

Water/juice drinking method

When you drink water/juice, must take it sip by sip, simply do not swallow. After taking a sip of water/juice, make the lips wet thoroughly, keep water/juice in mouth for sometime then swallow it.

When you make the lips wet, it makes the spleen cool and helps to maintain the stomach walls with normal temperature. So gas trouble and ulcer are avoided and digestion is improved notably.

When acid starts secreting in your stomach, you feel hungry. So you must stop drinking water, because if you drink water when you feel hungry it makes the acid diluted. In the mean time if you feel thirsty, just take a sip of water and make the lips and mouth wet. It is sufficient to reduce your thirst.

When you are taking food, in between don't drink water unnecessarily. If you chew the food properly need not drink water in between. After taking food, don't drink water for half an hour, because food particles will float on the water in your stomach, which leads to poor digestion. In the mean time if you feel thirsty, just take a sip of water and make the lips and mouth wet. It is sufficient to reduce your thirst. After half an hour you can drink sufficient water sip by sip.

Never fix the required amount of water for your body like your weight multiplied by 0.6 etc. Drink only whenever you feel thirsty.

Never drink water immediately after coming from hot sun. Wait for few minutes and then drink water sip by sip.

Never drink 1 liter water in the morning as a water therapy, it spoils your kidney.

Drinking more/less water than the required, spoils the function of the kidney.