



**SAY YES TO WARM FOR REMOVE HARM: AMAZING WONDERS  
OF TWO STAGES OF WATER!**

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**ABSTRACT**

*Most of us start our mornings with a fresh, hot cup of coffee or tea to warm-up our bodies after getting out of bed. When we drink water, we tend to prefer it cold, but according to Ayurvedic medicine, we have it all wrong. Regularly drinking very warm water, especially in the morning, can heal our bodies, providing digestive power and reducing metabolic waste that could have built up in our immune system. Physicians recommend drinking warm water in the morning, usually, with a polyphenol-rich lemon immersion, or with a tea to decrease free*

*radical activity in the body. The consumption of warm water increases the tightening of the intestines, which optimizes elimination. Unlike hot water, processed cold water is devoid of many essential minerals that could become very unfavorable to the digestive tract when consuming a meal. For cold water drinkers, recommends refraining from drinking 20 minutes before eating — even if the source is natural spring water. While drinking warm water may not suit the taste buds, it may be beneficial to put the caffeine and tea aside for health's sake. Here are six reasons why:*

*1. Cleanses Digestion: A very warm cup of water in the morning can help cleanse your body by flushing out toxins. Water and other liquids help break down the food in the stomach and keep the digestive system on track. Warm water will help break down these foods even faster, making them easier for digestion. Drinking cold water during or after a meal can actually harden the oil in consumed foods and therefore create a fat deposit in the intestine. Adding ice to processed cold water will strip it of natural-containing minerals, as these minerals are essential to keeping the digestive tract healthy. Luckily, it can be replaced by a glass of cold water with a warm one to aid digestion, especially after eating a meal.*

2. *Aids Constipation:* At one point or another, many of us are plagued by this common stomach problem where we have little to no bowel movement. The strain felt during elimination, accompanied by bloating, is brought on by a lack of water in the body. Drinking very warm water in the morning on an empty stomach can help improve bowel movements and aid constipation while breaking down foods as they smoothly pass through the intestines. Stimulating the bowels will help return your body back to normal functioning.

3. *Alleviates Pain:* Warm water, considered to be nature's most powerful home remedy, can help alleviate pain from menstruation to headaches. The heat from warm water is known to have a calming and soothing effect on the abdominal muscles, which can help provide instant relief for cramps and muscle spasms. According to Healthline, warm or hot water is usually better for cramps, as hot liquids increase blood flow to the skin and help relax the cramped muscles.

4. *Sheds Excess Pounds:* If you're on a diet, chances are you've heard drinking a glass of warm water first thing in the morning can help with weight loss. Warm water increases body temperature, which therefore increases the metabolic rate. An increase in metabolic rate allows the body to burn more calories throughout the rate. It can also help the gastrointestinal tract and kidneys to function even better. Drinking a glass of warm water and a lemon will help break down the adipose tissue, or body fat, in the body and also control food craving due to lemon's pectin fiber.

5. *Improves Blood Circulation:* The fat deposits in the body are eliminated along with accumulating deposits in the nervous system when you drink a glass of warm water. This flushes out the toxins that are circulating throughout the body and then enhances blood circulation. Making sure the muscles are relaxed will eliminate poor circulation and blood flow.

6. *Halts Premature Aging:* Premature aging is a woman's worst nightmare, but luckily, this can be prevented by drinking warm water. The presence of toxins in the body can lead to aging faster, but warm water can help cleanse the body from those toxins, while repairing skin cells to increase elasticity. Women will always benefit because they have more hormones to contend with, making constipation more of an issue.

To reap the health benefits of warm water, drink it every morning plain or with a lemon for taste. Drinkers to have warm water, as drinking straight hot water can potentially be damaging to tissue in the mouth and esophagus. After boiling water, be sure to let it cool for a few minutes before you start consuming. Also, "always check with your prescribing

*physician before drinking warm water if you're on any medications that could impact the efficacy of your medications”.*

**KEYWORDS:** Latent Heat, Warm water, Hot water, Ice water, Chilled water.

## INTRODUCTION

Latent heat is energy released or absorbed, by a body or a thermodynamic system, during a constant-temperature process. An example is a state of matter change, meaning a phase transition, such as ice melting or water boiling. The term was introduced around 1762 by Scottish chemist Joseph Black. It is derived from the Latin *latere* (to lie hidden). Black used the term in the context of calorimetry where a heat transfer caused a volume change while the thermodynamic system's temperature was constant. In contrast to latent heat, sensible heat involves an energy transfer that results in a temperature change of the system. Water: Latent Heat of fusion: 80cal/g, Melting Point: 0°C and Latent Heat of vaporization: 340cal/g. So the Latent heat of vaporization (hot water) is 4.25 times greater than Latent heat of fusion (chilled water):  $[340/80=4.25]$ . Hence the reactivity of hot water is more than cold water.



