

Water Therapy - Benefits of Water Therapy | Water Therapy Information

Author: Administrator

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Water Therapy has magical effects in curing diseases. Everybody has experienced a positive change in their health after implementing **water therapy** in their daily routine. You can never believe it before practicing.

How to do Water Therapy?



Early morning, after you get up from bed, (without even brushing your teeth) drink 1.50 liters of water i.e. 5 to 6 glasses. You may wash your face thereafter. This is called water therapy.

Here it is very essential to note that nothing else, neither drinks nor solid food of any sort should be taken within 1 hour before and after drinking these 1.5 liters of water. It is also to be strictly observed that no alcoholic drinks shall be taken the previous night.

If required, boiled and filtered water may be used for this purpose. Is it possible to drink 1.50 liters of water at one time? To begin with, one may find it difficult to drink 1.50 liters of water at one time, but one will get used to it gradually.

Initially, while practicing you may drink four glasses first and then the balance two glasses after a gap of 2 minutes. Initially you may find the necessity to urinate 2-3 times within an hour, but it will become normal after quite some time.

Benefits of Water Therapy

Relief from stress, weight loss, glowing skin, feeling fresh and energetic throughout the day and good digestion are some of the major benefits of water therapy. Have a look at some of the comments below made by people after trying water therapy.

1. Ever since I started this water therapy, I have noticed a glow on my skin, my eyes sparkle, and I feel so clean and so beautiful. I noticed that I always have a bowel movement after my water therapy and my constipation is gone.

2. Water therapy is just amazing! Though I have to urinate a lot of times in an hour but it makes sense. It makes me feel so good and so good. Thanks to this water therapy! Thank GOD for giving us the water to drink.

3. Water therapy is really wonderfully beneficial. So much that people who have not practiced this can't even imagine. It makes your body thoroughly clean and pure from inside and outside. I recommend that everybody should start practicing water therapy to keep tremendously fit and disease free.

About Water Therapy

It is popular in Japan and India today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value.

They publish below a description of use of water in water therapy for their readers. For old and serious diseases as well as modern illnesses, the water therapy treatment had been found successful by a Japanese medical society as a hundred percent cure for the following diseases

- Headache
- Body Ache
- Heart System
- Arthritis
- Fast Heart Beat
- Epilepsy
- Excess
- Fatness
- Bronchitis
- Asthma
- TB
- Meningitis
- Kidney and Urine diseases
- Vomiting gastritis
- Diarrhea
- Piles
- Diabetes
- Constipation
- All Eye Diseases
- Menstrual Disorders
- Ear Nose
- Throat Diseases

Water Therapy - Method of Treatment

1. As you wake up in the morning before brushing teeth, drink 4-6 glasses of water each of 160 ml.
2. Brush and clean the mouth but do not eat or drink anything for 45 minutes.
3. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for two hours.
5. Those who are old or sick and are unable to drink four glasses of water at the beginning may commence by taking little water and gradually increase it to four glasses per day.
6. The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

The following list gives the number of days of treatment required to cure main diseases:

1. High Blood Pressure - 30 days
2. Gastric - 10 days
3. Diabetes - 30 days
4. Constipation - 10 days
5. TB - 90 days

Arthritis patients should follow the above treatment for only 3 days in the first week to be followed by daily treatment. This treatment method has no side effects, however at the commencement of treatment you may have to urinate a few times.

How does pure water help the body?

Consuming ordinary drinking water by the right method purifies human body. It renders the colon more effective by forming new fresh blood, known in medical terms as Haematopaisis. That the mucousal folds of the colon and intestines are activated by this method, is an undisputed fact, just as the theory that new fresh blood is produced by the mucousal fold. If the colon is cleansed then the nutrients of the food taken several times a day will be absorbed and by the action of the mucousal folds they are turned into fresh blood. The blood is all-important in curing ailments and restoring health and for this water should be consumed in a regular pattern. This is why water therapy is recommended to be added to your daily routine.

Related Information on Water Therapy

- [The Miracles of Water to Cure Diseases](#)
- [Drinking Water to cure internal /external infections](#)
- [Could Drinking Water Cure Your Ailments?](#)
- [Treating Cancer and Disease by Drinking Water](#)
- [The Water Cure Recipe](#)

Important: Please note there are no scientific evidences of this theory to be true. I am just sharing what was shared with me. I've searched on the web for the Japanese medical society who claimed this water theory to be true but was unable to find any clue. If you have any clue, please post it as the comment.

Good Health to all of you with Water Therapy!