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Water: For Health, For Healing, For Life: You're Not Sick, You're Thirsty!



Synopsis

Asthma, allergies, arthritis, hypertension, depression, headaches, diabetes, obesity, and MS. These are just some of the conditions and diseases that are caused by persistent dehydration. But there is a miracle solution that is readily available, all natural, and free: water.

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Customer Reviews

The author, a physician trained in Iran (Your Body's Many Cries for Water), not only believes that drinking water is healthy, but makes extravagant claims for its curative powers. He recounts here how he first discovered the healing abilities of water, when he was a political prisoner more than 20 years ago. While incarcerated, he successfully treated with plain water the stress-induced peptic ulcers that afflicted some of his fellow prisoners. According to Batmanghelidj, most people rely on dry mouth to signal thirst and as a result are seriously dehydrated. He posits that symptoms like fatigue, anxiety or depression indicate dehydration, which may result in serious conditions such as asthma, hypertension, brain damage, cancer, constipation, allergies and obesity. In order to compensate for fluid lost through urination, respiration, and perspiration, Batmanghelidj suggests drinking a minimum of two quarts of plain water daily (not alcohol, caffeine beverages or juices). In order to maintain good health, he also advises ingesting half a teaspoon of salt to balance water intake. In addition, a diet consisting of 80% fruits and vegetables and 20% protein should be followed along with an exercise program. To back up his theories, the author presents a wealth of

somewhat confusing medical data as well as patient anecdotes that testify to water as a cure for various diseases. Batmanghelidj does state, however, that those diagnosed with specific conditions should not stop taking their medications abruptly, nor should they embark on a water regime until they have consulted with their physician. This controversial program will have the greatest appeal for devotees of alternative medicine. Copyright 2003 Reed Business Information, Inc.

Dr. F. Batmanghelidj, was born in Tehran, Iran, and now lives in Falls Church, Virginia

As a teenager I suffered from severe headaches and was told as an adult that one if the causes may be dehydration. The doctors at the time never even mentioned the importance of water. They did scans and suggested medication. I continued to have headaches until recently when I changed my eating habits and increased my water intake. I wish I would have known the importance of water when I was younger.

This is a very important reference book for everyone's health needs. When fresh water is in peril and we take it for granted, while others do not even have clean drinking water. The only suggestion I have for this book is that it be republished with an index. That would be very helpful.

This is one of the most influential books I have ever read. Following its instructions my wife and I cured ourselves of sciatica.

GREAT BOOK, EVERYONE SHOULD READ THIS

Wasn't sure what to expect from this book? After all don't we all know enough about water? Turns out we all take water for granted...understandable since it's readily available (at least in the USA), but there's much more to this subject and how water plays a roll in our health and well being. Written by an MD. With extensive research on this subject and a sincere interest in it, we can all stand to learn more about the benefits of staying hydrated and this book has taught me about that and more.

At the age of 82 and receiving chemotherapy for prostate cancer, I am tired all of the time and seldom feel good. A few years back I checked this book out of the library and found it interesting reading, but did not apply the principles to my life. At this stage of my life, I am seeking more help

and ordered my own copy from . The more I drink water and place sea salt on my tongue, the more hydrated I am getting and the better I am feeling. My aches and pains are going away; my bowel habits have improved; I am sleeping better; slowly losing weight; gradually clearing old toxins out of my body; and I'm gaining more energy. At what cost? Tap water has always been available, and sea salt is inexpensive. I urinate more obviously, but it is comforting to see the urine colorless rather than a deep yellow. I only have one kidney and it must be protected at all cost, but as mentioned earlier there is minimal cost for tap water and sea salt. I am indebted to the author for my improved health.

I have problems with Extreme Essential hypertension, and didn't agree with my doctors traditional approach. I am in pretty good shape at 54 years old, and found strength in the story of an airline pilot who had the same level of hypertension as I. The approach to address high blood pressure with water to correct the problem is one I had been exposed to during a hospital stay in a Cardiac Center of Excellence. They also approached the problem with hydration and short term use of blood thinners. I will follow the approach in this book, which addresses the problem, instead of covering it up. Bravo!

This is an amazing discovery. - Actually a bunch of unexpected and incredible discoveries. This Doctor deserved to get a Nobel prize for his discoveries and studies about the water in our lives and how important it is. This is one of the most useful books I ever read. This book is amazing and extremely interesting to read. In a society where some of us (like me) can pass months without touching a drop of water, consuming soda, beer, wine, coffee, etc. and thinking we are sufficiently hydrated, this book is like a revelation. A precious revelation. I could talk for hours or write hundreds of pages about what I learned in this book and how much it changed my life but I believe you have to see it for yourself. Dive into this book and be wondered and as surprised as I was. This book is going to change your life as well.

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