 mEq/l. but when it drops below 135 mEq/l, a condition called hyponatremia develops. This too results in water from the blood stream flowing into the cells, making them swell.

Hyponatremia is more likely in athletes who lose a lot of sodium through density farther.

Hyponatremia has been seen to even cause death in athletes.

You will start to notice mild symptoms as sodium levels dip below 120 mmol/litre. Typically, symptoms like confusion or muscle cramps will be more visible under 110 mmol/liter. But when levels drops to 90 to 105 mmol/litre, your symptoms probably become

more severe. At first, you might feel drowsy, but it may result in coma. Now, if you’ve had a lot of water in a very short time, the progression from mild to severe may happen pretty fast.

Causes swell up of cells

Your body has sodium and potassium ions that act as electrolytes in the body and maintain fluid balance between your cells and your blood. When there is excess water in the blood and a higher amount of salts and ions within the cells, water rushes into cells, swelling them up. This is especially dangerous for neurons or nerves cells in the brain, where space is restricted by the skull. The result can be head aches, seizures, brain injury, coma, and even death.

Lower potassium level abnormally (hypokalemia)

Over hydration can also lower potassium levels in the body loss of potassium may cause hypokalemia, the symptoms of which are vomiting, low blood pressure, paralysis, nausea, and diarrhea.

Causes muscle cramps

As mentioned before, consuming too much water will lead to a drop in your body’s electrolyte levels. The resulting fluid imbalance also affects your muscular function and could lead to muscle spasms and cramping. If you’re involved in high-endurances activities it’s important to not only drink more water but also to replenish your electrolytes with sport drinks.

Over burden the kidney

As you know, kidney helps filter toxins from blood. The first stage of filtration happens in a cluster of capillaries at the end of each nephron (the basic functional unit of kidneys). The toxins are then flushed out with urine.

Over hydration can affect the glomeruli because your kidney needs to work overtime to filter the extra water from your blood. So when you drink litres of water within an hour, hour kidneys get over burdened.

Drinking up to 800 to 100ml of water in an hour should be fine if you’re in otherwise normal health.

Over hydration is particularly dangerous when you have kidney problems. Researchers suggest that it can actually cause chronic kidney disease progression. It may also spark an increase risk of developing cardiovascular diseases.

Strain the heart

Your body has an effective water absorption mechanism. Almost 80% of the fluid you drink is absorbed by the small intestine through the process called osmosis. Water then the blood stream, thereby increasing the overall volume of your blood.

Drinking too much water can put undue strain on your heart due to the increase in blood volume and also lead to seizures in some cases.

Kidney function and heart health are also closely related. Patients with congestive heart failures or other heart tissues that also affect the kidneys tend to retain more water in the body, compounding the problem. In the case, drinking too much water can stretch the heart muscle fibres and result in heart failure.

Making you feel tired

Excretion of fluids is mainly the function of your kidneys. When you drink more water than is needed by your body, it’s your kidneys that are strained the most. They need to work hard to remove excess water, which can lead to a stress water reaction from your hormones. This could make you feel tired or fatigued. Moreover, the dilatation of electrolytes could trigger exhaustion.

Poses the risk of chlorine over dose (Drinking chlorinated water for a long time can cause cancer)

As much as we would think that tap water is safe to drink, the fact remains that most drinking water in Nigeria is treated with chlorine to disinfect it. Drinking too much of chlorinated water over a period of time means increased intake of chlorine. Studies have shown that the risk of bladder cancer increased with intake of tap water and beverages made with tap water [1-10].

How much water could you drink?

But how much need to drink really depends on your age, gender, body weight, activity levels, metabolisms, and medication as well as environmental conditions. People in temperate climates and with little physical activity may not need the 8 glasses of water daily. The national health service uk, recommends limiting intake to 6 to 8 glasses of water, totaling about 1.2 litres a day, especially when you drink other fluids and water-filled foods.

The generally rule to follow is to watch out for your body’s thirst signals. In a healthy person, the color of urine is a good indicator as is the number of times you pee in a day.

On hot and humid days and on days that you do strenuous exercise drink 1.5 to 2.5 cups more, preferably with some electrolytes to balance the salts. But make sure you drink the water in small quantities through the day and not at a go.

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