

Reikifire Canada

Healthy Choices

Water/Salt

Here you will find a variety of information to keep your body-temple in balance and harmony and to restore it to vibrant health and well-being.

Be assured that I am not introducing anything here that I haven't experimented with myself. If you have any questions, please do ask. I'll be more than happy to assist you in finding what works best for you.

Water: Are you aware that most of us are not getting enough of this precious liquid? Did you know, that oftentimes when we feel hungry, we are actually thirsty?

Many imbalances/dis-eases can be brought to harmony with water.

The Water Cure Recipe:

- **Drink 1/2 your body weight of water in ounces, daily.**
Example: 180 lb = 90 oz. of water daily.
- **Use 1/4 tsp. of sea salt for every quart of water you drink.**
Use a good sea salt, one with at least 80 minerals, liberally with food. As long as you drink the water, you can use the salt. Some put it in their water, some lick it off their hand, some season their foods after cooking. It's up to you. Make sure you take potassium daily (banana, orange juice, etc)
- **Avoid caffeine and alcoholic drinks.** These are diuretics and will dehydrate you. Every 6 oz. of caffeine or alcohol requires an additional 10 to 12 oz. of water to re-hydrate you.

Info taken from <http://www.watercure2.com/>

Himalayan Crystal Salt Himalayan Crystal Salt is one of the most profound re-discoveries of our time. For centuries, the energy/information content, in the form of vital mineral elements locked away within these perfectly formed crystals of mineral rich salt, were utilized by doctors for treating most every disorder known to humans, and with unfailing success. Recently, this ancient knowledge was once again uncovered by biophysicists and brought to light in the acclaimed book, *Water & Salt, The Essence of Life*, by Dr. med Barbara Hendel and biophysicist Peter Ferreira.

To purchase Himalayan Crystal Salt please call 1-888-898-7258 or visit [Heartfeltliving](#)

The best **sea** salt according to my research is **Celtic Sea Salt** which comes from France. It has about 80 minerals in it and is unrefined. Here is a free number to order in the U.S. 1-800-867-7258. Online www.celtic-seasalt.com/index.html

Celtic Sea Salt may seem expensive compared to refined salt but a kilo (2.2 lbs) will probably last a family a year.



Anyone starting the water/salt "cure": it is suggested to start out slowly with smaller amounts of water and salt and work up to the full amount. Dr. B suggests starting out with just the water for the first few days and then adding the salt. This gives a chance for your body to balance as the amount of salt may be out of balance with dehydration. When using UNREFINED SALT you will need iodine, in very small amounts.

I eat Koyo Hijiki, a Japanese seaweed that contains trace amounts of it. It may be necessary to use an iodine supplement, though we only need a tiny bit it is necessary for the body. There are many, many testimonials at the site for many diseases from A to Z. Also explanations of the importance of salt and how it works in the body.

By the way, when your electrolytes are a little low on a hot summer day, if you need a little burst of energy just put a little pinch of Celtic Sea Salt on your tongue and it will "pick you up". If you have trouble getting to sleep do the same thing and a cup of yogurt will help too.

www.watercure2.com Bob Butts site
www.watercure.com Dr.B's site

As Dr. B. says "**you are not sick you are thirsty**".