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CAMBRIDGE INTERNATIONAL INSTITUTE FOR MEDICAL SCIENCE

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THE PHYSICIAN'S CONCISE GUIDE TO:

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**Are You Overdosing
on Water?**



There is simply no one better in the 21st century at developing practical health-related solutions based on the world's leading medical and nutritional science. **"Science - Not opinion" is Brian's trademark.** When Brian is through explaining a topic it is "case closed!" When he says it, you "can take the information to the bank!"

Unlike most of his peers' recommendations, Brian's health and nutritional recommendations have stood the test of time. **Brian has never had to reverse or significantly alter any of his medical reports – reports that have tackled everything from the dangers of soy, to the wrongly popularized need for fiber in the diet, to his warning about the potential harm of supplementing with copious amounts of omega-3.** In 1995 he published the report "Fiber Fiction" and finally, eleven years later, others in research are acknowledging the silliness of recommending fiber in the diet of a human being. Brian's latest crusade is to warn of the dangers of excess omega-3 (in particular, fish oil) and how it will lead to increased cases of skin cancer. The list goes on and on...

Brian received an appointment as an Adjunct Professor at Texas Southern University in the Department of Pharmacy and Health Sciences (1998-1999). **The former president of the University said of his discoveries: "...His nutritional discoveries and practical applications through *Life-Systems Engineering* are unprecedented."** Brian earned his Bachelor of Science degree in Electrical Engineering from Massachusetts Institute of Technology (MIT) in 1979. Brian founded the field of *Life-Systems Engineering Science* in 1995. This field is defined as *The New Science of Maximizing Desired Results by Working Cooperatively with the Natural Processes of Living Systems*. To many, Brian is THE MOST TRUSTED AUTHORITY ON HEALTH AND NUTRITION IN THE WORLD.

Brian continues to be a featured guest on hundreds of radio and television shows both nationally and internationally. His sheer number of accomplishments during the last decade of the 20th century and into the 21st century are unprecedented and uniquely designate him as the #1 authority in the world of what really works and why. Forget listening to the popular press or most popular so-called health magazines. Their editors simply don't understand the complicated science that they write about - they merely "parrot" what everyone else says without independent scientific verification. Their recommendations often have no basis in reality of how the body works, based on its physiology.

Brian has dedicated his life to provide the truth - which is almost always opposite to what everyone says. Here's why Brian is the #1 man in America to listen to when it comes to your health.

Everywhere I travel I see people carrying lots of water. I am frequently asked: "I drink 8 glasses of water a day. Is this enough?" It is more than enough and is often too much – to the point of being detrimental to your health! Here are the high-points of a recent news article:

Experts challenge myths about water consumption, Benedict Carey, *Los Angeles Times*, Dec. 18, 2000.

Talk about a drinking problem.

... It seems that more people than ever are drinking heavily: College students bring bottles into classrooms; office workers nip from jugs all day long. Many of us are like Gerri Johnson, a 56-year-old kindergarten teacher living in Manhattan Beach, Calif., who says, "I carry a bottle of water throughout the day, and I'm always drinking. It flushes out my body, and it's good for my skin."

At the same time, some **nutritionists insist that half the country is walking around dehydrated.** We drink too much coffee, tea and sodas containing caffeine, which prompts the body to lose water, they say; and when we are dehydrated, we don't know enough to drink.

Can it be so? Should healthy adults really be stalking the water cooler to protect themselves from creeping dehydration?

Not at all, doctors say. "The notion that there is widespread dehydration has no basis in medical fact," says Dr. Robert Alpern, dean of the medical school at the University of Texas Southwestern Medical Center in Dallas.

Doctors from a wide range of specialties agree: By all evidence, **we are a well-hydrated nation.** Furthermore, they say, the current infatuation with water as an all-purpose health potion – tonic for the skin, key to weight loss – is **a blend of fashion and fiction and very little science.**

Consider that first commandment of good health: Drink at least **eight 8-ounce glasses of water a day**. This *unquestioned rule* is itself a question mark. Most nutritionists **have no idea where it comes from**. “I can’t even tell you that,” says Barbara Rolls, a nutrition researcher at Pennsylvania State University, “and I’ve written a book on water.”

Some say the number was derived from fluid intake measurements taken decades ago among hospital patients on IVs; others say it’s less a measure of what people need than a convenient reference point, especially for those who are prone to dehydration, such as many elderly people.

Kidney specialists do agree on one thing, however: that the **8-by-8 rule is a gross overestimate of any required minimum**. To replace **daily losses of water**, an average-sized adult with healthy kidneys sitting in a temperate climate needs **no more than one liter** [One liter is the equivalent of about four 8-ounce glasses] of fluid, according to Jurgen Schnermann, a kidney physiologist at the National Institutes of Health.

According to most estimates, that’s roughly the amount of water most Americans get in solid food. In short, though doctors don’t recommend it, many of us could cover our bare-minimum daily water needs without drinking anything during the day.

The way it’s almost always stated, in books, magazines and newspapers, the 8-by-8 rule specifically **discounts caffeinated beverages. This is flat wrong**. Caffeine does cause a loss of water, but only a fraction of what you’re adding by drinking the beverage. In people who don’t regularly consume caffeine, for example, researchers say that a cup of java actually adds about two-thirds the amount of hydrating fluid that’s in a cup of water.