**Figure-1: Ice cold water**

When eating out, I always ask my server for water with no ice and they often look at me like I am crazy. But I am not and below I explain why. First, take a minute to close your eyes and imagine the following:

It is spring and you are standing on a wooden dock that extends into a high mountain lake. While the temperature in the air is fairly warm, the top layer of the lake has only recently melted and you can tell by the color of the crystal clear blue water that it is anything but warm. You close your eyes and dive in.

What does your body do? What does your skin do? Are you relaxed and open, or tight and constricted?

“You probably know that warm water opens your pores and makes your skin feel looser, while cold water closes your pores and constricts your skin. Guess what? Drinking cold water does the same thing to your digestive tract!”.<sup>[1]</sup>

### **What Happens When You Drink Cold Water**

- When you drink cold beverages your blood vessels shrink, your digestion becomes restricted and hydration is hindered.
- Instead of working to digest the food and absorb the nutrients to create energy, your body is expending energy to regulate your temperature. This can lead to water loss.
- Drinking cold water after a meal creates excess mucus in your body, which can lead to a decrease in immune system function, making it easier to catch colds and illnesses.
- If you eat food while drinking cold beverages or immediately after, the water temperature solidifies fats from the foods we’ve just eaten and the body in turn finds it hard to digest the unwanted fats from our bodies.

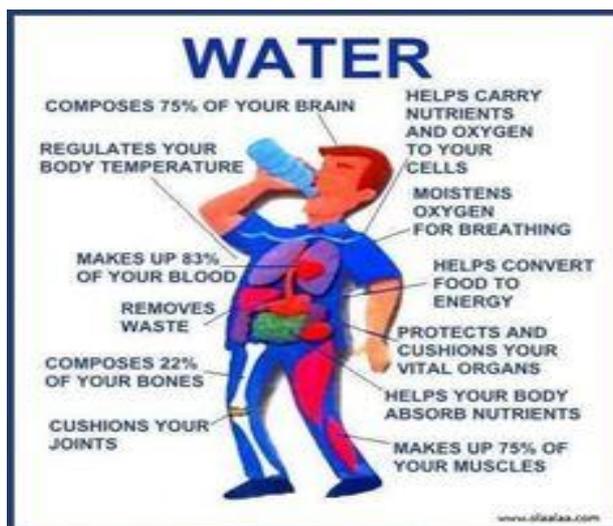
Some people say that drinking ice water is beneficial because it burns more calories. I argue that we do not want to make our digestive system have to work harder; we want to make things as easy on it as we can. There are many other ways to burn calories!

### **Benefits to Drinking Warm Water**

Here are some benefits to drinking water that is room temperature or warmer:

- Faster+increased hydration
- Natural digestive enzymes are stimulated and therefore your digestion is enhanced
- Food breaks down more easily
- Your bowels move better (warm water with lemon in the morning is great for this!)
- It purifies your blood and increases your body’s natural detoxification processes via your skin, kidneys and lymphatic system.

Once you get into the habit of drinking water at room temperature or warm, you will notice a dramatic improvement in your digestion and the way your body feels while eating and after the meal. Some people have also reported reduction in sugar cravings. So, the next time you eat out ask your server to “Hold the Ice!”



**Figure-2: Benefits of warm water intake**

### **Why Drinking Hot Water is important for Health?**

Hot Water purifies the toxin, helps melting the fat deposits and destroys harmful bacteria in our body. It is the most important catalyst in losing weight and maintaining perfect body figure. It is a miracle liquid remedy that will keep us in shape physically and mentally. To be healthy, one must drink the required quantity of Hot Water in a day. Health is wealth, so we have to keep a healthy body to have a wealthy lifestyle.<sup>[2]</sup>

Recommended healthy methods for drinking hot water:

1. One or two glasses of hot water, early in the morning, once you wake up and before brushing your teeth – at standing position.
2. One or two glasses of hot water, after brushing your teeth, before having your breakfast.
3. At least three glasses of hot water throughout the morning.
4. One glass of hot water at least 15-30 minutes before meal.
5. At least two glasses of hot water throughout the evening (Best if four glasses).
6. One glass of hot water, before going to sleep.

