

Water, Salt and Human Energy

By Simon Yu MD

Water and salt, the most basic components of our body elements, are the basis of human energy and wellness. Water is a most unusual and complex compound that comprises 65-70 % of the human body. Yet, it is a mystery to the scientific community. Because water has so many different biological, chemical and physical properties, nobody knows what the true structure of water is, even after so many years of scientific research.

In the most simplistic view, water is a liquid solvent. It's like a magical elixir for the biochemical reactions in the body. It is the means to remove toxins from the body. The typical American gulps down 55 gallons of water, 40 gallons of soda, 25 gallons of beer, 20 gallons of milk, 7 gallons of tea, and 5 gallons of juice and other fluid mixtures over the course of a year.

It is important to understand that alcohol and caffeinated beverages tend to dehydrate, rather than hydrate, one's body. I can testify that patients who drink more water and cut down on coffee, tea, soda, and alcohol show significant improvement in their chronic constipation, vague back pain and abdominal pain, and many other ailments including allergies and eczema.

Water is involved in every enzyme reaction in the living cells of the body. The effects of chronic dehydration have been fully addressed by Dr. Batmanghelidj, M.D. in his book titled, "Your Body's Many Cries for Water" and "ABC of Asthma, Allergies and Lupus." A "rule of thumb" for the recommended water intake is about one-half your weight in ounces of water per day. For example, if you weigh 150 pounds, drink 75 ounces daily.

Tap water should be filtered. It is not recommended to drink tap water on a daily basis. Practically all tap water contains a variety of added chemicals and pollution, such as chlorine, fluoride and residues of chemicals from pesticides, insecticides and herbicides. When you travel, you may use bottled spring water, although these also vary widely in their quality. There are many types of water filter systems. I prefer alkalized, filtered water.

In addition to water, salt is vital to the proper functioning of the cells of your body. There is a false misconception that salt is bad for your health. In fact, if your body is deficient in salt, you'll feel fatigued, dizzy and out of energy. Salt and electrolyte levels are closely regulated by kidney and adrenal glands.

For optimum functioning of our bodies, the correct type of salt must be consumed and in the proper amounts. Americans consume the wrong type of salt and excessive amounts of salt, which has been linked with hypertension. The type of salt Americans consume is pure refined salt that, like refined sugar, has inferior, if any, nutritional value. Ideal salt comes from the sea and contains a wide variety of trace minerals (over 80 trace minerals have been found in sea salt). A general guideline for sea salt usage is one-half teaspoon per day. If water is the fountain of life, sea salt is the spark of life.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more information about the subject of this article, and many other topics, as well as patient success stories visit his web site at www.preventionandhealing.com or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly discussion on Alternative Medicine at Prevention and Healing on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



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