



Editorials

Douse Your Body Heat With Cooling Water

A rare kind of water has trickled down to Sri Lanka. While being an ideal thirst quencher, this all natural water with an active mineral has stood the test of time for over sixty years in the relief and prevention of body heatiness. It contains no salt and sugar and is said to be suitable for patients suffering from high blood pressure and complications of diabetes.

This is the first time that, such a cure, has come to Sri Lanka. Infact the whole exercise is effortless because it can be used at any time - being just water. It can be particularly used as when and when the internal body heat increases.

For generations the traditional Chinese have used gypsum fibrosum, the curative ingredient present in this water, to reduce the heat from the body system. About two to four bottles can be used per day and it is suitable for children over four years of age and all adults. This water, marketed in Sri Lanka under the brand name Rhinoceros cooling water has no colour, no odour and no taste and 200 ml of this cooling water is equivalent to 1500 ml of water.

It has been found very effective in the case of slight rises in body temperature. Also, this cooling water has been found to bring great comfort in cases of measles, chicken pox, mumps and herpes.

Manual workers working in the hot sun and in very warm climates are said to be greatly benefited by the cooling effects of this wonderful nature's cure. Athletes, soldiers undergoing vigorous training and long distant marches - have all; in the past, benefited immensely by this colourless odourless liquid that is now available in Sri Lanka. Besides all this, this cooling water is a proven cure for frequent ulcers of the system, whether they be in the mouth.

This water has the special characteristic - of bringing down body heat. Body heat or symbolic heat is caused by fever and inflammatory diseases as chicken pox and bacterial infections, consumption of heaty food and hard liquor and curry dishes, red meats, pungent spices such as garlic and chillies, a hot weather condition and stressful lifestyle.

Lack of sleep and late nights can also bring about an increase in the body heat and so

will physical activities and vigorous sports as running and jumping etc. Emotional changes such as anger, anxiety, nervous and even body changes as menstruation can also increase body heat. Hormone disorders as hyperthyroidism can also cause body heat to rise. Some occupations that bring about contact with heating or polluting substances, as those of soldiers, drivers and cooks can also increase their body heat.

According to the Chinese, our health is a harmonious balance between Yang and Yin. natural foods are always good for the body. The Yang has been defined as male, bright, hot, strong, positive, active, sun, spring, summer. The Yin has been defined as female, dark, cold, weak, negative, passive, earth, autumn and winter. Though the yang and yin may be opposites, they infact need each other. It is when the yang predominates that the body grows hot, the pores close and the patient begins to breathe heavily and gasp for breath. Ofthe the fever arises and the lips become dry, the patient becomes tense and irritable. These infact are the symptoms of body heatiness.

The main ingredient in this water has proven itself by balancing the body's Yin and Yang. Gypsum Fibrosum is cold by nature and reduces body heatiness - particularly involving the lungs and stomach.

There are many kind of water today. Perrier and other mineral waters are lifestyle products - the cooling water is a traditional medical preparation. But it does not look, taste or feel so. If one looks at all the successful drink manufacturers - the global leaders such as Coca Cola or Dr. Pepper's - they all have recipes dreamed up by pharmacists.

Here comes Asia's wonder recipe - and it is not a carbonated water that makes the west stay cool - it is truly cooling water that has been a hot favourite for over sixty years.

Source :

The Sunday Leader, 14 October 1998, Sri Lanka