



WATER – HYDRATION AND SOAKING **BOTH NEEDED FOR ADHESIVE ARACHNOIDITIS (AA)**

Care and Control of AA Depends on a Lot of Water

HYDRATE EVERY TWO HOURS:

Chronic sickness for unknown reasons, tends to decrease one's desire to drink fluids. If you have AA, however, you must drink some fluids about every 2 hours while awake. Why? Spinal fluid must be constantly kept at a high level. The body makes about 500 milliliters of spinal fluid a day. If you are dehydrated due to lack of regular fluid intake, you may not make enough spinal fluid to control AA including its pain.

Spinal fluid brings nutrients and medication to the arachnoid membrane. It also bathes the inflamed area and washes away inflammatory waste and toxins. The arachnoid is unique among tissues in the body as it doesn't have its own blood supply. No arteries feed into it. Consequently, it depends on a full "tank" of spinal fluid that comes from the fluids you drink.

WATER SOAK EVERY DAY: Water soaking is an age-old remedy for pain relief that is still worthwhile. It is believed to relieve pain by these two basic mechanisms:

1. Water relaxes muscles and increases blood flow to the damaged areas of the body.
2. Water extracts excess bioelectricity and inflammatory toxins that has accumulated due to inflammation and damage to the neurologic circuitry in the body.

Here is a list of water soaking measures that are applicable to the person with AA:

1. Stand in shower and let water flow off your back, neck, and legs.
2. Immerse your body up to your neck in a bathtub, hot tub, jacuzzi, or pool.
3. Drape a warm, water-soaked towel over your back.
4. Soak your feet and ankles in warm water.

The above soaks can be done from 5 to 15 minutes. Minerals or herbs can be put in foot baths. The most popular mineral preparation is Epsom Salts.