

# Drinking sea water

Using Dr. Hamer's  
5 biological laws  
on self-healing



**Francisco Martin**

First two chapters and table of contents.

Its companion website is:

[drinkingseawater.com](http://drinkingseawater.com)

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The book is also available in other languages: Spanish, French, Russian, Italian.

Other's languages websites are accesible from:

[martin13.com](http://martin13.com)

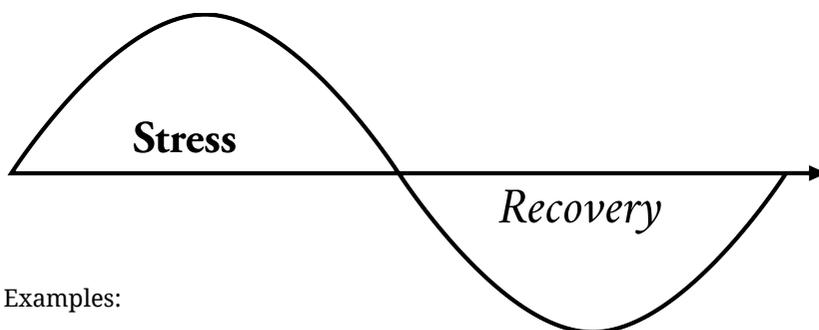
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## Why does the subtitle say “using Dr. Hamer’s 5 biological laws on self-healing” ?

When we are injured, symptoms like inflammation, tingling, redness, or heat appear. They don’t make us worry because we know that they are healing symptoms of the injury.

Similarly, Dr. Hamer discovered that many illnesses are just the symptoms of recovery from previous overwork.

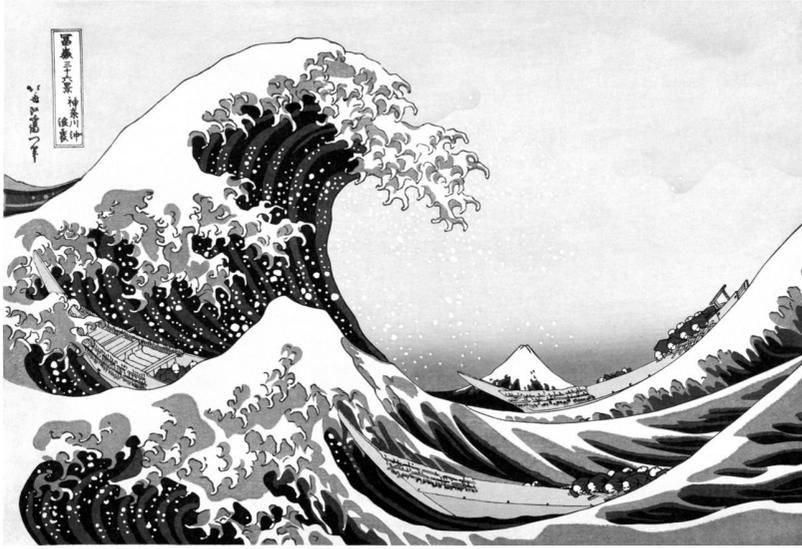
His discoveries allow us to make better use of sea water: to discover what we can expect from it in every situation.



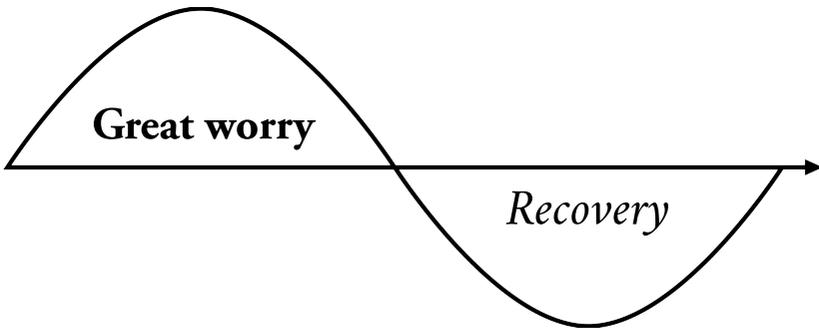
Examples:

Stress period produced by the painful separation from a son or husband → ductal breast cancer (the most common form of breast cancer)

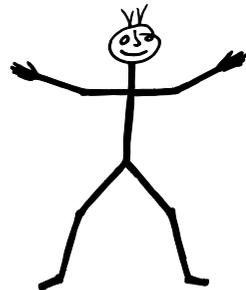
Lengthy sun exposure of pale skin → redness, tingling, burning, heat



Sea water is a powerful remedy.  
Drinking it according to Dr. Hamer's findings  
(that often when we have symptoms of illness we are already  
recovering)



is the best way to  
regain health.



