

# Hot Water Recommendation

Freshly boiled water is light and digestive. It is sipped frequently throughout the day to cleanse the body tissues and prevent the accumulation of wastes and toxins.

Preparation time: 2-12 minutes

## Background

Ayurveda states that preventing the accumulation of waste matter, impurities and toxins in the body tissues, and their removal from the physiology is of prime importance for good health.

The accumulated impurities are called "*Ama*". *Ama* is considered to be a major contributing factor in many diseases because it disrupts the delicate biochemistry in the tissues and blocks the channels of circulation and communication. This process often starts with poor digestion, which creates the toxins, and poor elimination which allows toxins to be absorbed into the circulatory system and transported throughout the body.

Frequent sipping of hot water helps dissolve impurities and cleanse the entire digestive and eliminative systems. The result is an improvement in digestion of food and assimilation of nutrients, improved elimination, and prevention of the formation of *ama*. The extra warmth and fluid aids in opening circulation, dissolving accumulated impurities in the body tissues, and flushing them out of the body.

Many people report that after just a few weeks of this program digestion and elimination improve, and they feel lighter, fresher and more vibrant. A significant number of individuals have also attributed improvements in overall health and reduction of diverse symptoms to simply following the hot water recommendation.

## Instructions:

Intake - The usual recommendation is to sip hot water frequently throughout the day, as often as every half hour if possible. The water should be hot, but comfortable to sip. Even taking just a few small sips fulfills the recommendation, although you may drink as much each time as feels comfortable to you. (Individuals with Pitta imbalance or perimenopausal women with hot flashes may drink lukewarm water instead of hot. But water temperature should at least be as warm as room temperature.)

Water Type - It is recommended to use pure spring water or some kind of purified/ filtered water for your daily hot water intake.

Heating - Ideally the water should be boiled for about 10 minutes. Water that has been heated but not boiled is not considered as effective as boiled water. Boiling the water allows excessive mineral deposits and impurities to precipitate out and increases the water's lightness and its cleansing influence. Boiling the day's supply for 10 minutes in the morning and keeping it in a glass or stainless steel thermos for up to 12 hours is an effective, time-saving approach. The above recommendations are ideal. If the ideal is not possible, do the best you can.

Spice Additions - A slice of fresh ginger root, a pinch of turmeric or ginger powder, or a few fennel seeds may be added to the boiled water if desired. These spices can increase the cleansing influence of the water in the physiology. Lemon may be added occasionally if it is not upsetting to the stomach.

Note: This hot water recommendation is to be followed with common sense. It may not need to be done on a permanent basis. Normally a few weeks at a time is considered reasonable. It can be done longer for chronic *Ama* conditions. If done to excess it could lead to unwanted weight loss.