



# FINANCIAL PREPAREDNESS

*"One of life's most painful moments comes when we must admit that we didn't do our homework, that we are not prepared." ~ Merlin Olsen*

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## Water Heals

I recently read the book Your Body's Many Cries for Water by Dr. Batmanghelidj. It was a revelation, like discovering that the Earth is round instead of flat. Looking back on my life, every major health problem I've ever had—asthma, hives (which no dermatologist or allergist could ever explain), high blood pressure, obesity, torn labrum (cartilage), heart attack, back spasm and muscle cramps—can be explained by chronic dehydration.

I grew up in a house that was on a well. The water had high sulfur content. We were used to the taste and smell, but drinking it was never inviting. I drank a lot of juice, (skim) milk and soft drinks. During high school and college, no one ever carried around containers of water. Instead, one club I was in sold soft drinks from a soda fountain after school. If my football coaches even let us have water during practice (in hot/humid central Florida), it was just once, from one spigot for the whole team. The Army emphasized hydration, but mainly to prevent heat injuries, not to maximize performance and wellness. When I worked at Price Waterhouse, Coca-Cola was a client, so they had a soda fountain stocked with healthy Coke products such as Mellow Yellow from which employees could drink as much as they wanted to for free. So have a Coke and a smile . . . and Type II diabetes.

Seven years ago, after I started playing sports and becoming more health conscious, we got a water cooler and started drinking spring water. (Tap water has harmful chemicals such as fluoride and chlorine in it, and any underground leaks pick up bits of soil.) Yes, having spring water delivered to your house is more expensive than drinking water from the tap, but not as expensive as poor health and future health care bills (health care has become so expensive that you can't afford to get sick anymore). After my heart attack, we made a strategic decision to invest in quality water and food.

Dr. Batman's thesis is that since our bodies are 75% water (our brains are about 85%) and we descended from aquatic and amphibious creatures, our body relies on water for transportation, communication, lubrication and virtually all biological and chemical processes. I learned that the brain—which uses about 20% of your body's energy—partially relies on hydroelectric energy that's created when water passes through cell membranes.

Dr. Batman says that since about 80% of health problems (including arthritis, high blood pressure, diabetes, dementia, etc.) can be cured by drinking more water, the vast majority of drugs are palliative since they only treat the symptoms instead of addressing the underlying cause. Publishing this book was like dropping an atomic bomb on the medical-industrial complex, so it's no surprise that the AMA and NIH did not welcome his views.

Also, with the exception of bottled water (see below), there's no money to be made from promoting water. There's no Big Water that gives money to politicians or spends money on advertising (Big Pharma is #1 in both categories).

Dr. Batman stresses the importance of putting a pinch of salt in your water, or at least adding salt to your food. The common recommendation to eat a low-salt diet seems to be just one of many such recommendations that have turned out to be completely wrong.

He includes many letters from grateful people whose lives were changed after they started following his recommendations.

If you exercise and/or sweat a lot, don't forget to replace your electrolytes. I would avoid products that are high in sugar. I'm about to check out tablets by Nuun and Hydrate powder by Muscle Feast (don't get the unflavored version, which tastes awful).

Beverages such as coffee, tea and soft drinks dehydrate you and thus should be avoided. Diet colas are one of the worst things you could drink, and will make you fatter and sicker. In my opinion, the corporate executives who continued to manufacture, market and sell these products after this became well known should be held liable, if not criminally prosecuted for fraud.

Here are some ways you can ensure that you drink more water:

- Drink water that tastes good and is at a temperature that you like. Try spring water from a water cooler. (BTW, most bottled water is simply tap water that has been filtered, so I would avoid it unless it came from a spring.)

- Always have water with you or nearby. I carry around a 40 oz. Hydro Flask bottle, which keeps water cold.
- Drink every time you think about it, and make a conscious effort to quaff an ample amount, not just the minimum to relieve dry mouth (which is actually the final sign that you're dehydrated).
- Make it a habit to drink after every time you use the bathroom.
- Make water your only option by eliminating other beverages, especially those that dehydrate you.
- Make drinking a lot of water one of your daily affirmations.

When you drink matters. You should drink a lot after you wake up, and a glass or two about half an hour before each meal (which will aid your digestion and help prevent you from eating too much) and before you go to bed. Your urine should be clear to light yellow.

Early in the book, Dr. Batman mentions that he discovered that water resolves peptic ulcers, but the amazing parts of this story aren't mentioned until the About the Author section at the very end of the book. His discovery was *accidental*, because water was the only thing he could offer a man in excruciating pain. You see, Dr. Batman is Iranian, and after the 1979 revolution there, he was imprisoned, so he didn't have access to any drugs, medicines or medical supplies that he could offer to a fellow prisoner. The new regime was going to execute him, but after he showed them that he could provide medical treatment to other prisoners, they spared his life. As Paul Harvey would say, “And now you know . . . the rest of the story!”

This book could be one of the most important you ever read.

## What You Should Be Doing Now

I plan to cover the why and how of these in future issues (if I haven't already), but here are some actions I recommend you take (or at least start thinking about) now:

1. Evaluate your hydration habits and devise a plan to drink more water.

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I would love to hear from you! I thrive on feedback from readers. If you have any comments, suggestions, insight/wisdom, or you'd like to share a link to a great article, please [email me](#).

Generally, I don't have time to answer questions about your specific situation, but if you have a general question that I think other readers also have, [let me know](#) and I will provide an answer in a future issue.

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