

From Theory to Practice

The Hydration Code · Chapter 8

BOOK

The Hydration Code

CHAPTER

8 of 10

AUDIO IN GERMAN

13 minutes

| *The human body is no static monument, but a flowing process.*

This chapter is devoted to the methodical execution of a cleansing cure that has proved particularly effective and beneficial in practice.

Such a cure represents far more than a mere change of drinking habits, since it sets a conscious impulse for the systemic relief of the entire organism. Through the targeted intake of highly pure water over a fixed period, a profound physical cleansing process is initiated that can fundamentally reactivate the body's own pathways of detoxification.

The focus lies on relieving the inner milieu by making use of the particular physical properties of distilled water. Since distilled water exerts a strong attraction on dissolved substances, the cure acts like a gentle mobilisation of stubborn dross. This methodical approach uses the natural laws of osmosis to renew cellular logistics and to lead the organism back into a state of heightened vitality. A beneficial cure.

The recommended period is 28 days. These four weeks follow the natural biorhythms of your body. One cannot rush these processes when it comes to letting go of ingrained patterns and building new structures. During this phase you give your organism sufficient time to optimise the production of its messenger substances and to strengthen cellular self-cleansing. After about 28 days these biochemical changes become lastingly established in the cells.

Duration

This duration also follows the natural renewal cycle of our skin, in whose deeper layers new cells constantly form and slowly migrate to the surface until they have completely replaced the old barrier. You will see that the change brought about by adjusting your hydration often becomes visible outwardly in a clearer complexion even before this period has ended. The quantity of water. How much distilled water should you drink? For an average adult, about 1.5 litres of pure water a day has proved ideal during the cure.

Depending on body weight, height or physical activity, this value can of course be adjusted slightly upwards or downwards. A quantity of 1.5 to 2 litres a day is not only entirely reasonable for the organism but represents an optimal basic supply that supports your cleansing processes perfectly. One advantage of this cure lies in its uncomplicated integration into your everyday life. You need forgo nothing. You need not necessarily give up your usual drinks.

Quantity of water

Whoever drinks coffee and tea, for instance, can keep these habits. What matters is not abstinence but conscious addition. Enjoying the daily quantity of pure water ensures that, despite any other drinks, your body always has enough free means of transport to carry out its cleansing work efficiently. At what temperature should you drink the distilled water? It is best to drink the water at a temperature of about 50 to 60 degrees, that is, about as warm as freshly brewed tea or coffee.

Temperature

What may sound unusual at first rests on a simple physical principle that everyone knows from everyday life. Try cleaning a greasy baking tray with cold water. You will hardly succeed. As soon as you use hot water, however, the residues come away almost by themselves. The reason lies in thermodynamics, for with rising temperature the water molecules move considerably faster. The water reduces its surface tension and thereby becomes, physically speaking, far more receptive to other substances.

If you drink the water warm, it can fulfil its task as a solvent in the body somewhat more easily and release residues more effectively. A further benefit is the energetic relief of your body. Since the liquid is already close to or slightly above core body temperature, your organism does not have to spend energy warming the water, as it were, to operating temperature. This logic has been used for thousands of years in traditional Chinese medicine, TCM, and likewise in Ayurveda.

Metabolic distance

There, warm water is regarded as a proven means of setting life energy flowing, strengthening the digestive fire and efficiently mobilising metabolic residues, often referred to as dross. By drinking the distilled water warm, you thus combine modern physical advantages with an ancient healing tradition. Metabolic distance, separating eating and drinking in time. It is well known from nutritional science that it is often easier on the digestion if only small quantities of liquid are consumed with meals.

Through a separation in time of solid and liquid food, the digestive juices remain more concentrated and can do their work more efficiently. That is, after all, entirely logical. We use the same principle to maximise the cleansing effect of this cure. During this cure, too, you should consciously separate hydration and the intake of food. It is ideal to drink the hot, pure water on a stomach that is not currently occupied with heavy digestive work.

