



AIR AND WATER INTRODUCTION

By Dr. Donna F. Smith

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IMPORTANT NOTICE

The human body has more requirements, however, there are three that are the most important: Air. Water and Food.

This Introduction and its webpage will introduce the facts about Air and Water. You may be surprised to know these two precede food!

Most people are concerned about Food more than Air and Water, however, soon you will know why Air and Water preceded Food, and why all three can cause diseases.

For example, water -- I started my business in 1981 and yet, I have not found anyone who drinks sufficient water and their health concerns are related to insufficient water, too.

If you are concerned about food, however, and have not yet our **Dietetics**, **call me to order it now so you have** the correct information about Food.



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AIR

Air pollution is a major health problem worldwide. It causes millions of deaths and premature deaths each year. In fact, in 2021, air pollution contributed to 8.1 million deaths worldwide, according to the Health Effects Institute. They have not calculated the statistics for 2025, yet.

This makes air pollution the second leading risk factor for early death globally, behind high blood pressure. Over 90% are linked to exposure to particulate matter (PM2.5) and household air pollution and this is a significant portion of these deaths.

Of the three most important nutrient requirements for the human body, Air is the most important and regarding everything the human body requires, Air is over any other requirement. You know this because you would be dead in a few minutes verses the hours or days required of the others before you would die.

Air consists of nitrogen (around 78%), oxygen (around 21%), and argon (around 1%). It also contains trace amounts of other gases like carbon dioxide, neon, helium, and krypton, along with water vapor, which can vary based on humidity and temperature.

Legislature is required for pure air and we know that the air we breathe outside is polluted. However, we have total control of the air we breathe;

1. Inside our own homes,
2. In an airtight office and/or
3. If we are self-employed and own the building we work in.

Air quantity and quality are required for complete air.

Today quality of air inside requires a **“60 sq. ft. of medical-grade HEPA Certified to remove 99.97% of airborne particles 0.3 microns and larger.”** This is the most that is currently available for every human being and animal and will reduce the risk of air-related health problems. Any machine with less cleaning power than this will cause even more air-related health problems -- many more.



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Have you noticed more elderly people require Oxygen tanks today than they use too? This is because they did not grow up knowing the importance of pure Air – they just took it for granted. As they developed Air health concerns and/or disease, they obviously still not fixed the real problem either – that they control (inside) or changed Legislature (outside).

This **PEP** will help you fix the Air you control.

HOW TO GET PURE AIR

You may order a 60 sq. ft. of medical-grade HEPA Certified to remove 99.97% of airborne particles 0.3 microns air purifier from us at a discounted rate.

If you choose another source, rather than us, that is your choice. However, be sure that it qualifies as underlined above or:

1. It will not clean the air as such as is possible. Remember any amount of poison is still poisonous.
2. You will have more air-related health problems or diagnosed with an air-related diseases.
3. You will die prematurely.

Look at your Air before turning on the Air Purifier Machine, then look again at least three months, or so, depending on how dirty your Air is. You will no longer see the particles in the sunlight coming in through the window as before. If you still see a lot, have your place checked as it may not be as air-tight as you need. You will still see a little because of going in and out of doors and the .01 % that the Air Purifier Machine cannot not certify.

See below for a picture of our Air Purifier and its description.



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AIR PURIFIER – DISCOUNT FROM A.C.N.



- One size is for house and work, and one cover a 1,500 sq. foot area. If you have a larger space or the space is more than one level, you will need more. For example. A two-story house. (However, please ask if you need the type of Air Purifier that gets rid of smoke.)
- Specialty air cleaner with 60 sq. ft. of medical-grade HEPA Certified to remove 99.97% of airborne particles 0.3 microns and larger.
- Contains 15 pounds of granular carbon and zeolite. Absorbs odors, gasses and chemicals.
- Three speed dials – low, medium high. Leave on high for 24 hours, then change to low or medium.
- Color is black.
- House Size Stands 23” tall and 14.5” wide.
- Comes with wheels for easy portability.
- Effectively cleans an area of up to 1,500 sq. ft. (with normal ceiling heights).
- Has perfect power factor of .95 - Can run all day for years at highest efficiency
- Important features of all products: Solid steel construction, Powder-coated paint, Energy saving PSC motor, Engineered airflow creating the Clean Air Pocket.™
- 5-Year warranty on all parts and labor* 5-Year pro-rated filter guarantee*
- Delivered in 1-2 weeks, no shipping cost.
- Replace filter annually.



