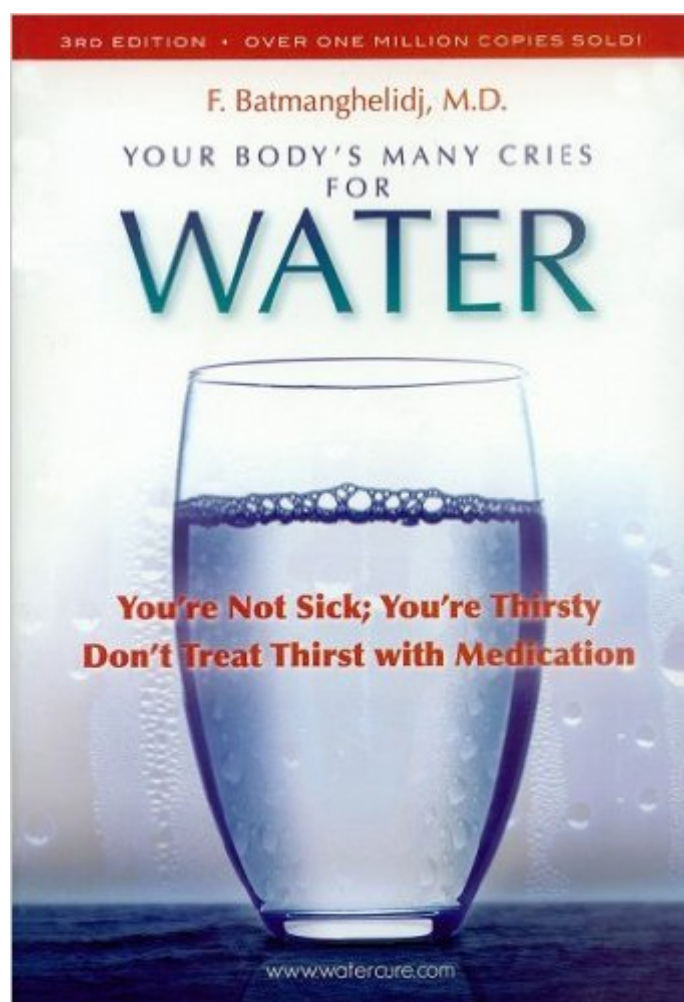


The book was found

# 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. Learn: How to naturally prevent and reverse conditions such as asthma, allergies How to naturally eliminate pains including heartburn, back pain, arthritis, colitis pain, migraines How to use water to prevent and combat premature aging How to lose weight effortlessly, without strict dieting

## Book Information

Paperback: 196 pages

Publisher: Global Health Solutions, Inc.; Third Edition edition (November 1, 2008)

Language: English

ISBN-10: 0970245882

ISBN-13: 978-0970245885

Product Dimensions: 0.8 x 5.5 x 8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (231 customer reviews)

Best Sellers Rank: #8,078 in Books (See Top 100 in Books) #37 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #132 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

I'd heard for years that I should be drinking more water, but nobody could tell me why this was so. At the same time I found it extremely difficult to increase my intake of water for apparently no good reason. Finally, here is a book that explains why we should drink more water. Dr B's explanation, which constitutes the important message of this book, is that many common, serious ailments are caused by simple dehydration. When Dr B was incarcerated in prison in Iran for political reasons, he made the first of one of his important discoveries by completely alleviating the severe pain of a fellow inmate suffering from a stomach ulcer by giving him 3 glasses of water, no more no less. The book contains many testimonials written by persons testifying that Dr B's water intake recommendations had cured/greatly alleviated their arthritis, headaches, MS, high blood pressure,

dizziness, overweight, asthma, allergies, high cholesterol, angina, hiatal hernia, back pain, etc etc. The amount of water we must drink is a minimum of 6 to 8 8-ounce glasses of water per day. Alcohol, coffee, tea and caffeine-containing beverages don't count as water. It's best to drink one glass half an hour before a meal and one glass two and a half hours after each meal. Two more glasses should be taken in connection with our biggest meal or before going to bed. Personally I have no idea how much an ounce is, but ten glasses of water is equivalent to about 2 litres, so I try to drink 2 litres a day. I measure this by refilling empty 1/2 litre coconut water cartons, and try to drink 4 of these a day.

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!

[Download to continue reading...](#)

Your Body's Many Cries for Water Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin

(Body Butter, Body Butter Recipes, natural remedies) Fruit Infused Water: 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Cries of The Spirit The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Yo One God, Many Faiths; One Garden. Many Flowers Water Aerobics - How To Lose Weight And Tone Your Body In The Water Water Treatment WSO: Principles and Practices of Water Supply Operations Volume 1 (Water Supply Operations Series) Water Quality & Treatment: A Handbook on Drinking Water (Water Resources and Environmental Engineering Series) Solar PV Powered UV Water Treatment: How to Solar Power UV Water Sterilizing Systems for Drinking Water Onsite Fruit Infused Water: 101 Fruit Infused Water Recipes for Weight Loss, Detox and Metabolism Boosting Vitamin Water Water is Life: Different Sources of Water and Ways to Conserve Them (For Early Science Learners): Nature Book for Kids - Earth Sciences (Children's Water Books) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Organic Body Care Recipes Box Set: Organic Body Scrubs, Organic Lip Balms, Organic Body Butter, And Natural Skin Care Recipes Body Language: Discover and Understand the Psychological Secrets Behind Reading and Benefitting From Body Language (Read People On Sight - Body Communication - Nonverbal Communication)

[Dmca](#)