

Fereydoon Batmanghelidj, M.D.

Contributed by Torben Munk Nielsen
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This is a great man, who tell the truth.

I Like his resarch very much.

Torben

Fereydoon Batmanghelidj, M.D., an internationally renowned researcher, author and advocate of the natural healing power of water, was born in Iran in 1931. He attended Fettes College in Scotland and was a graduate of St. Mary's Hospital Medical School of London University, where he studied under Sir Alexander Fleming, who shared the Nobel Prize for the discovery of penicillin.

Dr. Batmanghelidj practiced medicine in the United Kingdom before returning to Iran where he played a key role in the development of hospitals and medical centers. He also helped establish sport projects for youth in Iran, including The Ice Palace in Tehran, the first ice skating and sports complex in the Middle East.

When the Iranian Revolution broke out in 1979, Dr. Batmanghelidj was placed in the infamous Evin Prison as a political prisoner for two years and seven months. It was there he discovered the healing powers of water. One night, Dr. B. had to treat a fellow prisoner with crippling peptic ulcer pain. With no medications at his disposal, Dr. B. gave him two glasses of water. Within eight minutes, his pain disappeared. He was instructed to drink two glasses of water every three hours and became absolutely pain free for his four remaining months in the prison. Dr. B. successfully treated 3,000 fellow prisoners suffering from stress-induced peptic ulcer disease with water alone. While in prison he conducted extensive research into the medicinal effects of water in preventing and relieving many painful degenerative diseases. Evin proved an ideal "stress laboratory," and despite his being offered an earlier release, Dr. B. chose to stay an extra four months in prison to complete his research into the relationship of dehydration and bleeding peptic ulcer disease. The report of his findings was published as the editorial of the Journal of Clinical Gastroenterology in June 1983. The New York Times Science Watch reported this discovery on June 21, 1983.

On his release from prison in 1982, Dr. Batmanghelidj escaped from Iran and came to America. At the Foundation for the Simple in Medicine he began to research the effect of chronic unintentional dehydration on the human body. His findings were published in the Foundation's "Journal of Science in Medicine Simplified" in 1991 and 1992. They can be read on the web site www.watercure.com.

Dr. F. Batmaghelidj wrote his first self-help book "Your Body's Many Cries for Water" in 1992, in which he stated that a dry mouth is not a reliable indicator of dehydration. The body signals its water shortage by producing pain. Dehydration actually produces pain and many degenerative diseases, including asthma, arthritis, hypertension, angina, adult-onset diabetes, lupus and multiple sclerosis. Dr. 's message to the world is, "You are not sick, you are thirsty. Don't treat thirst with medication."

Dr. F. Batmaghelidj devoted the last 20 years of his life promoting public awareness of the healing powers of water. He appeared on hundreds of radio and television programs and lectured around the world. He has left a body of valuable works of six books and more than a dozen educational audio and video seminars. His work has created an international community that has embraced the natural healing of the water cure. His ground-breaking book "Your Body's Many Cries for Water" has been translated into 15 languages and continues to inspire readers all over the world.

Dr. F. Batmaghelidj died of complications from pneumonia on November 15, 2004, in Virginia, U.S.A. He was 73.

The Science of nutrition has been retarded because there's no money in spinach.

A patented pill that promises to relieve some ailment gets widely distributed and lavishly advertised.

A specific vitamin that promises to relieve some ailment has to be discovered by word-of-mouth hearsay - because there's no money in spinach.

Dr. Fereydoon Batmaghelidj of Falls Church, V.A ., is certain that much arthritis can be remedied "just by drinking water."

He is having to be his own missionary, promoting his idea with articles in professional journals and with a book called "Your Body's Many Cries for Water."

Lloyd Palmer of Albert Lea, Minn., suffered from arthritis of the spinal column for 30 years. Gradually, the disease ankylosed.

Ankylosing spondylosis is the kind of arthritis that leaves a patient so crippled - so "bent over" - that Palmer described himself as "a walking comma."

But he read the Batmanghelidj book. He started drinking copious quantities of water (with some added salt). He is now pain-free, and his blood pressure is normal.

The same book cites medical histories of individuals suffering ulcers, asthma, high blood pressure, high cholesterol, chronic fatigue, breast cancer, impotency and depression who responded to increased intake of water, pure water (at least eight 8-ounce glasses of water per day).

It is not easy to drink that much water. It's recommended that water be consumed between meals. That makes it more difficult to many. But Dr. Batmanghelidj says water intake is intended to "help digestion rather than dilute it."

The water remedy as it applies to arthritis pain presumes that chronically painful joint conditions of the lower spine of the joints of the hands and legs "is a sign of water deficiency in the area where the pain is felt." "The pain occurs because there is not enough water circulation to wash out the local acidity and toxic substances. Cartilage is a gelatinous living tissue, the cells of which like to live in an alkaline environment. The alkalinity of the medium is dependent on the flow of water through its substance - water that would wash the acid away."

Why added salt? "Salt helps to extract the acidity and carry it away from the medium."

The water prescription (at least 2 quarter a day) does not include coffee, alcoholic beverages or caffeinated-containing soft drinks.

Dr. Batmanghelidj challenges his colleagues to learn more about the effects of water in the human body. He is convinced that a wide range of diseases relate to carrying degrees of dehydration.

Paul Harvey, doesn't a "water cure" sound more like a placebo than a valid remedy? It does indeed. Maybe it is - or maybe that's why its significance has been overlooked.

Paul Harvey News 1996, Paul Harvey Products, Inc.

See more here: <http://healingwateronline.com/links/water-links/watercure.com.html>