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WATER

Water is the second most important requirement of the human body. We know this because even with correct quantity and quality of AIR, we would die in a couple of weeks **without water**. Therefore, water is necessary to live and for **Health Maintenance**.

When ingesting water, ingest water alone. In other words, when you add something to the water, it requires that water to hydrate what you added, no matter what it is. So, drink only water when water is being consumed.

Water must be in the correct quantity and quality (purity) for the human body. This **“Introduction”** will provide the **Water Formula** for the correct quantity of water and the **“Electrolytes”** document will instruct you on what else your body’s requires for quality of water.

People have turned to food or other fluids instead of water. Beverages, such as juices, tea, coffee, sodas, etc., require the water in them to hydrate the substances. If you drink other “healthy” beverages that is okay, as long as you get the right amount of water only for your body. See the section with a formula to calculate how much water you require.



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HOW WATER ASSIST DIGESTION

In order to digest your food for a meal or snack here is what to do and here is what happens.

Here is what to do...

1. Drink water 30 minutes before the meal or snack, i.e., solid food.
2. Do not drink anything (water or beverage) for one hour after solid food.

Otherwise, your food does not get digested nor is it absorbed into the cells to nourish the body. Illness and disease are the result.

Here is what is happening...

1. Four to eight ounces, or so, of water is immediately passed into the intestine and is absorbed.
2. Within one half-hour, the water is secreted into the stomach through its glandular layer in the mucosa. It swells from underneath and gets into the stomach, ready to be used for food breakdown in 30 minutes.
3. The act of digestion of solid foods depends on the presence of copious amounts of water from its glandular layer.
4. The gastric acid is poured on the food, enzymes are activated and the food is broken down into a homogenized fluid state that can pass into the intestine for the next phase of digestion,

However, if you do not drink pure water thirty minutes before you eat your solid food, your body steals water from some other cell or place in the body that needed it also. This occurs over and over until you become diseased and then die prematurely.

In other words, when water is stolen, first you will have stomach, intestinal or mucosa-related diseases, etc., then death. Other cells that are being prevented from being nourishing themselves with water and become dysfunctional then create a disease, also.



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YOUR BODY'S CRIES FOR WATER

You will learn the importance of water and some of the problems for the human body because of a lack of sufficient water. The statistics are below. My name appears where I have made a comment.

“Your Body’s Many Cries For Water,” is “the” book to read about water and is written by F. Batmanghelidj, M.D. The following are excerpts from his book so you can see how important water is.

The human body is composed of 25% solid matter (the solute) and 75% water (the solvent). The brain tissue is said to consist of 85% water. (P. 8),

This being a scientific fact, does it not make sense that as a rule 75% to 85% of our daily intake should be water and 15% to 25% food? – Dr. Smith.

The New Paradigm – The adoption of the “view shift” (new paradigm) dictates that chronic pains of the body, that cannot be easily explained as injury or infection, should first and foremost be interpreted as signs of chronic water shortage in the area where pain is registered... These pain signals should be first considered and excluded (ruled out) as primary indicators for dehydration of the body before any other complicated procedures are forced on the patients. ***Non-infectious “recurring” or chronic pains should be viewed as indicators of body thirst.***

Don’t Treat Thirst with Medication... (Page 6) In the ‘diseases’ that will be discussed, a possible initial role of water metabolism disturbance will need to be excluded (ruled out) before we assume these conditions to have been caused through other processes. *This is the true meaning of a preventive approach to health care.* **The simple truth is that dehydration can cause disease.**

Everyone knows that water is “good” for the body, they seem not to know how essential it is to one’s well-being. They do not know what happens to the body if it does



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not receive its daily need of water. After this short book is read, you will have a clearer understanding of this issue.