This is the case about 30 minutes before or after a meal. Because of its purity, distilled water acts as a highly efficient solvent. If it is drunk directly during a meal, it is immediately saturated with the constituents of the food it encounters. It would then, so to speak, already be loaded in the stomach before it could take up its actual cleansing task in the tissue. Consumed separately, by contrast, it enters your system as an empty means of transport.

It need not dilute digestive enzymes or dissolve food particles, but can devote its capacity to our aim, namely to take up metabolic residues in your cells and connective tissue and lead them out. Now let us shed light on the phases of cleansing that take place during such a cure. In the first week, in the first days after the start of the cure, the organism begins to accelerate its constantly active cleansing processes massively. One can picture this as the body now switching on a veritable turbo.

As already set out in the chapter on the organs of detoxification, the system works without pause at the elimination of substances. The connective tissue, however, often had to serve as an involuntary interim store whenever the kidneys were overwhelmed by too high a workload. When one now begins drinking pure and hypotonic water, an increasingly strong osmotic pull on the inner tissue arises. Because of its material emptiness, the highly pure water acts like a magnet on those old deposits that were previously lodged in the tissue.

First week

In this phase residues are mobilised and shifted into the lymphatic channels for removal. The body thus raises the efficiency of its natural self-cleansing to a maximum. Many users report after only a short time a feeling of heightened vitality, as the organism begins actively to shed the burdens of the past. At the same time, some participants notice in this first phase a temporary tiredness, occasional slight headaches and a more intense colouring of the urine.

These signs are no cause for concern; they are rather to be understood as clear signals from the body that its usual cleansing has now reached a new and more intense stage. The slight headaches that occasionally occur are directly connected with the consumption of the highly pure water. Because of its high water content of about 80 percent, the increased cleansing potential particularly affects our brain. Since this sensitive control centre reacts highly sensitively to every change in the inner milieu, the activated cleansing turbo causes residues to be released more efficiently and the tissue water to be exchanged swiftly.

Since the brain, within the rigid structure of the skull, offers hardly any room for fluctuations in pressure, we briefly perceive this accelerated cleansing activity as slight tension. This is a noticeable sign that the process has now also got under way successfully in the organ richest in water. What happens in the second and third weeks of this cure? From the eighth to the twenty-first day you are at the heart of the cure. The tissue has by now, so to speak, awakened and has grown accustomed to the increased dissolving power of the water.

Second and third weeks

In this phase the work reaches the substance. While in the first week it was rather the easily soluble substances that were carried away, the cleansing process now advances into the firmer depots. During this time distilled water unfolds its full physical power as a highly efficient solvent. A key factor here is the drastically increased wettability of pure water. This means the ability of the medium to spread more extensively over the surfaces of the cells and within the fine structures of the connective tissue.

Since pure water has a considerably lower surface tension, it can moisten the inner tissue far more effectively. It creeps, so to speak, into those microscopic interstices that were previously mostly unreachable for ordinary saturated water. Areas without direct connection to the great bloodstream in particular now likewise benefit during this time from the improved osmotic exchange. This concerns, for example, the joint capsules and the finest capillaries of the body.

Through the enormous concentration gradient between the water free of substances and the laden tissue structures, stubborn inorganic deposits are now released more intensively from their anchorage. These dissolved burdens are then reliably transferred into the outflow of the lymphatic system, whereby the biological architecture of the body undergoes a profound clarification. What then happens in the fourth week? After about 21 days your body has experienced how liberating it is when a receptive means of transport is at hand that can efficiently take up and carry away everything superfluous.

Fourth week

During this time the central filter organs, such as the liver and kidneys, have experienced enormous relief. Since these organs were no longer constantly occupied with managing inorganic residues from drinking water, they were at last able to devote their capacity once more to regeneration and inner balance. In this phase a stable feeling of inner purity and lightness usually sets in. The increased cleansing potential has by now become a new normality for the metabolism.

The cells have learned that they can let go of old burdens without new depots forming at once. Since after these 28 days the natural renewal cycle of the skin is now also complete, the result of the inner spring-cleaning often manifests itself in a visibly clear and radiant appearance. You have brought your organism into a state in which, cleansed to the depths, it can work more efficiently and with less burden again. This phase marks the transition from active cleansing to lasting biological stability at an entirely new level.

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