

# Water Lives Inside My Body

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The Well Being Movement in Korea had raised the general population's interests in health and healthy lifestyle of late, however the majority of the people are still unaware of how important water is to their health. Therefore, the following pages contain valuable information about water, and explanations as to how better water can help maintain their health.

## \* Birthplace of Life is Water

Listen to the babbling mountain creek water!

It does not sound anything like sounds made by man-made machines. When you listen to it long enough, you can not help but to feel somehow refreshed and filled with life's energy. Similarly if one looks down at a majestic mountain landscape with curving and swirling streams of water, or even at a peaceful lake, one will feel at peace with the world.

Why is that?

That's because water is our birthplace.

Water is the basis of life on earth, and water ensures continued existence and progress of life. Water is the essential bond forging one generation to the next, the foundation on which all life forms build and thrive, without it thirst and death will be the only recourse. Water is a priceless treasure, divine in its power to grant and sustain life. There is nothing better than good water and clean air for good health to all life forms.

Testament to good water and clean air comes from those famous villages in Asia, where without any special medical care or some secret formula; villagers live long past average life spans of city dwellers. Now it may not always be possible for people to choose clean air, however anyone can choose good water, better water to live healthier lives.

What is this good water?

If you can obtain the correct and truthful information and gain knowledge about this subject, if you are not swayed by bogus claims of dishonest sales pitch, you and your family will be able to benefit from good water.

It is a well established scientific knowledge that the basis of good life and robust health depends on the clean and natural environment. The earth still rotates; despite the fact that Galileo was condemned as a heretic for discovering that the earth was rotating, and his belief that the earth rotated around the sun. The apple felled to the ground before Sir Isaac Newton's discovered gravity, as it still falls to the ground today.

It is important for us to remember that the natural state of things occur as the cause and effect take place in the nature without any intervention, and no one for or against such natural state can do anything to put a stop to it.

If one drinks clean healthy water, it naturally follows that it will be good for that person and his or her health.

There are multitudes of people and businesses selling easy health nowadays; however none would take responsibility or back up what they claim. Everyone must understand that ultimately the only person responsible for maintaining good health is themselves.

Therefore, it is critical for everyone to educate themselves and choose wisely in matters of health, to help their own family members and neighbors, and the society at large.

### **\* Why is there a proliferation of Chronic and Degenerative Diseases?**

Compared to the past, it is true that we eat better and enjoy numerous modern conveniences in our lives.

When I was a little boy, there was a term called "Borit Gogae". The current younger generations in Korea are probably not familiar with this term. "Borit Gogae" referred to the spring famine before the barley harvest. As food harvested in the past fall is exhausted through the winter, people had to endure and hang on until the early summer harvest of barley to sustain them.

Nowadays, social welfare system and various social safety nets ensure that even in poverty no one will starve to death, and medical care will be available even if there is no money to pay for it.

Therefore, isn't it more than ironic that in this age of plentiful food, and medical care for everyone, where people spend obscene amount of money on so called health food and longevity medicines, disease such as diabetes, atopic dermatitis, high blood pressure, cancer, stroke and other chronic incurable diseases tend to afflict increasingly higher number of the population? According to the report prepared by the Korean government, overall chronic illness affecting the population increased at the rate of 29% in 1995, 41% in 1998, 46.2% in 2001.

Remember, these chronic diseases are not caused by infections or transmissions; these are diseases which occur in the body.

We refer to them as chronic diseases, however, not in the far past, they used to be collectively referred to as adult onset diseases, since these type of diseases only occurred in adults.

Of late, even children are diagnosed with diabetes, high blood pressure, and atopic dermatitis, affected indiscriminately by disease of our modern culture. We now refer to them as chronic illnesses, or even incurable chronic illnesses.

Although we are constantly flooded with the news of some new medicine or medical treatment promising to deliver us from all kinds of illnesses and diseases, ironically chronic illnesses affect ever higher number of us year after year, forcing us to stop and wonder about the irony of our modern

culture.

Allow me to give you a little background in why I chose to devote myself to studying natural science. When I was a little boy, I often went hungry because there was not enough food to be had, during my boyhood the government sponsored campaign of “Let’s Live Better!” was all the rage. When I became an adult and was gainfully employed, I no longer had to worry about living hand-to-mouth; however I started to notice that many people around me began to suffer in increasing numbers from adult onset diseases such as diabetes, hypertension, etc. I had wondered, “What causes adult onset diseases, and why can’t they be cured?”

