



## Water - A Foundational Health Item

From: **Health Item - 090519-1** [News.H1@christianbibleinfo.com](mailto:News.H1@christianbibleinfo.com)

Tue, May 19, 2009 at 10:33 AM

Date: Tue, May 19, 2009 at 8:01 AM

Subject: Water - A Foundational Health Item

Dear Reader,

My name is Martin Lee, and I would like to thank you for signing up to this service.

This is my second email of this sort (generated by a paid advertising company), and I am anxious to see the results.

I thought that I would start this effort with a look at one of the Health Items on my ChristianBibleInfo.com site. Just recently I moved the Health Items from off the Contact Information page and put them on their own page. This new Health Items Page's link is found several places as: [Physical Health](#). You can find the web site page by doing the following:

1) Click on this link: [www.ChristianBibleInfo.com](http://www.ChristianBibleInfo.com)

2) About half way down on the page, click a link that says: "Physical Health".

3) Next you will see a list of items, of which item number 1, gives information about drinking a sufficient amount of water and what you may expect as a result.

One of the unexpected things I discovered after I made a program for myself of drinking, at least the minimum amount of water per day (1/2 oz per pound I weighed), was that the salted water became as food to me. I looked forward to drinking it, and when I was late I would drink a little extra to make up. The program I made in the beginning, was to divide the day into 4 parts (9am 12 noon 3pm 6pm), and my water allotment, which was 100 oz, I rounded up to 128 oz (1 gallon), into 4 parts of a quart each. Next, at each of the 4 times I would finish my quart. It was less than 2 weeks, and I was drinking more than my allotment.

Since I started drinking water, as I should, with in 6 months my water per day had increased to 1 1/2 oz per pound body weight (1.5 gallons), and my weight had dropped. This level has been stable now for the past 3 years.

In the literature, of the [www.WaterCure.com](http://www.WaterCure.com) site, I had seen where this result, of salted water becoming like food, was to be expected.

FYI, on the [www.WaterCure.com](http://www.WaterCure.com) site, I had also seen and purchased (~\$14) a book on curing a backaches, I had one at the time. This book's simple exercise removed my pain the first time I tried it. Also, I shared the book with a friend that was suffering from a slip in an airport, and that person told me that the pain departed the first day. Later on I was told that my friend had canceled a back surgery appointment, on account of their quick relief.

Let the Lord be magnified.

Psalms 35:27 Let them shout for joy, and be glad, that favour my righteous cause: yea, let them say continually, **Let the LORD be magnified**, which hath pleasure in the prosperity of his servant.

Thank you for taking time to look at this email.

Martin Lee

Phone: +1-408-898-4095

Web [Contact Information](#)

Note: A reply to this email is also designed to reach me.

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