# Chapter 1

## History

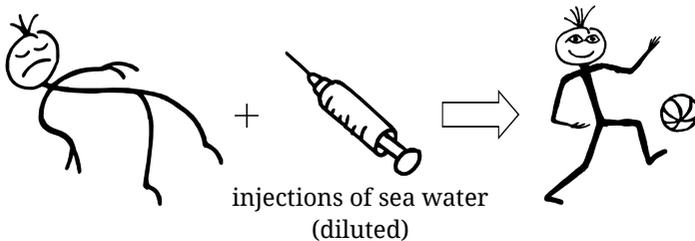
### How it all began

In ancient times, the Greeks and Romans praised the medicinal benefits of sea water.

In modern times, Richard Russell (1750) started to use sea water medicinally – for drinking and baths – in Brighton. His promising results attracted the Court; and thanks to that, Brighton became a city instead of being a fishermen's village.

At the beginning of 20th century, a lot of children in France were dying from cholera.

René Quinton saved them with injections of sea water.

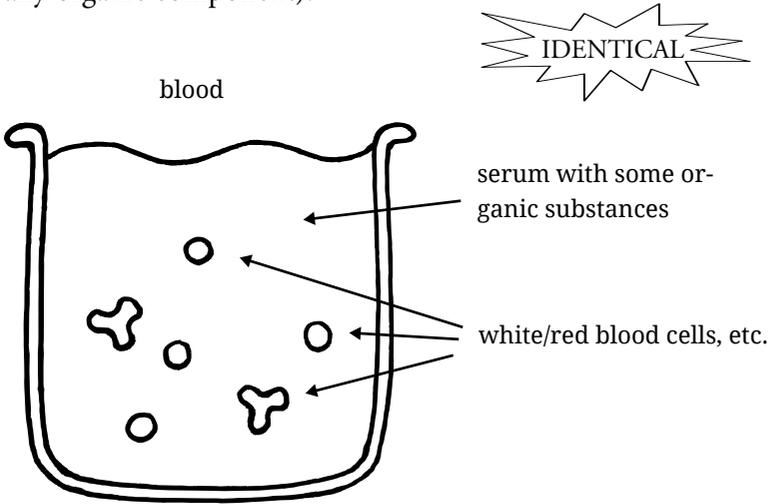


From then on, and until 1980, it was prescribed by the French medical authorities (orally or injected).

From 1982, because of legal changes, it wasn't considered a medicine anymore. So, it cannot be injected legally intravenously in Europe (only as subcutaneous injections and under the personal responsibility of the doctor).

## Why sea water is so effective as a cure

Because sea water (diluted) is identical to blood serum (without any organic component).



The Physicians' Desk Reference of 1975 in France (Dictionnaire Vidal) said:

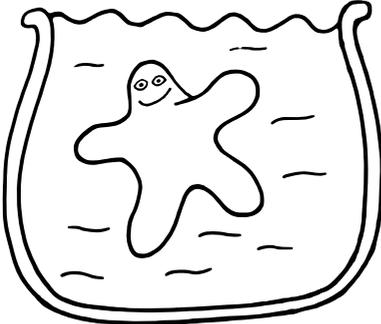
“René Quinton showed, in 1904, that Quinton® Isotonic is identical physically, chemically and physiologically to our inner medium, the one which provides the best conditions for life to isolated cells (in particular, red blood cells and white blood cells) and fragments of tissues.”

“It's possible to replace all the blood of an animal with Quinton® Isotonic without causing harm to it.”

(Quinton® Isotonic is sea water diluted with spring water).

## René Quinton's research

He discovered white blood cells can only live in sea water – once outside of the human body.



They live happily in sea water diluted with spring water.

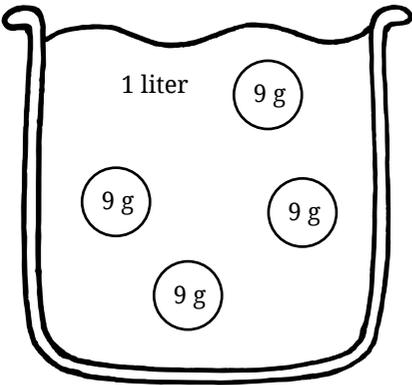


In any other place, they die.

