



# Bones, Arthritis and the Body's Water-Some Practical Suggestions



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## Introduction

Our body is mostly water. How this relates to bones and arthritis? Speaking about the amount of water in the body, we should acknowledge its decline with aging. According to Russian studies [1], the amount of water in the fetus is 95%, in the baby-92%, and it constantly decreases. Between age 20 and 30 the amount of water in the body is 70%, between age 40 and 50 it is 50% (this is when the wrinkles appear). After the age of 70, the amount of water in the body drops down to 30%. This is when the bones become brittle because there is no enough water in them to keep them elastic [1].

The bones have tiny canals filled with structured water. This keeps the bones elastic. When after the age of 70 the amount of water in the body (including bones) drops down to 30%, the bones become brittle. That is why it is so dangerous for the elderly to fall because the chances to break a bone at the fall are high. Hormones rule the amount of water in the body. With the aging as the number of hormones decline, and so does the amount of water in the body. How does arthritis relate to water? Arthritis is more frequent among elderly when the amount of water in the body decreases, but the toxins deposited in the joints play a major role in arthritis.

St. Gyorgye, who got Noble Prize for the discovery of the chemical formula of Vitamin C, also found that the muscle contraction involves water. When you drink a lot of water, you will flush your intestines only. But if you want to flush the whole body, you need to exercise to pull the water to your muscles and flush the whole body. For this reason, exercise with drinking a lot of water helps increase the amount of water in the body and decrease the arthritis suffering. However, the result is much more substantial when the body is flushed (cleansed from toxins) before this. A lot of the toxins come from the parasites living in us. If so, it becomes essential for detoxification to get rid of all parasites. Being an advocate of alternative medicine, I have written a book: Kuman [2], *Delicious Herbal and Folk Remedies*, in which I have a whole chapter: *Flushing Your Body Clean* explaining how to get rid of both, parasites and fungus, with herbal combination.

If you would flush your body, you would better flush everything. The chapter also explains how to flush the stones from your

gallbladder and your kidneys without any pain. At the bottom of your health misery is not your old age, it is your congested body-flush it and it will run as new [2].

This is what the chapter on cleansing says: "We regularly change the filter of our cars knowing that if we don't do it, the car's efficiency will decrease and finally the car will stop working. We change or flush regularly the filters of our air-conditioning systems at home knowing that if we don't do it, the efficiency of our air conditioning would decrease and with time it will stop working. The same should be true for our body, but somehow we expect our body to keep working with the same efficiency and never to fail without ever cleaning it" [2]. The oldest man, who lived on planet Earth, was the Chinese citizen Li Chang Yun, who lived to be 256 years old according to written records. He had three awards from the Chinese government for his longevity-when he was 150 years old, when he was 200 years old, and when he was 250 years old. When asked what made him live so long, he answered simply: "Inner peace and periodic cleansing."

Thus, the other major key to health and longevity besides periodic cleansing is inner peace. Measurements with our patented high-sensitivity energy meter showed that to achieve inner peace you should allow only positive thinking and positive emotions. We found that at positive (happy) thinking the whole energy of the body increases and is more balanced, which means the positively thinking person is healthier (Kuman [3], *Quantum Mind and Quantum Growth*). Our measurements also showed that at negative (unhappy) thinking (sour thoughts) the whole energy of the body decreases and becomes more imbalanced because the energy of the genetically inherited weak organ drops in energy maximum. This means that each negative thought is taking you a step farther to a disease of the genetically inherited weak organ (Kuman [3], *Quantum Mind and Quantum Growth*).

In full agreements with our measurements, the Hearth Math Institute in California found that negative thinking makes the blood of the person sourer and more sour blood means more inflammations and more pain. Probably, we instinctively call the period of negative thinking 'sour moods' because this makes our blood more sour. Please, consider that sour moods make you sicker.

I am certain that if the immune system is measured, we will find boosted immune system at positive emotions and positive thinking, which bring health and longevity and we will find lowered immune system ability at negative emotions and negative thinking, which make us sicker. This will be in full agreement with my measurements for the role of positive thinking on health and longevity (Kuman [3] Quantum Mind and Quantum Growth)..

## Reference

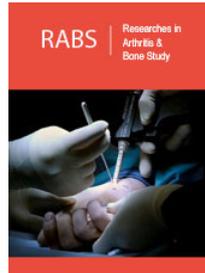
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