

In My Opinion . . .

In my opinion as a Certified Massage Therapist and after feeling literally hundreds of bodies over the years, I have found that most people are badly lacking in hydration and mineralization. When muscles are hydrated they are soft and the fibers separate easier resulting in much less discomfort to get good tissue release. When muscles are dehydrated, they become sticky; the fibrous strands do not separate but become a hard mass. This not only causes pain to the client but feels to me like I am working on concrete which wears me out as a therapist!

Most people do not drink near enough water. I have found the easiest formula for determining the proper amount for each individual is to take your weight, divide it in half and state in ounces. I weigh 120# and need a minimum of 60oz. of water daily, increasing that during hot weather, hard work and sweating. Because our water systems, whether well or city, are polluted with many of the chemicals actually causing dehydration, among other problems, I suggest water filters on showerheads and bath faucets and reverse osmosis systems for drinking water.

Just as important as hydration is mineralization. Without mineralization the cells will not fully hydrate. If the cells aren't fully hydrated, the muscles will not receive messages for firing. If the muscles do not fire completely, the work of the body as a whole is tremendously stressed which then causes the body many "accidents." 'Accidents' mean scar tissue which causes a shortening of the muscle which in turn creates a barrier to hydration.

'Accidents' also mean a thirty-something female professional barrel racer reaching down to put on her boots, ending up with bulging some lumbar disks causing sciatica causing loss of work time and expensive doctors, chiropractors, physical therapists, what-have-you and ending up with fusion surgery ending her barrel racing career.

'Accidents' mean a 45 year old woman in good condition bringing in groceries, tripping on the top step and taking a terrible fall; this due to inadequate water intake resulting in tiredness, inattention and uncoordination. She was out of work for 6 weeks from soft tissue injury.

'Accidents' mean a 35 yr old teacher struggling to get into physical condition deciding he didn't have time to take his supplements, eat breakfast or drink his water before bicycling 12 miles to his teaching job, misjudging his curb jump, going over the handlebars, landing on his right shoulder dislocating it and fracturing 3 ribs. He had plenty of time in the next 3 weeks of enforced vacation to eat breakfast, take his supplements and drink plenty of water!

I have found that the combination of **DYNAMITE Elixir** and **Catalyst Water** can work wonders for tissue hydration and mineralization. Before I began taking them for myself, I was drinking close to a gallon of water per day and still feeling thirsty. Then, following Rowan's suggestion, I started adding one teaspoon of **Elixir** per half gallon of my daily water. My water intake decreased to about 80 oz per day. I felt a great uplifting and increase of energy and less thirst in my daily work. When hiking, I no longer got leg cramps or muscle fatigue. I have never needed to increase that amount of **Elixir** although many people need more.

When I also added **Catalyst Water** a couple of years later, it seemed to make the water go further; it was more absorbable. My water intake dropped to its current 60oz. per day while experiencing even more hydration in my body. I know that this played a major part in my ability to increase my client load to 25-27 per week. For my mobile practice, that means driving up to 50+ miles to clients, unloading my table and equipment, setting up, completing the bodywork which often includes emotional releasing, reloading my table and equipment and driving off to the next client. Quite a bit of work for a 58 year old body!

I have worked with a Post Polio Sequelae client for years. This woman was 49 when I began with her; she suffered involuntary muscle cramping of arm and leg muscles requiring heavy pain & relaxant medication to control, extensive Vegus nerve damage resulting in regurgitation (often extreme) and both a loss of bladder control and spasming requiring catheterization, very reduced mobility and use of her right hand and arm. After a few years on the **Elixir/Catalyst Water** (she requires 2oz./day **Elixir** in 1 gal water) combo, almost all spasms have ceased so no more meds, and she has regained most of the use of her right arm and hand which is very important to a right-handed individual! An interesting side-effect for her is that at age 60, her skin has the texture of someone 20 years younger and her vitality and life force are incredible. I see this as a stark contrast to my cousin who also has PPS but who has refused to hydrate and mineralize. He is now a shell of his former self, permanently frozen with his head almost touching his knees, and, at only in his mid-thirties, has the skin tone of an ancient tortoise with no life energy in him at all; he is in such pain he can hardly be touched.

But hydration and mineralization does not stop below the neck. When I really got it about the importance of mineralization and hydration for our brains, our main computer system, was with a closed head injury. A very physically active 52 yr. old woman, who had climbed all the 14,000 footers in CO, was in a car accident and unconscious for 2 weeks. When the doctors said she was “fully recovered,” she could no longer function in her real estate profession, could not get herself from point A to point B, lost the ability to take her meds properly, do her bank book, keep appointments, and even relate to people at all. 10 years after the accident, I met an extremely depressed, heavily medicated, anorexic wreck. Despite numerous warnings of the need for fluid, she simply could not hydrate no matter how much water she drank, and when she accepted the need for **Elixir**, she was unable to take it by mouth. I had great success bathing in 1/2 cup **Elixir** for myself so she gave that a try. Within 2 weeks of daily 15 minute **Elixir** baths, followed by showers to remove emerging toxins, the results were the difference between night and day! For the first time her muscles responded without pain and I was able to go far deeper than ever before resulting in full range of her neck which she had not had since *before* the 10 yr old accident. She now has full range of her shoulders, her hips are getting there, and, after 10 years of debilitation and only 3 months of proper hydration/mineralization and bodywork, is, at 62 yrs old, back to skiing at the intermediate level!

Another important point to realize is that when the body is properly hydrated and mineralized, it will hold not only general bodywork much longer, but chiropractic adjustments as well. After I started working as a massage therapist, I needed chiropractic adjustments 3 times per month; more if I could afford it. Once I had been taking the **Elixir** for about a couple of months, I found I was able to drop my adjustments to only 1 per month. Since being on both the **Elixir** and **Catalyst Water** now for so many years, I’m finding I need adjustments only when I need them which can be once every 3-4 months. In fact, my chiropractor teases me about being seasonal! A couple of years ago I went on a week-long hiking/camping renewal trip and somehow forgot my **Elixir** brew. I had a horrible time: sore muscles, leg cramping, couldn’t sleep. In short, it was my most miserable vacation ever. I learned then for sure . . .

Don’t leave home without your **Elixir and **Catalyst Water**!**

*Donna Covington, C.M.T. earned a B.A. in elementary music education with a minor in voice from the University of Northern Colorado. Trained in opera, she ended up raising and training champion Morgans for 12 years before a serious automobile accident cut her career short. Due to being on the receiving end of excellent bodywork, that became her next focus. Donna has a mobile massage practice in northern CO and became a **DYNAMITE** distributor under Gold Director Rowan Emrys in 1996.*