Notes:

- 1- Should be given high consideration, due to its huge effects.
- 2- The glass of hot water shall be approximate of 240-300 ml in volume.
- 3- The Water shall be hot at a temperature of around (50°C) that means hot enough to feel it while drinking, but affordable, without causing burn. Personal researches done proving this scientific discovery may be obtained from the book.

Diseases cured in People from Drinking Hot Water therapy: Asthma, Hypertension (High Blood Pressure), Diabetes Mellitus, Migraine & Headache, Anemia, Series of back pain, Urinary Calculus (Stones in the Kidneys), Urinary Tract Infection, High Blood Cholesterol, Rheumatism & Arthritis, Stroke (Cerebra Vascular Accident), Sexual and body weakness, Tiredness & Fatigue, Tonsillitis, Gastroenteritis (Food poisoning), Insomnia (lack of sleep), Colds, Flu & Fever, Heartburn, Ulcer, Constipation (difficulty in passing motion), Parkinsonism (Involuntary Movement of the Body due to old age), Hair loss (Baldness), Skin Diseases, All Kinds of Infections, Alzheimer (defects of the Brain), Heart Disease & Heart Abnormality since birth, Cancer (there is one case diagnosed and further follow up in other cases is being monitored), Purifying and Regularizing Women's monthly Period.<sup>[3]</sup>



**Figure-3: Comparison of benefits of cold water and warm water**

“Health and happiness are the most prominent wealth that every human should possess”. A hope from hopeless has strongly returned in Human's life after centuries of dissatisfaction. Human has been in race of wars fighting his dangerous enemy, “diseases”. Neither the traditional, nor the modern medicine has proven to be fully effective in Human's life against his enemy. An ideal living that everybody dreams of is hard to meet if we will not seek for the alternative method of having a healthy and wealthy living.

For that reason, the race of wars got stronger in today's world. Our Youths, our new generation have been involved in the race of wars with the Human's dangerous enemy.

My message to the World is: **“The world is changing for good”**.

The race of wars between Human and his dangerous enemy “Diseases” has now come to the end by discovering “**The miracle & wonders of treatment of hot water**”. The miraculous effect of Hot Water ended the battle of human against diseases. It primarily removes toxins, cures & prevents illnesses and gives a sustainable energy.

You won't only experience a tremendous improvement to your health, but also the following benefits:-

Becoming energetic due to the high intake of Hydrogen arising while drinking hot water.

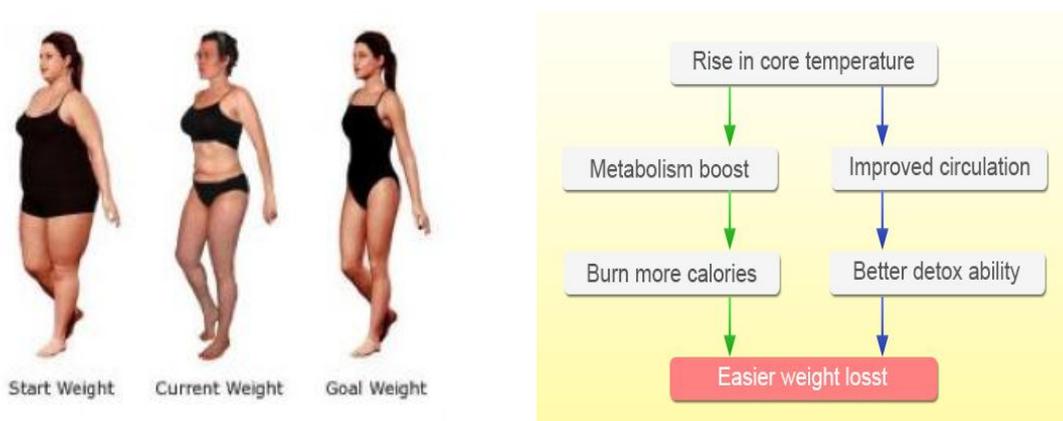
Preventing you from catching various diseases, allergies and other symptoms arising from the change in weather such as colds, flu and fever. Eliminating all kinds of stress arising from too much work, study, issues of life, long driving, road traffic,... etc. Giving you tremendous energy that will help you enjoying a social life with your partner for both male and female. Improving the women's regular menstruation (for women).

