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*Author of Your Body's Many Cries for Water*

**YOU'RE NOT SICK,  
YOU'RE  
THIRSTY!**



# Water

for Health, for Healing, for Life

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



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Asthma, allergy symptoms, arthritis, hypertension, depression, head aches, diabetes, weight problems, and MS. But there exists a miracle solution that is readily available, all natural, and free: water. These are just some of the conditions and diseases that are due to persistent dehydration.



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I have already been drinking a great deal more water now for just two months Life changing reserve! I have already been drinking a great deal more water now for two months.. Well worth Drinking for Your Health! It won't happen over night, but stay with it daily and it will become a habit. I have given up all espresso, tea and sodas! Thanking you in advance of my healing! It truly is miraculous that the response to a much healthier me was right in front of me, yet I hardly ever saw it. My smaller back discomfort cured up no much longer burdens me! Peeing constantly sucks, but i let you know i rather pee at all times than harbor what shouldn't be in my body. I am attempting to drink much more water. I did not realize that my back discomfort was coming from being so dehydrated! Get the book.You need it! And don't forget to drink lot's even more water!Let's see how it all goes!!! This Superb Book Can Encourage You To Drink More CLEAR WATER! And My Wellness Has Improved After SCANNING THIS Book!. Rather, I was drinking Cola drinks and other soft drinks. It definitely required a toll on me emotionally. And it shows how drinking water can benefit the entire body and how the lack of enough drinking water can create health issues. everything from acne to adult pimples to rashes. I began weaning my personal off coffee and drinking decaf with almond milk AND drinking up to 2 Litres of water within my times.This book explains so a lot of things about water I never knew! THEREFORE I decided to drink more water each time just to see if it would help, and my discomfort lessened after a few days of drinking even more water.I've experienced from asthma and 'other complications' throughout my life and have experienced the frustration of limited outcomes, from using whatever medicine my doctor/s have recommended during those years. Also Chapter 9 addresses Dehydration and Disease - this chapter is an eye opener as it shows the many diseases (18 listed illnesses) that can be possibly caused by dehydration such as Weight problems, Strokes, MS, Alzheimer's Disease, Aids, Strokes (Multiple), Cancers, Heart Failure and more. I cannot wait to feel better and be healthier..This book, I have read and will continue steadily to use as a reference book. I personally have had problems with my pores and skin since I was an adolescent. Water; I have so much more energy. Its a straightforward read, and if you're like me, you won't want to place it down.This entire book was helpful for me, however, my two favorite chapters are Chapter 8 - The Crisis Calls Of Water For your body (this chapter explains why water is required to flush too much acid from the body, as this acid buildup cases plenty of pain). I observed after a few short months of inhaler make use of, the medication seemed never to work at all!. I was lucky this past year, I didn't experience any sickness but I still coughed a lot.. This publication puts everything into perspective. I couldn't rest unless I sat upright rather than knowing any better, drank just tea and espresso. and it had been terrible. The weeks of Winter were always the worst, as our colder periods have a tendency to last 6 months or more. An excessive amount of. I've observed I still cough but it isn't as poor since it used to become. The title of the book caught my attention and I was intrigued. I QUICKLY discovered this Kindle book and got it and was really amazed to understand that yes, I was dehydrated and this contributed significantly to my chronic shoulder pain.This year, due to stress and regular coffee consumption, my persistent cough returned..I'm sleeping better no longer having awake by an unconscious coughing reflex! I'm also noticing I may actually have more energy but this also could possibly be because I'm right now sleeping better! I still possess tea sometimes but after i've got my fill of my daily 2 litres of water.I'm coughing much less, no where near as violently as I actually used to . Night situations are the worst however my cough is definitely no where as serious as it normally will be. Everything made sense!. could it you need to be a coincidence? Something I've shared in other testimonials is the idea of making a some kind of modification and experiencing a benefit following the transformation of routine, could 'much

less coughing' be because of a switch in drinking behaviors? I have no idea, but I'm ready to see how I progress with any better wellness changes by normal water! I've given this book 5  
Celebrities, it's packed with details and the medical reasoning appears sound..!? Loved the book  
Loved the book! but you don't really consider how important it truly is. We've often known about  
the need for hydration, but I, at least, by no means knew about the hyperlink between water  
therefore many health issues.. After all its common feeling that you ought to be drinking water  
everyday. This book is a MUST READ! six months of my very own personal HELL. Everything.  
Drinking water. Life changer!! I read this book over and over to remind myself of the need for  
drinking water. If you are concerned with your overall health, I totally suggest this superb reserve  
either in Kindle Edition or in the imprinted book form. So useful and interesting.. Still, I was not  
convinced that adding clear water had anything regarding this huge amount of pain lessening,  
yet I was curious if water had anything to do with it. Before We purchased this book in the  
Kindle format, We was not drinking near more than enough water each day.. Drinking water was  
something I gargled with salt whenever I endured a chilly or flu' anreven then I coughed More.  
As I have had chronic shoulder discomfort for many years (that comes and will go), I did not  
know that I might end up being dehydrated or that dehydration could be one of the causes for  
my chronic pain. Once i started drinking the recommended amount of water and than some  
along with increasing my salts, my epidermis got a U convert for the better. I couldn't be happier.  
They don't inform you to drink more drinking water on labels.. And it's a steady kind of energy  
throughout the day. Amazing. READ THE BOOK. The premise of the book (and others by this  
author) is that 'persistent or chronic dehydration' is the primary cause of most, if not absolutely  
all diseases affecting humanity today is a bold claim, but will there be evidence to back again  
this extraordinary claim to back it up? the best book the best book ever great info Wow! You  
don't know what you don't know . six months of a hacking dried out cough.. I just don't need the  
caffeine anymore. Never again After adding the salt the-author recommended- to my drinking  
water, my kidneys begun to hurt. I halted performing that and the pain went aside. I closed the  
publication and never picked it up once again. No pain since. Five Stars very informative A have  
to read if you want to take care of yourself! This book was gifted if you ask me a few days ago.  
Go through this with caution! I could not put it down.. I am so thankful.. LIFE SAVER! I mean who  
knew? Once i read this publication I started drinking even more water and am definitely more  
proactive doing this.!. I really believe lifesaving. I just wish I had examine it years back. I go  
through it in one evening. Be careful reading this, too much drinking water could cause you to  
reduce an excessive amount of sodium.. Keep it organic baby, and by normal water everyday I  
guarantee you will observe the change...just ask me. Of program, drinking water is less costly  
than needing to continually spend on medications that give me limited benefits! I am totally  
blown away in the difference in the manner I feel.. I was coughing at night time and nothing I  
got, eased my discomfort. I hate water but I like this book Great advice. People sort of think I  
believe that I'm the "drinking water guru" now, but truth is really that if they deposit the sugar  
and found the H2O the standard of their lives would vastly improve.



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