## Why did he try with white blood cells ?

Because they live isolated, far from other cells that could affect their behavior.

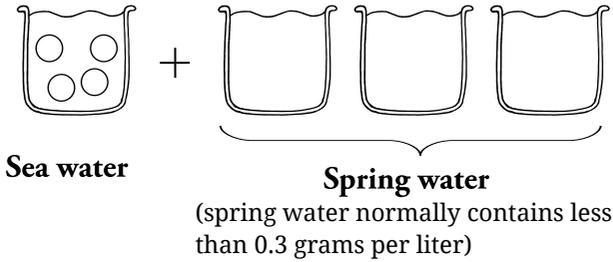
## How to make isotonic sea water



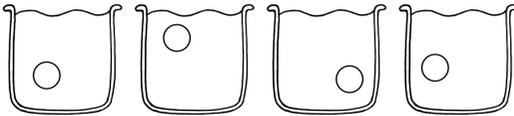
Sea water contains 36 grams of salt per liter.

$$(9 \text{ grams} \times 4 = 36 \text{ grams})$$

If we add 1 liter of sea water to 3 liters of spring water,

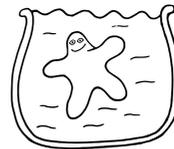


we obtain:



4 liters of **ISOTONIC sea water**, that means: with the same quantity of salts as blood (*9 g of salts per liter*).

White blood cells live happily in this water and René Quinton injected it into the children who were dying from cholera.



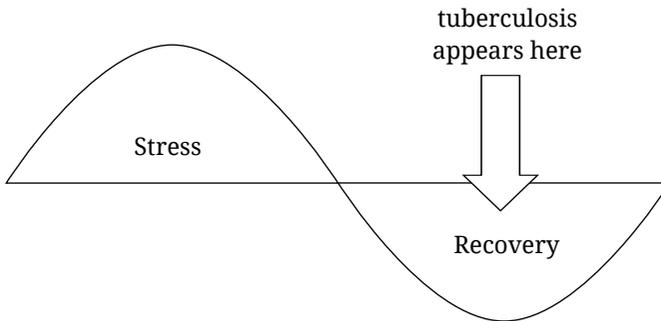
Quinton saved all the children with cholera but he didn't obtain such good results with other sickness, such as tuberculosis.

Thanks to Hamer we now understand why:

- Children with cholera were only intoxicated with contaminated food or water,

and sea water cleans all poisonings.

- Hamer tells us tuberculosis is bacteria cleaning the body of cells that it built up during the former period of stress but now no longer needs.



We must not eliminate bacteria.

Tuberculosis bacteria are beneficial because they work as street-sweepers. Our bodies contain many beneficial bacteria – for example, in our intestines.

In these cases, we can drink sea water just to improve our well-being and accelerate the healing.

And if we don't want to suffer the symptoms again, we must avoid relapsing into a stress period.

Not all stress periods gives rise to tuberculosis during recovery.

Tuberculosis is like the street-sweepers with their trucks taking everything that is no longer useful.



**But then, why did people die from tuberculosis?**

Good question. We have to explain something more before we can give the answer.

Quinton tried to eliminate street-sweepers and garbage trucks.

Hamer explains why they came: we left paper or old stuff abandoned in the street.

And so we know what do we have to do to prevent them from returning with the noise of their trucks.

When we are sick, we have to discover which worry made us ill, bear the healing symptoms the best we can and **try not to relapse into that worry.**

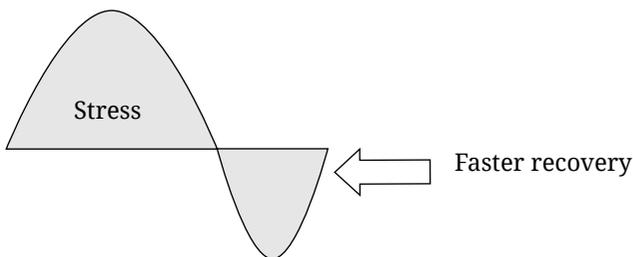
(Bear in the best way the annoyance of the current cleaning and no longer leave paper or old stuff in the street).

### Summary

Sea water will help us in any circumstance.

But, if we have just passed a big worry, it won't prevent our having all the symptoms that appear when the body is recovering.

We will feel them for fewer days, with better general feeling, but the body shows these symptoms when it is healing.



It's exactly the same as when works are being done to repair our road: we have to accept noise and annoyance for some days.

