

has to offer is even more miraculous. Jesus answered and said unto her, *Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.*

John 4:13,14

**The information presented herein is not to be used as medical advice or to diagnose or to treat disease. Therefore, the use or misuse of any information contained herein is at the sole risk and discretion of the user. For diagnosis, treatment or any other procedure including allopathic medical advice, see your medical doctor. For healing, see the Great Physician.*

(Exodus 15:26) 16

Hot and Cold Treatments Hot and cold treatments can be used to stimulate the person's immune system and to enhance the body's local fight against infection or inflammation. Alternating hot and cold compresses stimulates circulation to help heal sprains and joint and muscle injuries. Also this often makes quite an effective pain killer. There are many ways to apply hot and cold to the body. The three generally used methods are:

1. **Hot and cold tub or bucket soaks.** This is especially useful for hands and feet

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The Miracle of Water

Did you know that if you had to drink all the water your body uses for its different functions you'd have to drink 2,500 gallons a day? Water is the key to all the bodily functions, including assimilation, digestion, circulation, elimination and temperature control. Fortunately, the body reuses all but a small amount-but that small amount you need.

Water is one of heaven's choicest blessings. Its proper use promotes health.

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Headaches and dry skin are two of the most common symptoms of dehydration, but sinus infections and postnasal drip are also connected. Normally, water thins the body's natural mucus secretions and sends them down your throat without you even realizing they were there. But when you're not getting enough water, the mucus gets stuck and you think you're sick, when all you need is lots of water. Surprisingly, **the dry mouth is the very last sign of dehydration.** In 37% of Americans the thirst mechanism is so weak that is often mistaken for hunger.

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not to burn the patient (test the compress on your wrist).

This treatment should include 3 minutes of hot and 30 seconds of cold. Repeat three times. Begin with the hot and end with the cold. The treatment can be continued longer if desired. Especially in the case of respiratory problems care must be taken to keep the patient warm and free from drafts. Dry off the part treated with a towel. It is best if the patient remains under a blanket for an extended period even after the fomentation is over.

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Cold Mitten Friction: You can give a cold mitten friction to yourself, but this application is easier for one person to administer it to another. The friction increases functioning of internal organs, relieves muscle soreness and aches, increases resistance to colds and infections, increases white blood cell activity, helps with poor circulation, tobacco and drugs withdrawal, and enhances energy and endurance.

Get a bowl of cold water, one washcloth, and one bath towel. Mentally divide the body into sections: right arm, left arm, right leg, left leg, back, etc.

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A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on a printed page. In prolonged dehydration the brain cells actually begin to shrink.

The author of a book titled Your Bodies Many Cries for Water states that "**Chronic and persistently increasing dehydration is the root cause of almost all currently encountered major diseases of the human body.**"

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very hot, your body will require an even larger amount of water.)

Weight ÷ 2.2 = Number of ounces to drink per day

Hydrotherapy is the use of water to treat disease. Water used externally causes the body to react in ways that enhances its own healing mechanisms. These reactions include increased circulation with tissues receiving more oxygen and nutrients and enhanced removal of wastes, increased number and movement of white blood cells which means a greater fighting capacity of the immune system, the

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Dehydration (from not drinking enough water) actually increases your risk for common symptoms such as allergies, asthma, headaches, heartburn, and back and joint pain.

Histamines (causing allergies) and cholesterol (contributing to heart disease) are actually increased by the body to reduce the evaporation of water.

Dehydration also increases your risk for diabetes, gall bladder disease, hypoglycemia, kidney stones, ulcers, rheumatoid arthritis, weight gain and even cancer.

infections or inflammations. 3 minutes hot and 30 seconds cold
2. Alternate hot and cold shower applications (Contrast Shower): 3 minutes hot and 30 seconds cold

3. Fomentations: This is especially applicable for chest or abdominal infections or inflammations. Hot and cold compresses that have been soaked in water, wrung out and applied to the chest are helpful for respiratory problems. Covering the compress with a dry towel will help to hold in the heat and the cold. The water should be as hot or as cold as the patient can tolerate. Take care

It can be used externally in the form of hydrotherapy or taking internally by the simple act of drinking. Even the Word of God connects water to freedom from disease. *And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.* Exodus 23:25

Seventy-five percent of Americans are chronically dehydrated. Lack of water is the #1 trigger for daytime fatigue. Even mild dehydration will slow the metabolism as much as 3%.

Neutral baths, in which the body is immersed up to the neck in water slightly cooler than body temperature, are used to treat insomnia, emotional agitation and menopausal hot flashes. Soak for 20 minutes, adding water as needed to maintain the temperature of the bath. For achy muscles you may add Epsom salts or herbs. Move slowly after getting out of the bath to allow your muscles to adjust.

The wonderful effects of the use of water in its simplicity never cease to amaze me, but the water that Jesus

nervous system and organs function with increased efficiency and vitality, plus various other benefits are obtained.

Every time you soothe a sprained ankle with an ice pack or hold a burned finger under a stream of cold tap water, you're practicing a basic form of hydrotherapy, a healing art that is safe and painless and requires nothing more exotic than what flows out of your faucet. Water treatments are ideal because water is non-allergenic, readily available, and inexpensive.

Three Easy forms of Hydrotherapy

Caution: If you have diabetes, avoid hot applications to the feet or legs; avoid cold applications if you've been diagnosed with Raynaud's disease; avoid hot baths and saunas if you have diabetes, multiple sclerosis, are pregnant, or have high or low blood pressure or cardiac problems. Start slowly with hot treatments, as you can become exhausted, especially if you are very young or old.

Not only do we need to drink more water to avoid being dehydrated, we also need to avoid alcohol, coffee, tea, soft drinks and caffeinated beverages because they actually make you even more dehydrated. You will have to drink extra water to make up for drinking these products.

Here is how to figure out how much water you should drink daily. Take your weight in pounds. Divide it by 2.2. (This is your weight in kilograms) This is the same number of ounces of water you need to drink each day. (If you are in a dry heated room or outside when it's

Have the person covered with a sheet or blanket. Wet the washcloth in the cold water and squeeze out excess water. Wrap the cloth around your hand like a mitten. Uncover one section of the body (such as the right arm). Beginning at the hand, start to rub the skin briskly, in an up and down motion. Proceed up the arm, rubbing all areas of the skin. The rubbing should be firm, but not so firm that it hurts. When you finish with one body section, dry it thoroughly with the towel and cover. Proceed to the next body section, repeating the above directions, until all body sections are done.