




Welcome to today's water challenge!

An introduction to the importance and benefits of drinking optimal amounts of water every day.

This video comes with an article, containing the complete info and references.

My background:

- **My name is Michael.**
- **Born and raised in Israel.**
- **My medical career started in 1995 as a volunteer in Israel's emergency medical services and continued since in different capacities both in military and civilian settings.**
 - Emergency Medical Technician (EMT basic) and first aid instructor.
- Served for 3 years as a combat medic and team member in an IDF special forces unit.
 - After my 3 years compulsory service ended, I served as head of an infantry battalion's medical team in the IDF reserves.
- **Since 1999 I regularly traveled to India ** and spent about one year and a half there in total.
- **Studied and integrated alternative methods of healing, into my medical practice.**
 - Such as Reiki, meditation, Bach flower remedies and home corrections according to ancient eastern philosophies (Vaastu & Feng shui), in a Delhi based wholistic health center under the late Mr. Nalin Nirula.)
 - <http://www.getting-positive-karma-now.com>
- **Graduated from Med school in Slovakia  in 2016.**
 - <https://www.upjs.sk/en/faculty-of-medicine/>
- **Currently in Israel , dividing my time between the emergency room and my private practice.**
 - This introduction is not about self publicity, as I have never mentioned in public my complete background, given here today.
 - I'm sharing it with you today, just to give some idea of my personal life journey and world view which are wholistic in nature.
 - Integrating the best, safest, most cost effective and applicable practices in medicine that I have come across over the years.
 - Generating the best results for myself, my patients, family members and friends.
 - Always passionately improving my life's work & service to others.

- Generally speaking, I like to explain and talk about complex things in very simple terms and language, so that anyone participating could easily understand.
- **My journey with the Whole Food Plant Based (WFPB) diet, started 3.5 years ago, when I stumbled upon Dr Mcdougall's lecture on YouTube, called the starch solution.**
 - <https://youtu.be/aUaNDDuqmCs>
- It rocked my world as he gave real and concrete solutions to many chronic health issues that current modern medicine, does not have any good solutions to.
- The approach he suggested was revolutionary to me, as unfortunately we did not get any formal training and education during med school in diet and lifestyle.
- He clearly and practically explains the role and influence of diet and lifestyle, in disease creation, reversal and prevention, through his lifetime of work with his many patients and through concrete evidence based medicine.
- **Since, this is the diet I suggest to anyone looking to improve their health and well being.**
- **Earlier this year, I completed the plant based nutrition certificate course through Cornell university.**
- Highly recommended to all interested in nutrition and health.
 - <https://www.ecornell.com/certificates/nutrition/plant-based-nutrition/>
- **Recently completed a 2 months internship in medical supervision of water only fasting patients at the TrueNorth health center in Santa rosa, California.**
- Run by the legendary and living inspiration Dr. Goldhamer.
 - <https://www.healthpromoting.com/clinic-services/internships>
- Also did a 14 days, water only fast there.
 - Water only fasting maybe a topic to discuss next time.

Ok, enough about me 😊

Let's talk about more important things!

A few fun facts about water.

- **The human body is about 2/3 Water and that's also the surface percentage of water on planet earth.**
- **Coconut water and blood plasma, have a very similar mineral content and it was used hysterically as I.V infusions.**
- Maybe Michael Jackson was right when he said "we are the world".
- That's actually an ancient statement given in the Vedas.
- **Water carries an imprint or has so called memory as shown by experiments done by the late Dr. Masaru emoto.**

- He showed that the crystal formations changed from water sources around the world, by the words labeled on the containers and by exposure to different sound vibrations (music) prior to freezing them.
 - <http://www.masaru-emoto.net/english/water-crystal.html>
 - https://youtu.be/au4qx_l8KEU
- **Some forms of medicine such as Bach flower remedies and homeopathy, rely on the special properties of water.**
- **Water is a natural harmonizer and pain killer as established by the great and pioneering work of the late Dr Batmanghelidj M.D.**
- **According to Dr. batman as he was fondly called by his patients, many peoples live in a chronic dehydration state, due to inadequate water intake.**
- Through his medical practice he went on to show that an adequate daily amount of water intake creates a platform for the body to rid itself of many ailments such as peptic ulcers, being overweight and also underweight, bodily pains and many more.
- **The lifestyle elements in order of importance, according to Dr. Batman and i fully agree with him are: Water, diet, sleep & exercise.**
 - https://en.m.wikipedia.org/wiki/Fereydoon_Batmanghelidj
 - <https://youtu.be/oCfDzPs8tvA>
 - https://www.amazon.com/gp/product/B001JK9BLE/ref=db_s_a_def_awm_hsch_vapi_taft_p1_i0

The water in the body serves many functions:

- **It's a major factor in keeping our body in optimal working temperature (~ 36.6 degrees celsius).**
- **Water acts as a carrier medium for substances needed by our bodily cells for normal function.**
- **Water acts as a carrier of waste materials for disposal, through the blood, lymphatics, kidneys, skin and lungs.**


Are all water sources the same?

- **The short answer is NO!!!**
- Generally speaking, properly filtered running water is superior to standing bottled water.
- Without going too much into it... **it's better to have a good filtration system (like reverse osmosis or a combination of mechanical filtration plus an active carbon filter) than drinking from plastic water bottles.**
 - <https://www.healthpromoting.com/store/products/tools>
 - <https://www.berkeyfilters.com>
 - <https://www.katadyn.com/en/ch>

How much water should we drink every day?

- **When we talk about optimal, daily recommended amount of water intake.**
- **We mean drinking only water!**
- **Not taking into account, water content in soft drinks, soups, juices, coffee, tea, beer, wine, fruits and vegetables.**
- This is the calculation for optimal daily intake made by Dr. Batman for the general population.
- **Those on a WFPB diet may need less.**
- **We take the Body weight in kilograms and multiplied by 35.**
- **This gives the total amount in Milliliters.**
- **For example a 100kg person will drink $100 \times 35 = 3500\text{ml} = 3.5$ liters a day.**
- The formula doesn't take into account, heavy physical activity nor exposure to extreme heat conditions that may require much greater water intake.

The best way to drink:

- **As you wake up in the morning, slowly drink 2 glasses of room temperature water.**
- **Half an hour before every meal, drink 1 glass of water.**
- **2 hours after every meal, drink 2 glasses of water.**
- **Better avoid drinking during your meals as water douses the fire  of digestion.**
- According to the glass you typically use, drink the remaining calculated amount throughout your day.
- **Avoid drinking more than one glass at a time.**
- Large amounts of water that we drink all at once, will stress the body and will be eliminated quickly and forcefully, not allowing for all the health promoting benefits to take place.
- You may find it beneficial to use Water drinking reminder app's on your phone.

Precautions:

- **If you are currently on any kind of medication or suffering from any health issue especially kidney and/or heart disease, please consult with your primary care physician about any changes you plan to make.**
- **Please start slowly!**
- **Only drink a little more every day, until you get to your calculated goal in a matter of 2-3 weeks.**

It was my pleasure to convey this very basic yet life changing information with you.

For any other questions about this topic or any medical consultation and guidance, please feel free to contact me directly via:

- Facebook: <https://www.facebook.com/michael.goldberg.9480111>
- WhatsApp +972-587516081
- Email: michaelgoldberg159@gmail.com
- My YouTube channel where you can find playlists on many health topics.
- <https://www.youtube.com/user/mikish15>

Medical and lifestyle consultations are also offered online.

All the best!

Take good care 😊

Michael