

Don't Overlook Dehydration

"According to Dr. Batmanghelidj, almost all disease even cancer can be linked to dehydration."

It's not a sexy topic but something as basic as dehydration could be the reason many of your patients are not responding as fast as you would expect. Before you dismiss this as being too elementary, let me ask you a quick question. Do you drink a minimum of 64 ounces of pure water a day? Because to be honest, I struggle with that much water. Sure I drink lots of herbal and green tea, but just pure water? I just don't think about it and I bet you don't either. So if you and I are having a hard time committing to it, how close are your patients following your water recommendations?

Dehydration can be one of the greatest stressors we experience. And stress in any form can be a major cause of inflammation. According to Dr. Batmanghelidj, almost all disease even cancer can be linked to dehydration. I remember when his book "Your Body's Many Cries For Water" came out in the early 90's, everyone



was talking about water. He references biological mechanisms connecting water to almost every condition. Everyone got excited when they read the book but when patients drank the 8 - 10 glasses of water that he recommended many people still suffered. But some got profoundly better.

In reviewing his work it is important to realize that drinking adequate water may not fix every problem but problems associated with dehydration cannot be solved without addressing

the underlying cause no matter what therapy is employed. There's a link below detailing the mechanisms Dr. Batmanghelidj postulates. So let's consider ways to assess dehydration.

The first is tenting of skin on the back of your hand. Pinch the skin and pull upward on the back of your patients hand and then release. The skin should return to normal immediately within one second. If the skin maintains the tenting appearance, dehydration is a factor.

A good friend and colleague Dr. Greg Peterson teaches a variety of in office tests and the test he uses for dehydration is a little more sensitive. Here's how to do this test. Have the patient stand and lower one hand at their side for 30 seconds. Look for an obvious palpable vein on the back of their hand. It should be visibly raised. Now raise their hand to chest height and watch what happens. If the vein disappears or loses its raised appearance in less than 30 seconds, dehydration is probable, or in less than 15 seconds dehydration is definitely an issue.

If you have blood tests available, look for elevated albumin. The optimal range for albumin is 4.0 - 4.8, anything over 4.8 should raise a red flag that dehydration is a factor. Other causes of elevated albumin are thyroid and or adrenal hypofunction. Also look at both sodium and chloride; optimal levels for sodium are 135-142 and for chloride 100-106. As long as the levels do not exceed the optimal ranges, add 1 tsp of unrefined salt every day either on food or in water. Unrefined salt contains over 80 minerals that are needed to help the body combat dehydration.

Clearly making sure the patient is drinking pure water is essential. I can't believe how many people I know still drink tap water. The chlorine and fluorine in tap water are major factors causing iodine to become depleted. Dr. David Brownstein, one of the experts on iodine, has written and lectured extensively on this subject.

Dr. Brownstein states clearly that "iodine is found in every cell in the body. Iodine is particularly important for white blood cells, breast tissue, prostate, stomach, thyroid, salivary glands, healthy skin and brain function.

My thanks to Dr. Harry Eidenier for this clinical perspective to assist rehydration. When drinking 8 - 10 glasses of pure water does not resolve dehydration and the patient is unable to retain the water due to frequent urination, add ADB5-Plus to support the adrenals (3 tablets in the a.m. and 3 at noon) L-glutamine (3 grams daily) and Multi-Mins Iron & Copper Free (2 tablets, 3 times daily) to increase cellular hydration.

ADB5-Plus continues to be one of the premier Biotics Research products to support adrenals particularly for hypocortically exhausted patients. ADB5-Plus contains all the phosphorolated B vitamins, vitamin C, folate, B12 and a healthy dose of pantothenic acid. It also contains the minerals magnesium, zinc and a small amount of both iron and copper. But it's the proprietary blend of co-factors that I am excited about: malic acid, porcine adrenal concentrate, rhodiola, choline, SOD, catalase, NAC, citrus bioflavonoids, bovine pituitary/hypothalamus, bovine parotid and tyrosine. ADB5-Plus can also be used with postural hypotension, ligament laxity, reactive hypoglycemia and low blood pressure.

It's easy to overlook dehydration, so I just wanted to remind you to look for the "in-house" clinical signs and follow-up. I have included a form that you may find helpful to monitor water intake. As you know, unless we are monitoring a therapy, it probably is not being carried out to your satisfaction.

Thanks for reading this week's edition. See you next Tuesday.