Regular coffee and tea drinkers become accustomed to caffeine and lose little, if any, fluid. In a study published in the October issue of the *Journal of the American College of Nutrition*, researchers at the

Center for Human Nutrition in Omaha, Neb, measured how different combinations of water, coffee and caffeinated sodas affected the hydration status of 18 healthy adults who drink caffeinated beverages routinely.

“We found no significant differences at all,” says nutritionist Ann Grandjean, the study’s lead author. “The purpose of the study was to find out **if caffeine is dehydrating in healthy people who are drinking normal amounts of it. It is not.**”

The same goes for tea, juice, milk and caffeinated sodas: One glass provides about the same amount of hydrating fluid as a glass of water. The only common drinks that produce a net loss of fluids are those containing alcohol – and usually it takes more than one of those to cause noticeable dehydration, doctors say.

A sign that your body has enough water is the feeling that you are having to force water down in order to meet a certain quota. It is important to drink water when you are thirsty, but it isn’t necessary to drink 8 - 12 8oz. glasses of water a day if you aren’t exercising or sweating a lot.

See the below statements from CNN Medical Correspondent Elizabeth Cohen, How much water do we really need?:¹

“Well, if you’re not sweating a lot during your show (the day), then you probably don’t need quite as much water as you think you do. This eight eight-ounce glasses a day it turns out, after talking to the *USDA, the National Academy of Sciences, the National Institutes of Health*, people at various universities, they say, you know what, this appears to be kind of a myth. We can’t find a single study that says that that’s what people ought to do.”

“After 10 months of careful searching I have found no scientific evidence that supports ‘8x8’ (drinking 8, 8 ounce glasses of water

1 CNN Medical Report, May 24, 2002 Posted: 1:07 PM EDT (1707 GMT)

daily),” “there is no scientific evidence to back up this advice, which has helped create a huge market for bottled water.” Dr. Heinz Valtin of Dartmouth Medical School in New Hampshire.²

“... the National Academy of Sciences has put together a panel of experts to do nothing but look at how much water do we need.”

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Now, take a close look at a survey released this May by the International Bottled Water Association. Based on interviews with 2,818 adults in 14 U.S. cities, the association concluded that “although an overwhelming majority of Americans know that drinking water enhances health, most don’t drink as much per day as they should.”

Yet, according to the association’s own numbers, Americans say they drink an average of 6.1 glasses of water, 3.7 servings of soda or sports drinks, 3.2 of coffee and tea, 1.9 of juice, 1.7 of milk, and one alcoholic drink each day.

All told, after subtracting the alcoholic drink, that’s a sopping 15 glasses of hydrating fluids, well above the already exaggerated “minimum.” **And it doesn’t even include the three or four glasses contained in solid food.**

In addition, researchers have good evidence that people who develop kidney stones can lower their risk of further problems by drinking more fluids. **“Those are the only patients we would tell to drink more water,”** Alpern says.

² No Need to Guzzle All That Water, Expert Says. Reuters Article: Fri Aug 9, 7:40 PM ET By Maggie Fox, Health and Science Correspondent WASHINGTON.

³ Jurgen Schnermann, a kidney physiologist at The National Institutes of Health, (NIH), 9000 Rockville Pike, Bethesda, Maryland 20892.

Of course, if you're healthy, and you're laboring over the stair machine, playing basketball, or even gardening in a hot, dry climate, you're going to need a lot more than a liter to keep you hydrated. But you hardly need a nutritionist or a doctor to tell you that.

"You're dying of thirst," Alpern says. "**The thirst mechanism is one of the most powerful and sensitive of all the body's regulatory processes.**"

Robertson says that this mechanism almost always kicks in when we've lost between 1 percent and 2 percent of body water.

"There's no evidence that this 1 to 2 percent decrease is harmful in any way," he says. "Thus, there is really no need to 'prevent' this slight decrease in body water by drinking a specified amount in the absence of thirst."

What if you're sweating and, for some reason, don't or can't drink? That's when the body will begin to squeeze water from its own tissues, including the brain and the skin. And that's why you may get a headache when dehydrated, and why your skin can look ragged and dry. A tall, cool glass of water or soda or iced tea will soothe your head and revive your skin, in most cases, doctors say — but only if you're dehydrated to start with.

"If you're a normally hydrated person, like you or me," says Dr. David Rish, a dermatologist in Beverly Hills, Calif., "then drinking **extra water is not going to do anything for your skin.** If your skin is dry, and you're hydrated, the best thing to do is apply lotion."

Perhaps **most cruelly of all, there's no good evidence that drinking water significantly curbs appetite.**

"I think that's mostly an **invention of the diet industry,**" says Carolyn Katzin, a nutritionist in Los Angeles who runs the American Cancer Society's nutrition program in California.

► *Life-Systems Engineering Science Analysis*

It was delightful to read an article published in a popular media that was based on science. The bottom line: **Most of us get all the water we need from food. Drink if you are thirsty**, and *never “force-feed” yourself excess water*. The body’s automatic thirst response kicks in before you physiologically require more water. I have seen *guessperts* claim that, when you are thirsty, it’s too late. **Physiologically, nothing could be further from the truth!**

The admonition, “Drink lots of water” is promoted by the water industry and the nutrition industry in the hopes that your stomach will expand and you will feel full. The “drinking lots of water” method *doesn’t work* for appetite suppression or fulfillment – it is a very temporary effect. You can’t fool Mother Nature!

Overdosing on water dilutes your blood, too. This causes a systemic imbalance and raises havoc with your body’s automatic life-systems. Are your nutritional recommendations based on science or opinion? **I am delighted to bring you science so you will be in a position to make your own choices.**