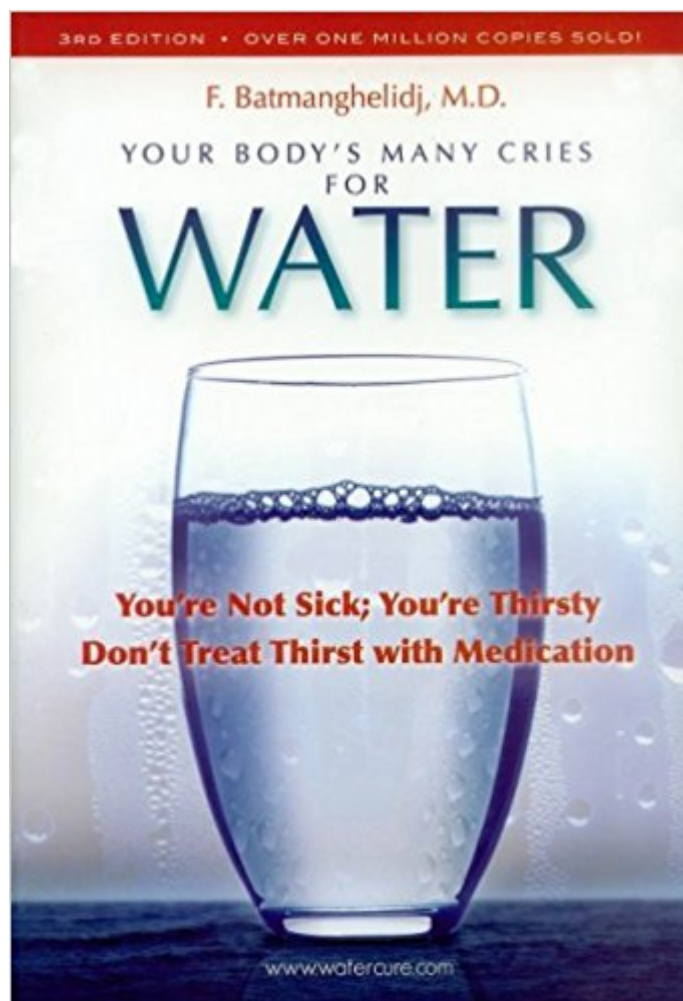


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# Your Body's Many Cries For Water



## Synopsis

New Edition! This is the third edition of Dr. F. Batmanghelidj' classic water book! This book, based on a pioneering physician's twenty years of clinical and scientific research into the role of water in the body, explains a breakthrough discovery that Unintentional Chronic Dehydration(UCD) produces stress, chronic pains and many painful degenerative diseases. Dry mouth is not the only sign of dehydration; waiting to get thirsty is wrong. You will learn the different signals of thirst when your body is calling for water. Simply adjusting your water intake - yes, water! Natural, pure water!- can help you to live a healthier, pain-free life. Lean: How to naturally prevent and reverse conditions such as asthma, allergies How to naturally eliminate pains including heartburn, back pain, arthritis, colitis pain, migrant headaches How to use water to prevent and combat premature aging How to lose weight effortlessly, without strict dieting

## Book Information

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## Customer Reviews

My boyfriend, age 47, had horrible allergies for 15 years, and headaches since childhood. Sinusitis, too. Pills, nasal sprays, antibiotics, you name it, he tried it. He had headaches almost every day and ate excedrin migraine tablets like they were going out of style. He regularly went to a specialist for his sinus problems. Nothing helped, and the last bout of antibiotics made him feel horrible. I got this book, and read the first couple chapters to him out loud. I looked him in the eye and said, "Hon, I don't think you have allergies. I don't think you have a headache problem, and I don't think you have sinus problems! I think you're dehydrated." He started the salt and water and has never looked back, no headaches, no sinus problems, no allergies. We rode almost 800 miles on his motorcycle over Memorial day 3 day weekend, it's late May and there was pollen galore, NOTHING. NO

allergies. He can breathe! He smells the air, and he sleeps at night with a clear nose, and NO MORE SNORING. Yep. People can knock Dr. Batman all they want. We're thrilled. And waiting to see what other changes we find in our bodies as the weeks progress. Fantastic. My boyfriend is no longer suffering as he goes about his work day and also can enjoy life more now. THANK YOU DR BATMAN, may you rest in peace.

Review & 5 month later update: During the whole 5 months we've continued to do the Water Cure, this book worked wonders for us, because we had zero allergies, zero headaches, no more snoring, soft & much more healthy looking skin, supple joints as healthy and limber as in our teens (no more strange feelings in the joints when stretching or doing yoga) no more stiff necks, etc). Digestion is totally optimal. The water cure makes you beautiful, healthy and younger looking too! We love it!

