

# AMAZING WATER THERAPY

## Introduction

Drink  
six (6) glasses of water (1.5 liters)  
everyday  
and  
avoid medicine, tablets, injections,  
diagnosis, doctor fees, etc.,

You can never believe before practicing.

# List of Diseases that can be cured by Water Therapy

- ◆ Blood Pressure / Hyper Tension
- ◆ Anemia (Blood Shortage)
- ◆ Rheumatism (Pain in joints/muscles)
- ◆ General Paralysis
- ◆ Obesity
- ◆ Arthritis
- ◆ Sinusitis
- ◆ Tachycardia
- ◆ Giddiness
- ◆ Cough
- ◆ Leukemia
- ◆ Asthma
- ◆ Bronchitis
- ◆ Pulmonary Tuberculosis
- ◆ Meningitis
- ◆ Kidney Stones
- ◆ Urogenital Diseases
- ◆ Hyper Acidity
- ◆ Dysentry
- ◆ Gastroenteritis
- ◆ Uterus Cancer
- ◆ Rectal Piodapse
- ◆ Constipation
- ◆ Hostorthobics
- ◆ Diabetes
- ◆ Eye Diseases
- ◆ Ophthalmic Hermorrhage & Ophthalmia (Reddisheye)
- ◆ Irregular Menstruation
- ◆ Breast Cancer
- ◆ Laryngitis
- ◆ Headache
- ◆ Leukemia

# Therapy Procedure

- ✦ If required, boiled and filtered water may be used for this purpose.
- ✦ It is difficult to drink 1.5 liters of water at one time, but you will get used to it gradually.
- ✦ Initially, while practicing you may drink four glasses first and to balance two glasses after a gap of two minutes.
- ✦ You may find the necessity to urinate 2 to 3 times within an hour, but it will become normal after quite some time.

# Therapy Procedure

- Early morning, after you get up from bed, (without even brushing your teeth) drink 1.50 liters of water i.e., 5 to 6 glasses. Let us all know that ancient Indians termed this therapy as "*Usha Paana Chikitsa*".  
You may wash your face thereafter.
- Here it is very essential to note that nothing else, neither drinks nor solid food of any sort should be taken within 1 hour before and after drinking these 1.5 liters of water.
- It is also to be strictly observed that no alcoholic drinks should be taken the previous night.

# By Research and Experience

The following diseases are observed to be cured with this therapy within the indicated days as below:

- Constipation - 1 day
- Acidity - 2 days
- Diabetes - 7 days
- Cancer - 4 weeks
- Pulmonary TB - 3 months
- Hypertension/BP - 4 weeks

It is advised that persons suffering from Artheritis or Rheumatism should practice this therapy thrice a day, i.e. morning, midday and night, 1 hour before meals for one week; and twice a day subsequently until the disease disappears.

# How Does Pure Water Act ?

- Consuming ordinary drinking water by the right method purifies human body. It renders the colon more effective by forming new fresh blood, known in medical terms as "***Haematopaises***". That the mucousal folds of the colon and intestines are activated by this method, is an undisputed fact, just as the theory that new fresh blood is produced by the mucousal fold.
- If the colon is cleansed then the nutrients of the food taken several times a day will be absorbed and by the action of the mucousal folds they are turned into fresh blood. The blood is all important in curing ailments and restoring health and for this water should be consumed in a regular pattern.

**Just go for it**

**Please pass this message  
to your friends, relatives and neighbors.  
It is a great service to the cause of humanity**

***Thank You***

***K V Satyanarayana***  
***09.06.2006***