Your world will be changing for good if you seriously believe on the miraculous power of hot water.

### **Warm Water Health Benefits**

Whether you prefer cold or warm water, fitness gurus and health experts constantly stress the health benefits of drinking water. Recommendations suggest that you drink at least eight glasses of water per day. It is unknown if warm water benefits trump the effects of cold water. However, experts and home remedies do suggest that warm water health benefits range from soothing a cold to losing weight and from preventing muscle pains to providing healthy, acne free skin. Perhaps the most amazing point is the calorie content of water.<sup>[4]</sup>

Pure water without any additives contains zero calories. This is why doctors and dietitians recommend replacing other liquid beverages in favor of water. Does alkaline water prove more beneficial than plain water? In recent years, much discussion about the nutritional benefits of alkaline water may have taken place without any conclusive answers. Alkaline water certainly contains a higher pH level than regular tap water and may help to balance acid levels in the body. Other properties assigned to alkaline water include boosting the immune system, anti-aging and increasing metabolism and energy levels.



**Figure-4: Wonders of warm water**

### **Warm Water Nutrition Facts**

Nutrients in warm water may not show any significant difference from nutrients in generic or cold water. Water is a zero calorie, healthy drink that is essential for various body functions. Again, warm water nutrition facts may not vary from generic water. However, water does show certain essential minerals in varying proportions, depending on the source of water. In certain regions, soil conditions may determine traces of calcium, iron or magnesium in the water.<sup>[5]</sup>

### **Drinking Warm Water**

**In The Morning:** Many home remedies stress on the advantages of warm water in the morning. Admittedly, this is difficult to follow for first timers. Drinking warm water in the morning may initially cause discomfort and nausea, but you will get used to it eventually.

Some benefits include: Warm water helps to flush out the intestinal system and improve bowel movement.

- It stimulates the stomach organ and other glands and prepares the body for its first meal of the day, i.e., breakfast.
- Warm water taken in the morning may also help flush the kidneys of excess stomach acids.

**Before Bed**

Taking warm water before sleeping may help the body rehydrate and replenish the liquids it has lost during the day's activities. Warm water also helps your muscles relax and soothes your nerves. It may thus help to eliminate insomnia and provide restful sleep. Many individuals prefer to drink warm tea before bedtime, which helps them relax. However, caffeine in tea may work adversely for other individuals and keep them awake longer. Drinking warm water before going to bed may also help your body flush out toxins while you sleep. You will wake up rejuvenated and fresh. A glass of warm water at bedtime allows your body to regain lost electrolytes and minerals. Individuals on a weight loss plan may notice the metabolism boosting properties of drinking warm water before bedtime. Warm water may also help stave off midnight hunger pangs.<sup>[6]</sup>

**After Meal**

Many cultures encourage sipping warm tea throughout the meal to aid better digestion. Benefits of warm water after lunch may include aiding better digestion, increasing metabolism and washing down the meal you have eaten. Additionally, advantages of drinking warm water after meals may increase weight loss. While there is no proven science to indicate that warm water after meals may help you lose calories, drinking a glass of warm water may satisfy your hunger and fill you up. It is a zero calorie fluid and this should allow you to eat your recommended portion of meal without being tempted to go in for seconds. Warm water after a greasy meal may help you wash down rich, heavy foods and aid digestion faster. You may also consider drinking a cup of warm tea or soup after meals to stimulate your digestive glands.

**After Exercise**

How often do you reach out for energy drinks or shakes to rehydrate yourself after a workout? You should consider including the benefits of warm water after workout to your post exercise routine. Your body loses a ton of essential fluids through sweating during the course of your workout. It also depletes its reserves of vitamins and minerals post exercise. Without water, you are in serious danger of dehydration and fatigue. Warm water helps to replace the fluids lost during workout. Additionally, warm water may continue the calorie burning process triggered by your intensive workout long after you stop exercising. Studies suggest that warm water charges an increase in metabolism. Drinking warm water post exercise will also help you stay on track with your diet. Fitness enthusiasts may often confuse

thirst with hunger. Drinking a glass of warm water after exercise fills you up so that you do not overeat.

