THE IMPORTANCE OF WATER FOR DIGESTION

Wouldn’t it be great if there was one single cure for all digestive disorders? A cure against constipation, bloating, belching, heartburn, haemorrhoids... We have some good news for you! There is such a cure.

It cannot be purchased in pharmacies. Everyone has it at home. Water? Since we are used to complicating our lives, many cannot believe that the solution to a lot of digestive disorders can be so simple.

However, centuries and millennia ago it was already known that many problems could be solved by drinking water, even digestive disorders. Nowadays, we somehow tend to forget this, amongst the abundance of various drinks and miraculous powders. Without water, there would be no life, and we use it for almost everything, therefore it is no wonder that water is the key element of traditional medication and therapies. Water therapies were already being performed in ancient Greece and Rome, and even today they are used in traditional Chinese and Indian medicine.

Water against constipation
Water represents the majority of our body and it allows for the smooth course of countless tasks our body needs to perform. Also metabolic processes. Constipation is a typical sign of water shortage in the bowels, so that the latter cannot excrete the faeces which start depositing on the walls of the bowels. The latter can cause polyps, haemorrhoids, and even bigger problems.

Japanese therapy
In Japan, a very simple therapy utilizing water has been in use for centuries – drinking water on an empty stomach. Maybe exactly this therapy – besides the lifestyle and mindset of the Japanese – is the reason why all countries the greatest number of people reach an age of at least 100 years. There are more than 50,000 – which is as much as 35 per 100,000 inhabitants.

The Japanese therapy recommends drinking four glasses of water in the morning before consuming any other food and before brushing your teeth, which means 640ml of room-temperature water. It is important not to drink cold water because it could pose a shock for the body. In order to ensure the water is as pure as possible, we can boil it in the evening before or use another method of purification. Before consumption, decant it into the Aladdin carafe, which energizes the water before consuming it in the special Mythos glass, Aladdin carafe, or Cadus jug, which structure the water properly. The water can be very warm – but not boiling – you have to be able to consume it with ease. Warm water stimulates the function of the gastrointestinal tract and the peristalsis. The contraction and relaxation of muscles in the gastrointestinal tract encourages the movement of food down the gastrointestinal tract. Warm water with lemon helps flush harmful substances and toxins from the gastrointestinal tract as well as stimulates the liver to produce acid that is crucial for digestion. Lemon is a diuretic and helps with cleansing the body as well as preserving the health of the urinary tract. Even though lemon tastes sour, it re-establishes the basicity of the body, which is highly important for its balance and health.

Warm water with lemon
An alternative to the Japanese therapy is a glass of warm water with freshly squeezed juice from half a lemon. Ideally we should energize the water before consuming it in the special Mythos glass, Aladdin carafe, or Cadus jug, which structure the water properly. The water can be very warm – but not boiling – you have to be able to consume it with ease. Warm water stimulates the function of the gastrointestinal tract and the peristalsis. The contraction and relaxation of muscles in the gastrointestinal tract encourages the movement of food down the gastrointestinal tract. Warm water with lemon helps flush harmful substances and toxins from the gastrointestinal tract as well as stimulates the liver to produce acid that is crucial for digestion. Lemon is a diuretic and helps with cleansing the body as well as preserving the health of the urinary tract. Even though lemon tastes sour, it re-establishes the basicity of the body, which is highly important for its balance and health.

If we are looking for a long-term solution to our digestion problems, medications that only aim at relieving the consequences are not the right choice. The cause of digestion problems is often the lack of water in the body. Give the body enough vital water and it will be able to perform its functions properly. Bottoms up!