Dr. Batmanghelidj states he has treated the following illnesses and diseases with WATER ALONE with great success... (p. 22)

Low Back Pain

Colitis Pain

Asthma and Allergies

High Blood Pressure

Rheumatoid Arthritis
Constipation
False Appendicitis Pain
High Cholesterol

Stress and Depression

Insulin Dependent Diabetes

Hiatus Hernia

Chronic Fatigue Syndrome

Migraine and Hangover Headaches

Dyspeptic Pain (Gastritis, Duodenitis, Heartburn)

Intermittent Claudication Pain (Leg Pain on Walking)

Anginal Pain (Heart Pain on Walking or Even at Rest)

Other conditions and diseases mentioned in Dr. Batmanghelidj's book.

1. **Dry Mouth – The “dry mouth” is the last outward sign of extreme dehydration!**
The damage occurs at a level of persistent dehydration that does not necessarily demonstrate a “dry mouth” signal.
 - a. Medically Sjögren's syndrome is a chronic autoimmune disease that primarily affects the salivary and tear glands, causing dry eyes and dry mouth. It's also a systemic disease, meaning it can affect other parts of the body, including joints, lungs, kidneys, and nervous system. **Now you know that it is really caused by a lack of water.** - Dr. Smith
2. **Chronic Dehydration as a Disease producer...** 1987 Dr. Kendler's letter (P.10, 18)
3. **Pain Killers** – After a certain threshold, local pain killers will not be effective. The antacid and H2 blocking agent cimetidine did not produce even a reduction in the



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pain felt by the young man (See P, 28). It was water alone that registered the right message with the brain.

- a. After reading this regarding antacid, I could see that Dr. Batmanghelidj does not understand another happening in the body and why so many people are taking antacids today, so be sure you read my article titled, ***WHAT IS NOT GENERALLY KNOWN ABOUT ACID REFLUX (PART 1 & 2)***, Published in **THE VILLAGER**, April 21 (Part 1) & April 28 (Part 2) 2022 – Dr. Smith

4. Alzheimer –

- a. The primary cause of Alzheimer is chronic dehydration of the body. Aluminum toxicity is the secondary complication... In prolonged dehydration, the brain cells begin to shrink! Imagine a plum gradually turning to a prune. Unfortunately, in a dehydrated state, many, many functions of the brain cells begin to get lost. (P. 33) [The brain is 85% water].

- b. **If diagnosed with Alzheimer, you should not drink anything except water (P. 69)**

5. Learning Disabilities – Anyone with learning disabilities should not drink anything except water (P. 69)

6. Morning Sickness – The early morning sickness of the mother is a thirst signal of both the fetus and the mother. (P. 15)

7. Aids – Read Chapter 11 – New ideas on Aids.

“I treated more than 3000 Peptic Ulcer and Dyspeptic sufferers with water alone.” Regarding Dyspeptic pain...They all responded to an increase in their water intake and their clinical problems associated with pain disappeared. Journal of Clinical Gastroenterology, 6/83 (P.10-26)

EVERY FUNCTION OF THE BODY IS MONITORED AND PEGGED TO THE FLOW OF WATER (P. 5). (With all cells taking their cue from water and there is insufficient water, the body cannot function. - Dr. Smith)



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WATER SUGGESTION NOT FACT

Since a child you have heard the suggestion of drinking eight glasses of water with each glass containing eight ounces of water.

However, this is a suggestion, not a fact. The reason is that this suggestion does not work for the correct quantity of water for many people. Therefore, I have given you a FORMULA for calculating the amount of water your particular body requires.

WATER FORMULA

The formula is as follow to calculate the amount of water your body requires:

1. One-half of your weight in
2. Ounces of pure water.

So, if your weight is 50 pounds, your body requires 25 ounces of pure water. If you weigh 190 pounds, then you require 95 ounces of pure water, etc.

If your weight changes, you change the formula and hence, the amount of water you ingest.

If you are in the sun all day, or at least eight hours, be sure to drink the amount above and more. How much more depends on the amount of time in the sun and your biological requirements, because you will be even more thirsty. Therefore, you need to ask me.



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DRINKING TOO MUCH WATER

You cannot undo the damage of months or years of not drinking sufficient water, i.e., dehydration, by over-drinking water in a few days.

Once you become dehydrated, you need to drink the correct amount per the water formula for your biochemistry every day until full hydration of the body is achieved. This will occur over a long period of time.

