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## THE IMPORTANCE OF ADEQUATE WATER INTAKE

Bodies are made up of roughly 80% water; brains are roughly 90% water. If we do not drink enough ***plain (preferably bottled) water*** our bodies are forced to store the toxins which cannot be eliminated; these are often stored in joints and muscles. These toxins are very acid, sometimes crystalline, and cause all the pain. If we do not drink enough our bodies will actually be forced to store water in the tissues and joints in an attempt to dilute the toxins.

### **WATER – CALCULATING HOW MUCH WE NEED EVERY DAY :**

There is a simple equation to do this ...

Work out your body weight (in pounds) : divided by 2 = No of fluid ounces needed (20 fluid ounces = 1 pint). A USA pint contains 16 fluid ounces, just to be awkward

Example :        10 stones = 10 x 14 = 140 lbs divided by 2 = 70 fl ozs = 3.5 pints = roughly 7 glasses  
                      14 stones = 14 x 14 = 196 lbs divided by 2 = 98 fl ozs = 5 pints = roughly 10 glasses

### APPROXIMATE MEASURES

<b>WEIGHT</b>			<b>WATER</b>		
Stone	Lb	Kg	Fl Oz	US Fl oz	Litres
s	s	s			
5	70	32	35.0	34	1
6	84	38	42.0	40	1.2
7	98	44	49.0	47	1.4
8	112	50	56.0	54	1.6
9	126	56	63.0	61	1.8
10	140	62	70.0	67	2
11	154	68	77.0	74	2.2
12	168	74	84.0	81	2.4
13	182	80	91.0	87	2.6
14	196	86	98.0	94	2.8
15	210	92	105.0	101	3
16	224	98	112.0	108	3.2
17	238	104	119.0	114	3.4
18	252	110	126.0	121	3.6
19	266	116	133.0	128	3.8
20	280	122	140.0	135	4

While at first this seems an impossible target when you first try it, gradually you will regain a natural thirst.

Any diuretic drinks (tea, coffee Coca-Cola™) will drive water OUT of the body before you can use it properly. If you simply MUST have a cup of tea, before you drink it, drink an EXTRA cup of water, to 'balance-the-books', so to speak; at least **DECAFFEINATE** yourself before you drink it.

(Don't buy chemically-decaffeinated tea ... I am told that it contains chemicals left over from the process. LUAKA TEA is water-decaffeinated. It is a lovely mild Ceylon Tea.)

**CAUTION: If you are having kidney problems, these will need to be addressed before you can achieve your target with ease. Please talk with me before proceeding.**

There is a marvellous book called "Your Body's Many Cries for Water" by Dr Feyrood Batmanghelidj which I am sure you will find very interesting.

### **HOW BEST TO DRINK YOUR WATER**

Apart from the obvious ... open your mouth, pour and swallow, what I mean by this is that there is a best way to drink and a worse way.

Drowning your food in water is not a good idea. Instead, try this:

- On waking, drink 2 or more glasses of water. Re-hydrate your body as quickly as possible. Wander out onto your lawn barefoot in the early morning dew! \*\*\*
- Many people find that hot water is best.
- 15 minutes later, eat your breakfast.
- Then DO NOT DRINK ANYTHING for 2 hours.
- Then drink more water, and making sure that you have some 15 minutes before lunch.
- Then DO NOT DRINK ANYTHING for 2 hours.
- Carry on like this for the rest of the day.

You will digest better and more easily achieve your target.

I drink 1-2 litres before breakfast, by the way!

Any more questions, call me (01872) 870801 or

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\*\*\* Ask me about Himalayan Crystal Salt [www.bestcare-uk.com](http://www.bestcare-uk.com) (UK Suppliers)

Best info on the salt is at [www.americanbluegreen.com/intro\\_pack.html](http://www.americanbluegreen.com/intro_pack.html)