

The Foreword

The Hydration Code

BOOK

The Hydration Code

PART

To begin

AUDIO IN GERMAN

6 minutes

At the beginning of this audiobook you will now hear a short introduction to the content and structure of this book, and first of all a note on how to operate this audiobook.

You can listen to all chapters automatically one after another, or individually. Operating the player is simple, and by default it is set to all chapters in sequence.

We now wish you a pleasant journey to The Hydration Code.

“The Hydration Code”

or the question “What is the best hydration for human beings?”

By Georg Udorf, 2026

You have very probably already drunk a sip of water today. If not, you could do so at any time. You have done it countless times. Simply drinking water is the most normal thing in the world.

So it is with the most ordinary things that we take for granted, such as water. Interestingly, what we see and use every day somehow, at some point, becomes in a certain way invisible. Things that only become visible again when they are suddenly gone and no longer available.

This book invites you to look very closely at this element and to be able to ask yourself for once, what actually is water? What significance does water have for you, quite personally, and for us as humanity?

The question of this book is as simple as it is complex. “What is the best hydration for human beings?” Which smartphone is the best? Which sports team is the best? Which country is the best for a holiday? For many of us the answers to these are self-evident.

And yet the plain, simple question, what does perfect hydration for our body look like? This simple question actually seems almost exotic. And that although water represents the absolute basis of our life.

One reason for this could be that the answer to the question of what perfect hydration for human beings is, that this simple question was answered long ago. For a long time. Absolutely and lastingly. The answer to one of the most essential questions of our life has been answered superbly by the ingenious marketing departments of the beverage manufacturers. You can read these answers directly on the labels of the elegantly designed bottles. And your subconscious has long since internalised the answers through endless advertising.

This book is a journey to various stations of knowledge. A journey from the coarse to the fine.

The first chapter is meant to awaken your fascination for what wonderful water actually is, entirely independent of its effect. After the first chapter you will better understand why it can truly be very worthwhile to purify your drinking water.

Which kinds of water purification exist we deal with in Chapter 2. You will gain basic technical knowledge and come to understand which is by far the highest kind of water purification.

Chapter 3, “The Legacy of Alchemy”, is devoted to the highest kind of water refinement.

I wrote the fourth chapter with the joy one can feel when one is able to meet superstition and false beliefs with valid data. In Chapter 4 you will be initiated into a secret that you are probably hearing for the first time.

In Chapter 5 we come to a better understanding of how the very purest water acts in our organism and what an enormous role it plays in our body. We shed light on this with the most modern biophysical facts.

Chapter 6 deals with what is perhaps the most fitting analogy when one sets out to write a book about the perfect hydration for human beings. In what is perhaps the most personal way, Chapter 6 shows you the fantastic

means your own organism has developed to flood the most important centres of your body with the purest water your body itself is capable of producing.

Most of you will probably be hearing about this astonishing process for the first time. It is quite possible that you will be very fascinated by it.

For no less significant was its discovery in the year 2003. The biophysical proof that each of our bodies can accomplish this wonder was so significant that it was honoured with a Nobel Prize in the same year.

In Chapter 7 we accompany water through our body. We can observe the element at its astonishing and continuous work within us as the bearer of life. You will learn what incredible quantities of water flow through your kidneys alone every day. Or, to put it another way, what would you estimate? How many litres of water flow through your kidneys every day? What significance do currents of water have for the liver and lymphatic system? You could be very astonished by these findings too.

Chapter 8 builds the bridge from theory to practice. You will receive impulses on how cleansing cures with the best hydration can be designed most effectively.

Chapter 9 is devoted to everyday questions in connection with handling this noblest of all kinds of hydration.

The last chapter brings together all the findings of this book into a clear focus and an astonishing final point. All the findings lead to a timeless parable of the great Paracelsus.

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