Dr Batmanghelidj (Dr B) is a highly respected ‘founding father’ as far as information on the importance of water is concerned and his books describe in technically detailed, yet simple to understand, language how dehydration affects the physiological processes leading to the logical manifestation of symptoms, which are, in fact, simply the warning lights of dehydration displayed in various bodily areas. *Water and Salt: Your Healers From Within* and *Water Cures, Drugs Kill* are two of his books which go into detail about the health problem caused by dehydration.

In *Water and Salt*, Dr B explains how and why water is the central regulator of energy and osmotic balance and his explanations are made readily understandable by detailed, but easily understandable, diagrams. He states that we cannot store water so the body’s water rationing system follows a logical sequence in preserving water for the most vitally important processes and he explains how and why multiple disease states can be a result of dehydration. His examples cover symptoms like headaches, depression, heartburn, constipation, obesity, allergies and raised blood pressure right through to the more serious situations like osteoporosis, auto-immune conditions, heart attack, diabetes and cancer.

As a wrongfully imprisoned doctor during the 1970s violent Iranian revolution, Dr B began his treatment of many ‘inmate’ patients using the only resource he had available: water. He progressed to deeply understand the nature of symptoms in relation to water, or more appropriately, to the lack of water, and after his most well-known book *Your Body’s Many Cries for Water*, he wrote about the importance of salt in the ability of the body to uptake water in dealing with cellular hydration. (Anyone learning about the importance of drinking water and taking salt should be aware that not just any type of water and salt is suitable and, that if the wrong type of water and/or salt is taken, the detrimental effects on health could be considerable. Dehydration is not merely an unhealthy state caused by lack of water intake. Along with water quantity, the quality of water and the type of salt taken into the body is of primary importance. The flushing of this water from the extracellular spaces, across the cell membrane, and into the inside of the cell (water uptake) is dependent upon several factors and unless this process is completed, along with expulsion from the cell of cellular products and waste, then a state of full hydration does not exist.)

Dr B’s approach became even more holistic as he taught about nutrition and lifestyle but his books now take on a global view of sickness (versus health) from prescription pad to policy makers. His understanding of the ramifications and side effects of drugs is as extensive as his explanations on the physiological function of water and anyone who studies health with open eyes cannot help but see the ugly face of politics, even though there might be no desire to see it. Dr B never tires in his efforts to enlighten fellow medical doctors to conceptual errors. However, in true, loving, plain speaking, he makes known what is happening to the nation’s health by treating dehydration, or more accurately, trying to silence the symptoms of dehydration, by drug-centred treatment. In *Water Cures, Drugs Kill*, after a wake up call to America and Britain, Dr B outlines several dis-ease states (warning symptoms) which progress to disease states (actual damage). He elaborates multiple and varied case histories which confirm dehydration as the cause of symptoms. His examples are so varied that almost anyone could find, within the pages of his books, information directly relevant.
to his/her personal situation. At last, in this book, there is an index, even if only of case histories/conditions caused by dehydration.

Dr B’s groundbreaking books show how water affects body function and structure, and he openly questions current paradigms regarding health. His books make sound, logically progressive reading and by the time you come to the end of them you will be able to make sense of your own symptoms and see logical reasons to tie them to lack of water (and unrefined salt). Details of his other books, videos and audio tapes are given in the books. His web address at present is www.watercure.com/default2.htm.

Both Dr B’s books and Drs Hendel/Ferreira’s book proclaim the importance of water and unrefined salt to mental health and altruisim. This can be clearly discerned in these authors and all three books are extremely informative, inspiring and certainly exceed highly recommended reading.

About the Reviewer

Vivienne Brashaw-Black produced a health information course which is based on four foundational health laws and believes that the understanding of what causes health and what causes sickness can cut through the maze of confusion which dominates the sickness industry. Her desire is to teach this to those who choose health and offer contacts and support to individuals and groups taking responsibility for their own health choices. She can be contacted via VivshawUK@aol.com

Prostate Cancer: Understand, Prevent and Overcome

by Professor Jane Plant CBE
Reviewed by Mike Menkes

To Dr Plant’s full credit, I, a former vegan, after reading the consequences of medical treatments in lieu of prevention, have ceased the use of all dairy products. Instead of saving the animals and Gaia, I am now saving myself, age 56, and my girl friend Cindy!

I have since trashed the yoghurt, whey protein concentrate containers, and, reluctantly, the cheddar cheese. Within 3 days, my body fat has somewhat decreased around the ‘love handles’ and my under-arm sweat, in my opinion, is absent of its familiar scent. Interestingly, Cindy reports the same results in herself.

Major Criticisms:
1. On page 61 of Prostate Cancer, Dr Plant recommends, albeit myopically, especially for a self-touted researcher and scientist, a herbal combination, PC-SPES (BotanicLab). Consumers were warned to stop using the dietary supplement/herbal products PC SPES and SPES capsules because they contain undeclared prescription drug ingredients that could cause serious health effects if not taken under medical supervision. Laboratory analysis of the products by the California Department of Health Services found PC SPES contains warfarin and SPES contains alprazolam. Warfarin and alprazolam are available only by prescription and sold either by their generic names or the trade names, Coumadin and Xanax. PC SPES and SPES are respectively marketed for prostate health and ‘strengthening the immune system’. BotanicLab, the manufacturer of the products, voluntarily recalled PC SPES and SPES nationwide.1

2. Dr Plant subscribes, too freely, to the dominant paradigm that..."Cancers of the prostate have been generally considered to be sex-hormone dependent. The strongest link has been a positive association with androgen status, especially testosterone.2 In reality, ageing males show a deficiency of androgens [ADAM diagnosis = Androgen-deficient adult male]. Since cardiac tissue is mostly muscle, whose contractile strength is dependent upon adequate levels of testosterone, Dr Plant seems a bit puzzled to report...

"Research has shown an increase in deaths from cardiovascular disease from the [anti-androgen] treatment."

[page 52] Feminizing the male patient, as Dr Plant recommends, supports the egregious horrors and experiments that are conducted on prostate glands world-wide. Neither Dr Plant nor most Medical Doctors recommend testing hormone levels prior to initiating any therapies. Without hormone level testing, everybody is guessing at the best corrective therapy, resulting in the usual course of cures: misdiagnosis and drugs/radiation/surgery.

In the ageing male, salivary hormone testing [for ‘free’ rather than ‘bound’ hormones] confirms that most ageing males have diminished levels of testosterone to begin with, while simultaneously harbouring elevated levels of oestrogen, particularly oestradiol. This low testosterone-high oestradiol ratio in ageing males is similar to low progesterone-high oestradiol ratios in women, with the same result: tumours of prostate, breast, or ovaries.2

While Dr Plant wholeheartedly promotes the gleeful consumption of soy products to Westerners, and without showing any epidemiological evidence that this is indeed the norm for Asians, Dr. Plant overlooks any mention of a cautionary point of view.

The US FDA allows up to 25 grams of soy products to claim health benefits for lowering cholesterol. This amount of soy...
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