(If we don't allow them, we won't ever have the road in good condition.)

# Chapter 2

## Medical and nutritional use of sea water

We can use sea water:

- as food,
- as prevention,
- to detoxify,
- to resolve minor illnesses,
- as an aid in healing illnesses,
- for emergencies or terminally ill people.

### As food

The first instruction professional cycling teams give each new rider is: “You must drink sea water.”

It’s the best isotonic drink for athletes or when we sweat a lot.

- When we sweat, we lose salts that we can recover with sea water.

- In Nicaragua, people generally drink a quarter of a liter a day, because the temperature is high throughout the year.

We can use it as a substitute for salt in meals (see later its culinary use).

It also provides us with trace elements (gold, silver, copper), which are not present in refined salt.

Processed foods (like bread), are usually made with refined salt (without trace elements). We can compensate for this micronutrient deficiency with sea water.

## **As prevention**

By drinking sea water, we improve our general condition, and thus we will have a better state of mind to bear the inevitable setbacks of life (and not to get sick because of them).

It can also help us to avoid poisoning.

Examples:

- If we are well nourished with iodine by drinking sea water, our body won't need to assimilate more iodine, perhaps coming from a nuclear disaster. (This is why iodine tablets were distributed in Japan after Fukushima.)
- When we ask the dentist to remove mercury amalgams, it is recommended to drink sea water before and after the operation, and to rinse our mouths with it during the operation. (\*)

In countries where there is a risk of child malnutrition, children are given three small glasses a day and this gives good results.

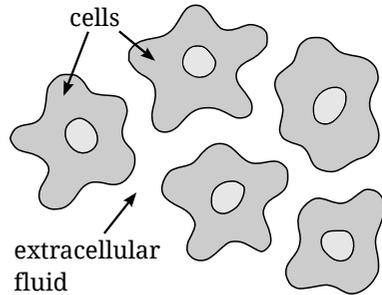
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(\*) Swiss dentist who explains the use of sea water:  
[www.haroutunian.ch/depose\\_amalgames.htm](http://www.haroutunian.ch/depose_amalgames.htm)

In the chapter on Nicaragua we explain how, already in the early twentieth century, people drank it in distant coastal areas.

## To detoxify

All our cells are surrounded by a liquid very similar to isotonic seawater. Cells bathed in this liquid receive their nourishment from the surface. The cleanliness of this liquid is therefore very important: if we



have a very dirty car outside, that doesn't prevent it from getting us where we want to go; but if the liquid surrounding the cells is dirty, they can't feed themselves and get rid of their excrement, which accumulates around them.

If the fluid is dirty, even if we eat a lot, all our cells will be malnourished and surrounded by rubbish. It will be normal not to feel well. When we take seawater, we change this dirty liquid for another clean liquid, and so the whole body starts to function better.

We have to clean the liquid and exercise to get it moving so that the new clean liquid can spread everywhere.

Sea water is particularly useful for cleaning this internal fluid when it's dirty, poisoned. Whether it is by:

- drinking or eating food with chemical additives,
- constantly having bad thoughts,
- living or working in contaminated environments,
- taking medication.

The latter is the case explained in the chapter devoted to veterinary use where a dying female dog, poisoned by drugs, heals in a few hours.

As an example of its cleansing power, the French medical handbook of 1975 said in the sea water's indications: "eliminates antibiotics".

The handbook also said it even washes out inherited defects: "Disappearance of physiological defects" (hereditary), and there are accounts of this use in the bibliography.[2]

We also intoxicate our bodies with internal secretions of adrenaline and other hormones when we have bad thoughts.

### **Trick**

When we do things reluctantly, we have a feeling of discontent that harms our body and makes us very tired.

If we decide to do something, it is better to do it joyfully.

Externally, we can adopt the most appropriate attitude, but internally we can keep happy.

And so we will get less tired and we won't harm our body.

We poison ourselves by drugs, chemicals in drinks and food (like sugar or refined salt), bad thoughts or watching TV.

See more information on the book's website.

If we take sea water to detoxify us, then it's also important we avoid poisoning ourselves with all of the above.

## To resolve minor illnesses

Minor complaints are easily resolved with sea water: gastritis, constipation, insomnia, cramps,... and also small wounds on the body or sores in the mouth heal better by washing them with sea water.