Although western medicine had introduced many miraculous cures and treatments, it had its own limits in tackling non-infective diseases or illnesses which originated from within otherwise healthy bodies. I had concentrated my efforts on how nature and environment affect the living beings, and researched how humanity can attain health by achieving a balance with the nature. I had studied Professor Lee Jae-Ma, and his theory about how different individuals react differently to the same treatment, and how the

individual efficacy should dictate the course of treatment; Doctor Linus Pauling from America, the only two time recipient of Nobel Prize, for his research into the “building blocks of life” of amino acids and protein molecules, immunology, molecular medicine, and other world famous treatments, scientific and medical discoveries.

Through the decades devoted to studying and researching these subjects, I became intimately familiar with the importance of water, and how water plays a central role in sustaining life. All chronic or adult onset diseases are due to causes such as stress, polluted environment, over consumption of modern drugs and medicines, indulgence of processed foods and acidic or fatty foods. To combat the onslaught of our modern conveniences, we need to fight them with good water.

**\* Water originated from the beginning of the world, and water can not be replaced with anything else.**

Humanity and all other life forms can not exist without water.

Some life forms can exist without air, but no life form can exist without water. Water can not be replaced or substituted with anything else. If we run out of rice, we can substitute with bread or some other staple; however, there is nothing on earth that can replace water. Therefore, it is necessary for us to treasure and conserve water as a unique natural resource. You may wonder, if everyone is drinking and using water, wouldn’t it follow that water supply dwindles over time?

That is not the case!

Although life of earth spans over 10 billion years, during all this time, the amount of water on earth neither increased nor decreased by a single drop, due to the fact that even though we drink and use water, water itself does not disappear but gets continuously recycled.

Waste water which goes down the drain through the sewers, adds to the rivers, and eventually reaches the sea; during this process all contaminants and dregs are cleansed, heated by the sun and evaporated, treated with ultraviolet rays, water combines with gases such as oxygen, hydrogen, and others. Evaporation condenses into clouds;

clouds turn to rain or snow to fall back to earth, while seeping into the ground, water becomes infused

with minerals such as calcium, magnesium and others.

This is how the earth and the sky recycle water, utilizing the energy from the earth and the energy from the sun, water helps to maintain humanity as well as all other life forms, even though the humanity continues to pollute the earth, the earth still works hard to recycle and replenish this treasured resource known as water.

Should we not be thankful for such marvelous process?

The amount of water on earth remains constant thanks to the process I described above, even through countless numbers of use and disposal after use, we can still enjoy and continue to use clean water from our environment.

The cup of water we drink today is the same water drunk by our ancestors, and the same water which existed since the beginning of earth.

### \* **Humans are “Walking Bags of Water”**

Everlasting nature of water makes one wonder, whether the water which bathed “Yang Gui-Bee” (Princess famed for beauty in Chinese history lived AD 719 to 756) in the past may be somewhere in the world, or even sitting in a cup of water about to be gulped down.

Do you know how much water is inside human bodies?

It may surprise you, but our bodies contain enough water to fill two horse troughs and still have some left over.

Water continues to slosh about inside our living bodies.

If you weighed 60kg (132.3lbs), about 70% or 42 liters (about 44.4 quarts) consists of water.

This is why human beings can be referred to as walking bags of water.

Do you think if a fish tank ran low or out of water, fish can continue to survive in the tank?

Do you think it will help the fish to survive, if we took it out of the fish tank, gave it a thorough medical exam, injected with antibiotics and vitamin shots?

Human bodies are no different.

Our skin can be viewed as the container of water supporting and surrounding living cells of our bodies, just like the fish tank holding the water for fish to survive, if the water within is somehow spoiled or runs low, do you think the living cells remain healthy?

Without the requisite knowledge of how the water affects our health, it will be impossible to restore our health by drinking anything.

Zygote, or a fertilized egg consists of 99% water, for new born it is about 90%, children about 80%, adults about 70%, and elderly about 50% to 60%. Over time, human bodies retain less and less water before succumbing to death. Think of farm fresh pickles and vegetables, how crisp and succulent they are, but as time passes moisture and freshness abandon them, leaving them to wilt and rot away. Similarly, human bodies lose moisture through the skin, which was once bouncy and resilient becomes wrinkled with signs of aging over time. In view of this, doesn't it make sense for us to examine more closely how we can find and use good quality water to sustain our health?