### Weight Loss

Along with diet and exercise, drinking warm water for weight loss enables a boost in your body's metabolism. Regularly drinking warm water helps to rehydrate, discourages unhealthy snacking habits and aids better digestion. Diet and fitness experts highly recommend drinking lemon and warm water for weight loss. A squeeze of lemon in warm water adds both antiseptic and digestive properties. Lemon and warm water for weight loss works by regulating stomach acids, promoting digestion, and providing remedies for disorders such as heartburn, bloating and acidity. It also acts as a cleanser and flushes out excess acids and toxins. For individuals suffering from diabetes, warm water and lemon mixture may help regulate blood sugar levels and fight against obesity.

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Figure-5: Warm water

### **Digestion**

One of the main steps to better digestion includes drinking warm water regularly. How does warm water for digestion work? Drinking warm water helps build a healthy digestive system. It stimulates the digestive glands to function optimally. It helps the body get rid of excess stomach acids and neutralizes digestive juices. Consuming warm water after meals helps to wash down the food and accelerate your metabolism. Drinking warm water also supports digestive activity and allows the body to absorb essential nutrients. Regulating your bowel movement is another important benefit of warm water for digestion.<sup>[7]</sup>

### **Cough**

Honey and warm water for cough is a traditional form of cough suppressant. In some clinical studies, individuals who were administered a mixture of honey and warm water found soothing relief from cough. In fact, patients found as much relief from nighttime cough and sleeplessness after taking honey and warm water as compared to patients on a cough expectorant. Natural remedies such as honey and warm water for cough have fewer side effects as compared to antibiotics. Therefore, they may be administered to children (over the age of two) and elderly. Additionally, the traditional medicine is cheaper and easily available than most over the counter medication. Honey and warm water also provide excellent benefits to soothe a sore throat and other respiratory infections. Another use of warm water during cold and flu season involves using a mixture of salt and warm water to gargle. Individuals may find instant relief from an itchy, sore throat. Other herbal cures for cough and cold include drinking warm water with few drops of lemon juice or warm tea with honey. Lemon juice provides ample vitamin C to fight against cold viruses. Honey also contains essential nutrients to boost the body's immune system.

### **Arthritis**

It is well known that a warm water bath soothes and relaxes muscle spasms, joint pains and any cramps or inflammations. You may use warm water for arthritis in the form of hot water bottles or hot water bags to relieve pain and discomfort. Warm water bathtubs may also provide an excellent area to exercise your arthritic joints and limbs. The warm water bath will soften the effects of exercise and soothe your nerves. Stress plays a huge role in triggering arthritis pain. Exercising gently in a warm pool may help you de-stress, reducing the risk of arthritis. Warm water also allows better circulation of blood.

## Skin

Warm water for skin works inside out to help maintain skin follicle health. Drinking warm water for skin helps to cleanse the body of toxins, which usually manifest themselves as acne or breakouts. Your skin is one more indicator of your digestive health. Warm water helps regulate your digestion and clear away the waste material from your body. A healthy, radiant skin usually emphasizes a clear digestive system. Your mantra should read: drink eight glasses of water (warm or otherwise) per day for healthy skin. For teenagers and young adults, warm water for acne remedies helps to keep the skin clear of bacteria and unclog the pores. It is also the best moisturizer for a parched skin. Washing your face with warm water and a gentle cleanser will help you maintain acne free skin. Is it safe to use warm water for burns? Depending on the nature of burns, you are better off using room temperature water rather than cold or warm water. Minor burns or bruises maybe washed with tepid water. If you are suffering from sunburn or blisters, warm water may cause discomfort. Test the water in a small portion for comfortable temperature before immersing the affected area.

There are a few warm water health risks that an individual must pay attention to:

- Warm water acts as a diuretic. This means that if you drink a constant supply of warm water, you may experience frequent urination. Holding your bowels or urine may cause discomfort and may even back up the toxins in your body causing potential harm by increasing glomerular filtration rate (GFR).
- While drinking eight glasses of warm water is a good idea, drinking more than the recommended amount of warm water may make you feel bloated and uncomfortable. Individuals also complain of nausea after drinking too much water.
- Drinking too much warm water in a short period of time may lead to shortness of breath, distended stomach and in some rare cases, fatalities.