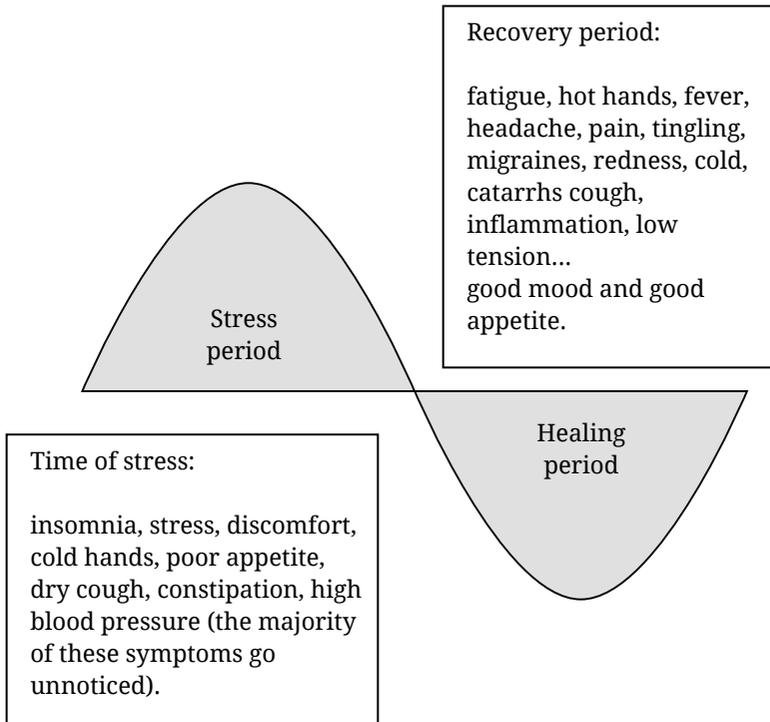
Minor complaints can be indicators or the beginning of more serious diseases that we need to research.

## As an aid in healing illnesses

The causes of our illnesses are:

- **Insufficient nutrition:** like the scurvy of sailors who didn't eat fruit and vegetables during their long trips.
- **Accidents:** trauma, burns, too intense efforts or exposing ourselves to environments when we are not used to them: sunburn on the beach or in high mountains, etc.
- **Poisoning:** usually due to medication.
- **Serious concerns:** which cause cancer, arthritis, cataracts, etc.

In the latter case, diseases have different symptoms when we are starting them (when we are still concerned), or when we have already resolved the concern and the body is recovering.



Often we don't pay attention to the discomfort of the first phase because we are obsessed with our concern. And so, we don't give importance to insomnia or lack of appetite.

Who cares about eating or sleeping when we are pondering a serious problem all day long?

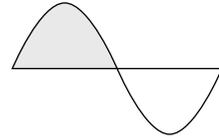
When we resolve the concern, the body begins to recover from the previous effort.

As we are no longer obsessed with our previous problem, we begin to pay attention to other things. We notice the symptoms the body is starting to produce and we mistakenly take them as the onset of an illness.

With Hamer's approach, we understand correctly what the body is doing and how it all started.

Hamer tells us by which emotional shock it all started and how each disease progresses. Therefore we know what to do, whether we are still in the preoccupying phase or whether we are already in the healing phase.

**If we are still in the first phase**, we must resolve the concern to begin healing.

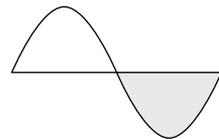


Sea water, medicines and many other remedies can alleviate or eliminate the symptoms of the stress phase without solving the real cause.

In these cases, we become a chronically ill person: we continually depend on a remedy or therapy.

If we have a car tire that is losing air, we can inflate it every morning, or fix the puncture and forget about the problem.

**If we are already in the healing phase**, sea water will make it easier for us. In the most severe cases, large tumors, it may be necessary to take an anti-inflammatory medication. This is detailed further in the text.



## For emergencies or terminally ill people



In the case of an emergency or terminally ill people, the use of (isotonic) sea water instead of the conventional physiologic saline solution, allows “miraculous” cures in a few hours, like those narrated by Quinton in the book *Le secret de nos origines*.<sup>[2]</sup> In this book, we read how moribund children, dehydrated by cholera, or poisoned people recover their health in a few hours.

For transfusions, it has important advantages:

- There is no incompatibility of blood group.
- It’s easier to get sea water than to find donors.
- It can be given to people who refuse transfusions.
- Avoids the risk of disease transmission.

### How much should we take?

As a food, to prevent or resolve small diseases, we just need to take one or two tablespoons a day.

