



# WATER HEALING

Water, or hydro-therapy, is instrumental in the stabilisation of a mental, physical, emotional and chemical imbalance in the body. Not only the source of life, water is truly an amazing substance – which too often we take for granted – and which can, and for millennia, has been used in a variety of ways to improve and maintain optimal health. We take a look at one modern application.

**W**ater is well-suited as a therapeutic agent because of its cleansing and healing properties, which have an immediate and powerful effect on the body. The history around the therapeutic use of mineral waters is rich with lessons to be learnt. Though water has been used as a healing agent since humans first were human, there are plenty of records from ancient times regarding its various uses. For example, around 500BCE there was a realisation of the medicinal potential of mineral waters, some of which were worshipped for their mystical healing powers.

The reason for this reverence is that, while the ancients didn't necessarily have a clear idea of why mineral waters

were health-giving, they knew that it was. This is because such mineral waters pass through several layers of rock as they rise through the earth to the surface, resulting in a rich and varied mineral content from the materials that have dissolved out into the water during this process. Heated water and minerals combined to act as a catalyst to the healing process.

As hot mineral springs were discovered, forgotten and rediscovered, so the fame of the healing powers of mineral waters were entrenched in our collective consciousness and in a shared body of knowledge. Today, with a scientific understanding of how and why such bodies of water help us regain and remain in good health, so their fame has



been further enhanced.

Add what modern technology can bring the equation, and it's possible to bring 'ancient healing waters' into your own home. By making use of a bio-electric device and water, bio-available minerals can be generated which can be absorbed into one's system. Put together with the body's innate healing program that, given the appropriate nourishment and stimulation, results in a return to optimal health – or at least a huge improvement in most chronic and acute disease conditions – one has an affordable in-home and essentially 'natural' treatment system with a very wide application.

### Why minerals?

Minerals are inorganic substances required by the body, for a variety of functions. It is a well-known fact that certain minerals prevent disease and promote good health. Minerals are essential for direct anti-oxidant activity as well as functioning as

co-factors for a variety of anti-oxidant enzymes. Adequate mineral levels will aid in wound healing and improve the system's immune function. A deficiency state can develop because of a decreased mineral level in the critically ill. Our stressful lifestyles, combined with exposure to the greatest toxic load in the history of our planet, can deplete our bodies of essential minerals. Today, water-based mineral treatments are recognised for the physical and psychological support they can provide the body in dealing with many conditions.

### Benefits

The following range of minerals can be generated, depending on the water quality and salt used, in a home treatment system such as described above:

- Calcium: strong bones and teeth, muscle contraction and relaxation, blood clotting, nerve function, blood pressure.
- Chromium: associated with the hormone insulin, needed for release of energy from glucose.
- Cobalt: mineral cobalt is part of vitamin B12. It helps with formation of red blood cells and to maintain nerve tissue.
- Copper: crucial for the formation of bone, haemoglobin and red blood cells; helps in the absorption and use of iron;

assists in the regulation of blood pressure and the heart rate; is necessary for proper skin and hair pigmentation and is crucial for the nervous system.

- Iron: helps produce haemoglobin which carries oxygen from the lungs to body cells.
- Magnesium: development of bones and teeth, transmit nerve impulses, muscle contraction, activates enzymes needed for energy.
- Manganese: works with enzymes to help with many cell processes.
- Molybdenum: the working part of several enzymes which help with many cell processes.
- Phosphorus: necessary for the transfer of genetic information; promotes healthy teeth and bones; creates a balance of acid in body; aids in kidney function; and aids in cell growth.
- Potassium: assists fluid balance, transmission of nerve impulses, helps in the making of protein.
- Zinc: activates enzymes for important functions, production of insulin, and is crucial for male sexual vitality.

While there are a variety of offerings on the market, not all are equal, either in cost or efficacy, when it comes to turning a basin of water, some salts and a bio-electrical device into what amounts to a home version of an ancient and venerated 'hot spring healing spa'.

Discernment by those who would buy or use such devices is vital, since a single manufacturer may provide several versions of such a device for different applications. For example, the Mineralizer is more suited for professional use, whereas the Mini- and Midi-Mineralizer are ideal for home use. These last two devices are lightweight, easily transportable and user-friendly.

Treatments using such machines are non-invasive, relaxing and offer a unique experience. An electrode is placed into a container or bath with water at body temperature. Bio-available minerals are liberated for use by the body as a result of the reaction of the electrode with the water and any appropriate salts already in the water or which have been added to it. The feet and/or the body are submerged into the water for 35-45 minutes. The liberated minerals are absorbed into the system via the skin.

Numerous benefits can be derived from mineral-replenishing treatments, including: increase in vitality; detoxification and neutralisation of toxins; tension, stress and pain relief; faster recovery time from injury or illness; improved sleep; reduced inflammation; improved kidney and liver function; reduced menstrual pain; dermal rejuvenation; improved digestion; nourishment of the body in general and facilitation of weight loss.

**See ad on next page for more.**

# mineralizer

*Natural Healing Through Science*

We believe that by balancing the mental, physical, emotional & chemical aspects of wellness, one's well-being is enhanced. No matter which way one tries to see it, there is no isolated element – all aspects of our being interact with each other. One element has an effect on another, which in turn has other effect(s), and so on. Part of this balancing process may also stimulate one's unique spiritual awareness & growth since well-being is the foundation stone of awareness.

Our task at MPEC Healing is to facilitate nature's automatic balancing process. Our intent is for people to be happy & healthy – getting up each morning excited and looking forward to a wonderful day. When one is healthy, life is always good, and when challenges appear they are handled with a smile. So, maintaining one's health is of cardinal importance, and is vastly preferred to searching for 'cures' after the natural healthy balance of your system has broken down.

- We are a South African concern standing for Mental Physical Emotional and Chemical Healing - comprising of a dedicated team which is enthusiastic and loyal. Each member loves doing what he/she does.

## BENEFITS

The following range of minerals could possibly be generated, depending on the water quality and salt used:

**CALCIUM:** Strong bones & teeth, muscle contraction & relaxation, blood clotting, nerve function, blood pressure.

**CHROMIUM:** Associated with the hormone insulin, needed for release of energy from glucose.

**COBALT:** Mineral Cobalt is part of vitamin B12. It helps with formation of red blood cells and to maintain nerve tissue.

### COPPER:

- Formation of bone, haemoglobin & red blood cells
- Helps in the absorption & use of iron
- Assists in regulation of blood pressure & heart rate
- Skin & hair pigmentation
- Nervous system

**IRON:** Helps produce haemoglobin which carries oxygen from the lungs to body cells.

**MAGNESIUM:** Development of bones & teeth, transmit nerve impulses, muscle contraction, activates enzymes needed for energy.

**MANGANESE:** Works with enzymes to help with many cell processes.

**MOLYBDENUM:** Working part of several enzymes which help with many cell processes.

### PHOSPHORUS:

- Transfer of genetic information
- Promotes healthy teeth & bones
- Creates a balance of acid in body
- Aids in kidney function
- Aids in cell growth

**POTASSIUM:** Assists fluid balance, transmission of nerve impulses, helps in the making of protein.

**ZINC:** Activates enzymes for important functions, production of insulin, making of sperm.



**MPEC**  
HEALING



- Facilitates digestion
- Detoxification and neutralisation of toxins
- Improves kidney and liver function
- Reduces inflammation
- Improves sleep
- Reduces menstrual pain
- Nourishes and feeds the body
- Facilitates weight loss

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(The Mineralizer range can be used professionally or at home)