HOW TO START DRINKING WATER

Starting Instructions

1. Use the **Water Formula** to calculate sufficient water now and when your weight changes five pounds or more.
2. Record tomorrow's intake of water and compare it to the number you have according to the formula.
3. Then take 3-4 weeks to slowly work up to the amount according to the Formula - Remember not too fast.
4. The **Electrolytes** document on the webpage will have the information you need for the correct quality and quantity, including the Water Criteria.
5. Your goal is to stay in **Hydration**.

You will go urinate more often for weeks, maybe months, however, once hydrated you will settle in to a pattern that is correct for your body.

If you are not urinating to the point that it is now interrupting your life, you are not drinking becoming HYDRATED. Remember all that old water in you now has been circulating for days, week, months, even decades because of insufficient water. It will prioritize the water because your body know whatever it gets is insufficient. It has been there so long that it is dirty and sluggish, instead of all being a clean water solvent.



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Starting as a child, people are not taught the importance of water. We know it now because of the growing water crisis and because of the lack of education (aka health paradigm). Because they are uneducated about water, many people turn to drugs for health concerns that are water-related.

I can think of at least nine other requirements of the human body and some of them have compensated for the lack of water because they had to keep you alive so far.

However, become hydrated or look at the elderly because that is where you are headed if you do not take the **PEP** knowledge to heart now.

One Way to Increase Water Intake

I struggled with drinking the right quantity of my pure water. Some of the things I tried was to set a timer or to watch a clock. Regarding the latter, I tried drinking my pure water on the half-hour and, later, on the hour. However, nothing was working for me, though they may work for you.

Then I thought of the number of times it took to expelled a healthy kidney/bladder and colon (eating three meals a day). Therefore, both added up to 9-10 times.

So, every time I came out of the bathroom, I ingested my correct quantity and quality of water. Finally, I found an easy way for ingesting the correct quantity of pure water and I hope it helps you.



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WATER HYDRATION

First, you have been doing the **Water Criteria** in the **Electrolyte** document and drinking according to the **Water Formula** for at least three months.

You may hear or read me recommending the number of 3 a lot. That is because the procedure is recommended for three minutes, hours, days, weeks, or months. In other words, this is sufficient time for the body to heal or to see results.

You know you are hydrated when...

1. You know you are closer to hydration when you are no longer urinating as much as you did.
2. Your skin can be pushed in and it will pop out again quickly. In other words, one sign of dehydration is that your skin will stay pushed for time. This was never easy for me, so do not be discouraged.
3. It really does not matter how long it takes, your body knows when you are hydrated. What really matters is ...
 - a. You are in the daily practice of the **Water Criteria and Water Formula** and drinking more when in the sun. The longer in the sun, the more water to drink.
 - b. You are allowing the body the time and means to cleanse the water of all the debris that it has and has been holding onto for years.
4. You can scientifically know for sure by finding a **Bioelectrical Impedance Machine**, also known as the **Body Composition Analysis or Analyzer**.
 - a. You lie down and electrodes are applied to your foot and hand on the dominant side.
 - b. It is available in hospital setting for testing if a patient is wasting away and then dying; however, you can use the same machine for good by testing your water content and more. However, elsewhere, one may be difficult to find.



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-
- c. Some gyms say they have one, however, they do not. What they have is a machine that makes you stand and it measures your weight, not how much water you have.

SHOWERS AND BATHTUBS

The Electrolyte document will share the difference between ‘filtering’ vs. ‘purifying’ water. At the moment, purchasing water purifiers for showers or bath tubs are not an option. Therefore, we can only purchase filters. (If you find a water purifier for showers or bath tubs, let me know in case you have found them before me.)

Therefore, go to this website: **Filterfast.com**

There are four products to order are listed below and their website will share the other benefits. The prices may have changed since posting this information.

1. For Shower:

1. **Shower Filter with Head** (\$47.00) - Rainshow'r CQ-1000MS
Dechlorinating Shower Filter (Stock # CQ-1000MS).
2. **Replacement Filter** for Shower Filter with Head (\$29.00) - Rainshow'r CQ-1000NH Dechlorinating Shower Filter (Stock # CQ-1000NH).