## Tips for Drinking

### When to Drink

Although many experts and articles suggest that the recommended intake should be at least eight glasses of warm water, it is best to rely on the signals that your body sends. Drink water whenever you feel thirsty.

- Drink warm water especially before and after meals.
- Drink warm water during and post workouts to rehydrate yourself.
- In summer months when you experience heat and sweating, it is a good idea to sip on warm water to replenish fluids.

- If you are suffer from a bout of vomiting or diarrhea, you may want to sip on warm water to rehydrate yourself.
- Another clear indicator that you need to drink water is observing the clarity of your urine. If it seems less than clear, it is a sign that your body needs to replenish more fluids.

### **How Much To Drink**

This may differ for different individuals. Climate, physical activity, diet and exercise are just some of the reasons why quantity or frequency of drinking water may differ. Foods that are naturally rich in water include fruits and vegetables, grains and cooked lentils and legumes. If your diet consists of juicy fruits and vegetables, you may not require more than the recommended quantity of water per day. Consuming less sodium may also decrease the need for excess water. Foods that are rich in dietary fiber also help digestion, diminishing the need for excess water. A warm climate or excess sweating may necessitate drinking more water than usual.<sup>[8]</sup>

### **CONCLUSION**

**Benefits of Drinking Hot Water:** I think that most of us know by now that water is essential to our survival. We've probably also all heard doctors say that drinking roughly eight glasses a day is ideal. However, what most people don't know is that warm water and hot water have some exclusive benefits of their own that you just can't get when you drink water cold. Here are 12 benefits of drinking hot water:

#### **1. Weight Loss**

Hot water is great for maintaining a healthy metabolism, which is what you want if you're trying to shed a few kilos. The best way to do this is to kick start your metabolism early in the morning with a glass of hot water and lemon. As an added bonus, hot water will help to break down the adipose tissue (aka body fat) in your body.

#### **2. Assists with Nasal and Throat Congestion**

Drinking hot water is an excellent natural remedy for colds, coughs and a sore throat. It dissolves phlegm and also helps to remove it from your respiratory tract. As such, it can provide relief from a sore throat. It also helps in clearing nasal congestion.

#### **3. Menstrual Cramps**

Hot water can also aid in diminishing menstrual cramps. The heat of the water has a calming and soothing effect on the abdominal muscles, which eventually can help to cure cramps and spasms.

#### **4. Body Detoxification**

Hot water is fantastic for helping your body to detox. When you drink hot water, your body temperature begins to rise, which results in sweat. You want this to happen because it helps to release toxins from your body and cleanse it properly. For optimal results, add a squeeze of lemon before drinking.

#### **5. Prevents Premature Aging**

There's a reason you should want to clear your body of toxins: they make you age faster. Also, drinking hot water helps to repair the skin cells that increase the elasticity of your skin and are affected by harmful free radicals. Subsequently, your damaged skin becomes smoother.

#### **6. Prevents Acne and Pimples**

The benefits for your skin just keep on coming. Hot water deep cleanses your body and eliminates the root causes of acne-related infections.

#### **7. Hair Health and Vitality**

Drinking hot water is also good for obtaining soft, shiny hair. It energizes the nerve endings in your hair roots and makes them active. This is beneficial for getting back the natural vitality of your hair and keeping it healthy.

#### **8. Promotes Hair Growth**

Activating the roots of your hair has another added benefit—growth! The hot water promotes the regular activity of the roots and subsequently accelerates the growth of your hair.

#### **9. Prevents Dandruff**

Hot water keeps your scalp hydrated and helps fight against dry scalp or dandruff.

#### **10. Enhances Blood Circulation and Promotes A Healthy Nervous System**

Another important benefit of drinking hot water is that it enhances your blood circulation, which is important for proper muscle and nerve activity. In addition, it keeps your nervous system healthy by breaking down the fat deposits around it.

#### **11. Digestion**

Hot water is particularly beneficial for digestion. Studies have shown that drinking cold water during or after a meal can harden the oil present in the consumed foods. This can create a fat

deposit on the inner wall of your intestine, which can eventually result in intestinal cancer. However, if you replace the glass of cold water with hot, you can avoid this problem. In addition, hot water is beneficial to digestion, which is what you want after a meal.

