



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

By F. Batmanghelidj

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By F. Batmanghelidj

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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Editorial Review

From Publishers Weekly

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.

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About the Author

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

Users Review

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your free time/ holiday? Can be reading a book is usually option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the reserve untitled Water: For Health, for Healing, for Life: You're Not Sick, You're Thirsty! can be great book to read. May be it could be best activity to you.

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Playing with family in the park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, subsequently why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Water: For Health, for Healing, for Life: You're Not Sick, You're Thirsty!, you could enjoy both. It is excellent combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

Kellie Stephens:

As a scholar exactly feel bored to help reading. If their teacher asked them to go to the library as well as to make summary for some book, they are complained. Just little students that has reading's soul or real their interest. They just do what the trainer want, like asked to the library. They go to generally there but nothing reading seriously. Any students feel that reading through is not important, boring and can't see colorful photos on there. Yeah, it is being complicated. Book is very important to suit your needs. As we know that on this period, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. Therefore this Water: For Health, for Healing, for Life: You're Not Sick, You're Thirsty! can make you truly feel more interested to read.

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