2. For BathTub:

1. **Rainshow'r Crystal Ball Bath Dechlorinator** (\$34.00, Stock # Bath 3000)
- Once you have your tub filled, circle this ball throughout water 5-7 times to dechlorinate the water. Keep the outside container, open it to replace the inside bag - instructions with the ball will indicate how often to replace the inner replacement bag - which is according to frequency of use.
2. **Rainshow'r Crystal Ball Replacement Bag** (\$25.00, Stock # RB 3).



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HUMIDIFIER-BETTER AIR & WATER

When standing in a room, have you ever seen what is in the air as the sunlight shines in through the window? The air contains so much debris that it is a wonder how humans and animals breathe at all. It also gives you a visual fact for the use an Air Purifier to stay healthy.

We have **Therapeutic Supplements** that detox the air, benefits the below and we sell **Humidifiers and its Solution** to enhance the **Therapeutic Supplements** or used alone.

1. Eases breathing no matter the cause.
2. Reduces or eliminates allergies.
3. Helps clean air and water.

Refer to the **Air Purifier** in this **Introduction** and the **Water Purifiers** mentioned in the “**Electrolytes**” document on the webpage.

At the time of purchasing a **Humidifier**, I will give you the instructions for use and more benefits.



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FARMER'S STORY

I want to share a **true story** that emphasizes the importance of **water and shows why it is rated as the second most important!**

There was a farmer who lived about 45 minutes away and he drank **a lot** of water.

1. He drank the water for his body weight.
2. He drank extra water for being in the sun most all of his days.
3. He drank water more often than he ate food.
4. He taught both of his sons to drink a lot of water, too.

ALSO...

5. The Farmer was never sick a day of his life.
6. He had never seen a physician, thus...
7. He had not been on any medication in his entire life, either.
8. And He lived to a ripe old age.

The coroner knew him personally, and wanted to know his secret for never being sick a day in his life. So, with the appropriately-signed document giving him permission, the coroner surgically-opened the Farmer and found he was full of various diseases.

The coroner concluded that it was his water intake that prevented the diseases from taking precedent over the body.

The Farmer's story and the coroner's findings confirm Dr. Batmanghelidj's book, *The Body's Many Cries For Water!*



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ELECTROLYTES & WATER CRITERIA

The “**Electrolytes**” educational document, with the “**Water Criteria**,” is provided next on this webpage. I wrote this document as an indispensable part of this **Introduction** and it holds the steps to **Hydration**.

However, since writing that document, the ingredients of our **Pink Salt** have changed and the “**Electrolytes**” document does not have the new ingredients, yet. However, the new ingredients in our Pink Salt still have a positive effect on Hydration and is one of four the primary requirements to complete water. So. in time, the ingredients will be updated.

Remember that this “**Introduction**” and the “**Electrolytes**” documents, also, included very specific “**Water Criteria**.”



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HEALTH MACHINES

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To maintain Health, there are certain **Health Machines** you will require. For examples, this **Introduction** has introduced you to an air purifier and the **Electrolytes** documents, which you will read next, will introduce you to water purifiers.

In the future, you will be introduced to a **Health Machines** that will cleans the little hairs that trap the pollution you breathe so you receive more oxygen in the body even when outside and aligns your spine saving you the time and money at a Chiropractors.

Some **Health Machines** exercise the human body and, as you will learn, the others do what cannot be done through exercise, air, water and food or **Therapeutic** and/or **Health Maintenance Supplements to keep you healthy.**

These **Health Machines** are as important to the maintenance of your Health as implementing **Dietetics**, the **Personal Education Program (PEP)**, these **Introductions**, and your **Therapeutic** and **Health Maintenance Supplements**. All are needed to stay healthy or I would not share them with you!

Therefore, periodically I will introduce you to another **Health Machine** and before you know it, you will understand the benefits of each one regarding the ongoing care of the human body.

Some of you will have the finances to purchase each **Health Machine** at that moment and continue, until you have them all.

Others must save money for these **Health Machines**. However, when you think of the time required to save money, you have used only a drop in the ocean of time considering that you will have the rest of your life to use the **Health Machines** to maintain your Health.

They are so essential to Health, remember to purchase these **Health Machines** no matter how long it takes!!! I have!!

“Take Time For Your Health Now or Make Time For your Disease Later!”

Dr. Donna F. Smith