

“Waiting to Get Thirsty” is a Historic Mistake

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At the end of the 19th Century, when medicine was looking to science for explanations, a French scientist by the name of Moritz Schiff stated that thirst is a general sensation that needs to be studied. At the start of the 20th Century, a prominent English doctor by the name of Walter Bradford Cannon made a simpleton’s statement that “dry mouth” is the only true sign of thirst. Pursuit of Cannon’s view in medical research is unfortunately background to all that is wrong with Western medicine and its ever-expanding list of diseases with their backbreaking costs. The greater tragedy than Cannon’s bad influence in medicine is the recent statement by the Food and Nutrition Panel of the National Academy of Science asking people to drink water only when they get thirsty. It takes the appearance of calculated negligence when this instruction is not corrected in a timely fashion even when it is shown to them this view is harmful and twenty years of scientific research has shown dry mouth to be an unreliable yardstick of true thirst.

If we don’t let the gas tank of our cars to run dry before buying more gas, why then should we not similarly prevent dryness in our absolutely water-dependent bodies? This practice would make absolute sense.

First and foremost, it is summertime and unintentional dehydration could become established in our bodies in no time. Secondly, like all other failing abilities of the body as we age, perception of thirst is lost as we grow older. We do not even sense the dryness of our mouths after a certain age, hence so many sicknesses among the elderly. Thirdly, the human body manifests serious localized dehydration by many other symptoms and signs even when there is no shortage of saliva in the mouth. Producing saliva even when there are other indicators of dehydration is a primary overriding process to facilitate chewing and swallowing of food.

For a more accurate understanding of dehydration one should become alert to the color of one’s urine. Light color of urine means good hydration. Yellow urine means slowly establishing dehydration. Dark yellow urine means one should hit the nearest water fountain. Orange urine means the body is in very serious trouble.

The new science of medicine has shown that histamine is a brain chemical, which regulates the water intake of the body, and when the body is “dehydrated,” it operates the drought management programs of the body. It is now clear that water is a better natural antihistamine medication than drugs used to clear the symptoms produced by excess histamine activity. For further information on dehydration and the use of water as an antihistamine, visit www.nafhim.org or www.watercure.com

Please forward this message to as many people as you can reach. Feeling empathy and caring for others is the only true marker of being human.

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The National Association for Honesty in Medicine

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