## 12. Bowel Movements

Speaking of digestion, hot water can help to keep you regular, as well as make your bowel movements healthy and pain free. Dehydration can result in chronic problems with constipation. As the stool gets accumulated inside your intestine, the movement of the bowel becomes slower. It is always recommended that you consume a glassful of hot or warm water every morning when your stomach is empty. It decomposes any remnant foodstuffs and makes the movement of the particles smooth and less painful through the intestine.

**Harmful effects of cold water:** According to Natural Law, our normal body temperature is about 98.6°F (37°C). If we raise that temperature a few degrees, the body starts to show signs of distress and we say we have a fever. We try hard to return to homeostasis or normal functioning.

When we drink ice-cold water, juice, or any ice-cold fluids, we create the basis for chronic diseases. If you purchase a bowl of cow's blood at the market to make some famous black pudding, and you put a cube of ice in this blood, observe what happens. This fluid, warm blood becomes thick, sticky, cool, or cold blood and appears to be like jelly as it clots. This is what happens in our bodies when we drink cold water or juice or any ice-cold fluids like beer etc. The body is about 70% fluid and any fluids taken into the body becomes part of that 70%. Knowing this, we have a responsibility to put into our bodies, only drinks and foods that will enhance its proper functioning. A body that cannot circulate its blood is like an uninviting swimming pool in which moss and bacteria grow. The blood may be thick, unable to flow properly to the extremities of the body, the hands and feet begin to feel numb and hurt, the toes begin to hurt and the toe-nails lose their shine and may begin to decay. The heart labours to pump the blood throughout the body and the lungs fight to keep up. The legs may swell and become dark, when blood cannot be efficiently pumped back up to the heart. When the blood is free from toxins and flowing freely and properly, we can then liken the blood to an inviting swimming pool, clear and clean. It generates happiness and perfect health, energy and creativity. This individual contributes maximum to the health and wellbeing of others in an innocent, natural way. Illness may have many symptoms, but it is a process as we go from perfect health to ill health. If we understand the process of Perfect

Health, we will recognize when something undesirable is happening in our bodies or minds and we will not allow it to become chronic before seeing our doctor. We need to change our fascination with disease to fascination with perfect health; then our lives will mirror our fascination and create it. There are other things that make the blood thick and toxic: little or no exercise, little or no sunlight especially early in the mornings, junk foods and eating at the wrong times, especially late at nights and going to sleep with a full stomach. It settles and ferments instead of being digested and absorbed. Wrong breathing habits which cause carbon dioxide to back up in the lungs and pollute the blood. Taking hallucinogenic drugs of any kind and also the use and abuse of alcohol have similar effects. Trauma and abuse, even on the mental and emotional levels will give similar results.

How to get rid of this undesirable condition:

1. Visit your doctor as soon as you notice that there is something that should be corrected.
2. Take warm and or hot fluids
- Take regular walks.
3. Start an exercise program.
4. Eat smaller food portions and eat more often to generate and conserve energy.
5. Have your blood pressure checked regularly.
6. Research, investigate, inquire and be curious to know more about yourself and your condition.
7. Do not be afraid to find out if something is wrong with you.
8. Have regular checkups with your doctor.

Expect perfect health. It is your birthright! It is up to you to work towards Perfect Health, the state in which the body, mind, behavior and spirit function as one – in Wholeness. In that state, illness cannot exist or take hold. It is a state of constant cheerfulness, where positivity and right thoughts, words, and actions are the norm. On the contrary, when ill health is attacking the body, the mind becomes unstable and negative. The nervous system is restless and also unstable and we can't be still for one moment. We can't resist talking constantly and cannot stop having negative thoughts. The emotions may be out of control, we experience anxiety attacks, panic attacks, depression, fear, phobia and the like.

Persons experiencing the above symptoms need to learn to relax and meditate. Even to pray, one needs a quiet and peaceful mind. The immediate need is to quieten the mind. Because of the intimate connection between mind and body, when the mind is quiet, the body will quieten down also and we experience inner peace, inner silence and inner stillness. In this state, the entire body becomes alkaline and illness cannot exist in an alkaline environment. With regular practice of stillness, silence day and night, morning and evening, the body takes

the habit of functioning in a healthy rested creative but dynamic way, and inner happiness – bliss is the result. Such persons contribute maximum to the creation of an ideal society, free from crime and negative deviant tendencies. It is possible to create such a society, as it is the individuals who collectively contribute their positive thoughts, words, actions, and intentions in a simple natural way to the collective consciousness of the nation.

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