



Jaroslav Boublik completing the Melbourne Marathon in 1993.

FOR OVER TEN YEARS I LIVED MY LIFE IN THE regimented world of modern scientific research. I travelled widely, specialised in neuroendocrinology - the study of the central nervous system hormones and their receptors - and achieved various honours in my profession, including a Fulbright Fellowship and a postdoctoral fellowship at the Salk Institute in San Diego. This was my life and there was never a moment that I doubted my passion or belief in science and what it could enable us to do.

But I had no idea at the time that my life was to be turned upside down. It began in late 1992, during my preparation for the Melbourne Marathon, which was to be run in June the following year. I was experiencing real difficulty. During training runs I was struggling at about the 20km point; despite drinking along the way and attempting to preload with water and sports drinks prior to the runs, I would suffer profound dehydration. The common term is "hit the wall" and hit it I did! No matter what I did I wasn't able to keep sufficient fluids in my body; I would lose all energy



Dr Jaroslav Boublik completed his initial training in classical medical research before turning his interest to complementary medicine 7 years ago. He is currently Scientific Director of Wild Medicine, a complementary medical research and development consultancy.

by JAROSLAV BOUBLIK



THE HYDRATION EQUATION

Problems with profound dehydration as a marathon athlete led neuroendocrinologist Jaroslav Boublik to investigate a herbal formula developed by naturopath Leonie Hibbert. Success with this led to a research and development partnership that is now investigating a holistic scientific approach to cellular hydration at a fundamental level.

Balancing the flow of water through life

and have to stop the runs. To say this was frustrating is an understatement. I began to doubt my ability to achieve the goal I had set myself. My wife was seeing a natural health therapist, Leonie Hibbert. She suggested that I see Leonie because she had some interesting formulas which were a combination of herbs, and other things I didn't understand, that might be able to help me.

Sceptical as I was I went to see Leonie and the one hour session ended up being at least two hours of intense discussion. From that point on I started using the *Aqua Formulas*, or at least the original versions of the Formulas, and my life started to change. My training improved dramatically. I went into the marathon well-prepared, with a 44km run under my belt. Most of the long distance practice runs in the lead up to the marathon were done throughout the latter part of summer; during the hottest part of summer I was completing 30km runs. I can remember a number of them where, even though the runs were done in the early part of the day, the temperature was getting up to

35°C near the end of the run - but at no time did I have problems with dehydration. After my previous experiences, I can only attribute this remarkable improvement to the *Aqua Formulas*. I had not changed anything else in my diet, training or rest patterns.

I completed the Melbourne Marathon in a reasonable time of 4hrs 20 mins. I was using the *Aqua Formulas* during the race every half-hour or so. The only problems I had were due to rain and wind in the third quarter, at which point my pace slowed appreciably. At no time was there any difficulty with temperature control or maintaining energy levels. At the three-quarter mark I was able to pick up my pace considerably, running the final kilometre in my quickest time for any kilometre of the race.

I believe the *Aqua Formulas* were the main reason I was able to finish the run with such high energy. I can only attribute this to them being able to very effectively keep my hydration levels high throughout the race. I had weighed myself before and after the marathon and found that I had only lost 600 grams of