UPDATE JULY 30, 2015 SECOND YEAR DOING "THE WATER CURE": I'm providing my update, that the seasonal allergies my husband had for years never came back. He was fine all spring and now near summer's end, still fine - never takes any allergy meds at all. No sinus issues. No snoring. He still has no headaches. I never had any hay fever this year. I also got pregnant with our first child and making sure to drink plenty of water has been the best thing I could do, my pregnancy has been delightfully easy, I'm 30 weeks already, and have had none of the common issues women get, no constipation, no heartburn, no back pain, no skin problems, no morning sickness, no itchy skin on my belly, nothing - have felt great all through. While I can't guarantee it was the water, I believe it was.

PS - UPDATE SEPT 26 - I'm now 39 weeks pregnant, at the very tail end of the pregnancy and due any day now. NO problems. I'm 41 and never even had back pain. Nothing, we have enjoyed my easy, comfortable pregnancy! I made sure to drink my quota of water every day. The few times I didn't, due to some extreme circumstance preventing me, I didn't feel as great but a couple of glasses of water revived me. My husband notices that in the rare instance he doesn't drink much water, his head doesn't feel great and in ragweed season, his nose stuffs that day. SO he knows to get back to his water cure and voila! He feels fine again. I give lots of credit to The Water Cure for my blissfully easy pregnancy. I only wish people would believe us when we tell them how wonderful it is. They don't believe us, and they continue to complain about arthritis, and other niggling concerns. We stopped bothering to tell people about it. They believe in arthritis, allergies, etc. They can't believe it could possibly be a lack of water rather than a specific "disease". I get it. It was a lot for us to grasp too. Even after we saw it for ourselves, it was still extraordinary to find that sooo many of the common illnesses and ailments being suffered today are just water deficiencies, and all the crazy pills, treatments and stuff are irrelevant. Many problems can be fixed with a glass of water and a pinch of salt. Who knew?!

This book was very interesting-- I couldn't put it down. I had gone to his website many years ago, and started drinking more water after reading the information there. This book is so logical that you have to wonder why mainstream medicine totally ignores one of the most basic and fundamental necessities of life-- water! One thing I absolutely swear by is water to relieve anxiety! He says that if you are even a little dehydrated, it will cause you to feel anxious. When I feel anxiety coming on, I immediately drink a couple of glasses of water, and pretty soon I notice it's gone. I think that's why road rage goes up in the summer-- dehydration from the heat makes people anxious and crabby. I've also learned that when I'm craving sweets, it usually means that I'm thirsty. A tip I've learned to help me drink more: every time I take a drink from my water bottle, I count. Instead of mindlessly taking a sip and putting the lid back on, I consciously take 10 glugs (you can start with fewer and work up). I notice that counting makes a big difference in the amount of water I drink each day!

It's nice to see an MD focus on simple lifestyle changes for chronic conditions, and drinking more water is about as simple as it can get. Batmanghelidj outlines several conditions that can be improved with a more dedicated routine of drinking water. I definitely agree that chronic dehydration is a chronic and silent issue for many people. If you suffer from headaches, low back pain or high blood pressure, you may want to give this a read and try what he says. The worst that can happen is that you could be properly hydrating yourself for once; best case - maybe it will improve your health.

My reason in calling the book the health bible no. 1 is that it reminds us about the impotence in daily getting enough water (and salt), as we know that (nearly) all existing life is depending on water, and all life originally started in the ocean. To me this book has shown up to be, and will continue being, an important book for me to recall. Firstly, I always have known that daily we must take 2 liters of water, but wrongly I thought that most of the content in for example coffee and beer was considered as water. Now after reading the book I have rehabilitated my mistake, and totally changed my daily drinking which most of all was coffee. Secondly, and happily, I in the book see that it through decades have been me and not the doctors and the medical firms, which have been correct, in my arguing for daily taking about more than 1 gram of salt. When 65 years ago I was child, then we learned daily to get at least 2 grams of salt. And since then I always have argued that the only problem in taking much salt would be the result in weighting more, by being heavier as the body then would have to contain more water. Among other it's interesting in the book to read about his showing how we as teenagers contain 70% of water in the body, while when being

old then it's only 60%. And then his speculation about if this changing simply is a result of peoples during history having changed the drinking from originally only being water, over to mostly being beer, wine, Coca-Cola, and so on. And in his thinking about how the increase of Alzheimer and cancer has come parallel to decrease in the drinking of pure water. The book is important in telling how we in the nerves are containing water - and showing this in good drawings and that many nerve diseases, as pain, and bad functions can be the result of too little water in the body, and thereby in the nerves. And as he argues, the book is intended to brush aside the professional resistance of the AMA and the NIH against his arguing about the importance in the missing water. Actually it's awful how we daily from the medical firms, in their advertising, from most doctors, and from FMH, are misinformed about nearly anything concerning our health.

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