If we take more, our bodies can begin important healing processes, which require an understanding of Hamer’s approach so as not to confuse healing symptoms with an illness.

Once we have decided to drink plenty of sea water, there is no recommended dose, as we no longer take it as a medicine, but as a food or drink.

Do we count how much time we spend in the sun? No.  
Only during the first days that we spend at the beach.

The same thing happens with sea water. Once we start taking it, and have passed our pending healing processes, we no longer measure how much we take.

In the same way that we don't count the potatoes or lettuces that we eat.

As nutritional or preventive doses, Dr. Goizet recommended, in his 1871 book<sup>[6]</sup>:

- Babies up to 6 months: a teaspoon (3 ml) mixed with milk.
- Babies between 6 months and 1 year old: one teaspoon in the morning and in the afternoon.
- One-year-old children: one teaspoon in the morning and two in the afternoon.
- Children 2 to 3 years old: two teaspoons in the morning and in the afternoon.
- Children from 4 to 7 years old: a small glass (50 ml) in the morning and in the afternoon.
- Children from 8 to 11 years old: one small glass (50 ml) in the morning and two in the afternoon.
- Young people from 12 to 15 years old: one medium glass (100 ml) in the morning and in the afternoon.
- Adults: a large glass (150 ml) in the morning and in the afternoon.

### **The rule would be:**

To take as much sea water as possible as long as the stool is soft but still shaped – it isn't liquid. Probably one or two glasses of sea water, without dilution, per day. We can take this diluted dose in drinks or in dishes during meals.

If we take too much, the feces become liquid, so we should stop drinking it or decrease the dose for a few days until they return to normal (and don't eat anything raw).

## Summary

**Sea water is ideal** in some cases: dehydration, burns, poisoning, hemorrhages,... or in terminal situations.

**Sea water is suitable** for many people for its nutritious and detoxifying effects.

- Taken in small doses (one or two tablespoons of sea water per day) it is nutritious and cleansing without causing major healing processes (or showy symptoms: bone pain, headache, inflammation, tingling,...).

Everything starts to work normally. We feel light and full of vitality.

- Higher doses require a calm decision from the patient, because perhaps he feels or senses, better than anyone, whether or not he should take it.

Although many people who drink sea water do very well, it may not suit us (see the following paragraphs).

**The more we take the more intense and short the cleansing or healing processes will be.**

(If we feel the healing symptoms, such as headaches, and want to alleviate them, we should take less seawater and refresh our head. See the detail of this information in Chapter 9: “Therapeutic guide for the patient”.)

**The use of sea water is risky** in the following cases:

- When the patient doesn't know Hamer's approach and can confuse the healing symptoms with a new illness.
- Those described by Hamer as being difficult to treat: such as certain serious or complex psychological problems.
- When the person has suffered from a prolonged or intense concern and the effort required to heal is greater than that which the body can provide (see Chapter 9).

In these cases, healing should be slowed down so that the patient's energy doesn't run out.

For added security, we should go see a doctor who knows Hamer's approach.

Experts can help find out how intense and long the healing phase will be, and whether it is appropriate to take medication to slow down the process.

**Warning:**

When we don't have a clear disease (like cancer), but our body is not working well, the origin is usually in the teeth, and we will recover just (and only) by fixing them. It is very important to read about this topic on the book's website.

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Also in other languages:

**Boire  
de l'eau  
de mer**

En tenant compte des découvertes  
du Dr. Hamer sur l'auto-  
guérison



Francisco Martin

**Meerwasser  
trinken**

Mit den Naturgesetzen  
von Dr. Hamer zur  
Selbstheilung



Francisco Martin

**Bere  
acqua di mare  
& Hamer**

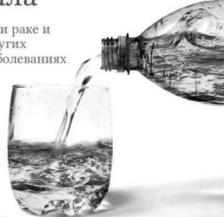
Considerando le leggi  
del Dr. Hamer  
sull'auto-guarigione



Francisco Martin

**Пить  
морскую воду  
и её целительная  
сила**

При раке и  
других  
заболеваниях

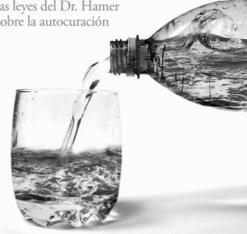


Франсиско Мартин

**Francisco Martín**

**Beber  
agua de mar**

Teniendo en cuenta  
las leyes del Dr. Hamer  
sobre la autocuración



EDICIONES OBELISCO