

Natural Healing Express Weekly

Column Volume 188 WATER

For the last few weeks, we have been discussing how to facilitate a “nourishing kitchen.” We have covered a lot of ground and hopefully you are well on your way to building yourself and your loved ones a sanctuary of health. So, this week, we are going to tone things down a bit and talk about something relatively simple, yet which warrants a bit of a complex explanation ; this is also an essential element of any nourishing kitchen – our life giving and sustaining friend – WATER.

Water, together with salt, essentially creates the essence of Life. “All of us have in our veins the exact same percentage of salt in our blood that exists in the ocean; therefore, we have salt in our blood, in our sweat, in our tears. We are tied to the ocean, and when we go back to the sea....we are going back from whence we came.” John F. Kennedy. Now, who wouldn’t want to take a nice walk by the sea right about now and reunite our “souls” from whence we came? Oh, heck ya, but not exactly the point of this article.

As JFK noted, upon examination of the human body, we find it is made up primarily of water and salt. Natural crystal salt contains all of the elements of which the human body is comprised. From the periodic table of elements, we become familiar with 94 natural elements. Aside from the inert gases, all of these elements can be found in crystal salt. Hence crystal salt contains all natural minerals and trace elements that are found in the human body.

When we analyze water and salt in the body, we find that vitamins and proteins are nothing but partially complicated molecular chain links of elements, which we can find individually within the salt as well in the body. So, from this we can make the assumption that water and salt are essential to our very lives, and essential to all of its healthy functions, from conception to death.

The hero moving the salt throughout the body is, yes, you guessed it, WATER. Everyone knows water is good for the body. #notanewsflash. The trick is this – water management. Management of the available reserves of water in the body becomes the responsibility of a complex system. And, if you are not consuming the necessary amounts of water needed daily for these functions, you will become dehydrated. But, what does that really mean? It means that in your complex human body, if you begin a phase where body water rationing is necessary, one structure or more will not receive its predetermined share of water. This then becomes true for your body’s organs. Quite simply, your body will not function properly.

So, let’s site an example. The brain takes absolute priority over all other systems. Proof positive is the fact that as the brain is only roughly 1/50<sup>th</sup> of your total body weight, but it is set to receive almost 20 percent of blood circulation. In layman’s terms, if the brain ain’t happy, ain’t nobody happy.

Under stress and when put in the position to ration the body’s water, “alarms” will begin to sound, showing water is needed. One of the first “alarms” to sound off is PAIN. Pain typically is a sensation that denotes local chemical changes in the area around the nerves that monitor the acid/alkali balance.

When water is not available to wash the acidic toxic waste of metabolism, the nerve endings sense the change and report it to the brain's pain center. This means ouch, ouch and ouch for you.

The pains of dehydration include dyspeptic pain, rheumatoid arthritis pain, angina pain (heart pain upon waking) low back pain, intermittent claudication pain (leg pain while walking) migraine and hangover headaches, colitis pain, associated constipation and false appendicitis pain.

Dyspeptic pain is by far the most important signal for the human body. Dyspeptic pains include but are not limited to gastritis, duodenitis and heartburn.

So, for those of you creating a nourishing kitchen, make sure you have a viable, pure as possible source of water available. I also recommend a great Himalayan Salt to keep tableside.

In my home and at our store, you will often find water infused with cucumbers, limes or lemons. Sometimes we go a bit overboard and try things like cherries or other fruits, and in your nourishing kitchen, you can be equally creative!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express

