

Bragg Books are
Gifts For Life!



BRAGG

1912

celebrating 100 Years
of the BRAGG HEALTH STORY

2012

Water Can Make
or Break Your Health

Water

you
are
70%
water

THE SHOCKING TRUTH
Stop Fluoride - Learn Why
The Water You're Drinking
May Look Pure & Safe - But Is It?
THAT CAN SAVE YOUR LIFE!

Water is the Key to All Body Functions!

- Heart
- Circulation
- Digestion
- Bones & Joints
- Muscles
- Metabolism
- Assimilation
- Elimination
- Sex
- Glands
- Nerves
- Energy

Water is Essential for Health & Healing!

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Water: The Shocking Truth That can Save Your Life



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Water is the key to all or any body functions!



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If you drink plain tap water, you will minimize after scanning this book Another classic book on water, this one is much more detailed than Walker's Water Can Undermine YOUR WELLBEING, but just as easy to read. This book changed and saved my entire life! Thanks! BTW, TDS meters, shipped direct from China, are inexpensive plenty of on ebay to check the relative quality of your drinking water. He evidently swallowed some sea water while swimming to the raft and it experienced his lungs. SUPERIOR ship care SUPERIOR ship care, speed, AMAZON Vendor! Also I don't trust their food guideline pyramid. The Transcend Food Pyramid (web page 239 of Transcend) is normally a nearer match of how centenarians eat. fun to read This is a great book to read, but after learning a few of the authors biography, I am not sure what all to trust from it! The basic ACV concept is excellent and I am profiting from it, but the selection of promises they make is definitely head-turning, rather than well substantiated. However they have at least 2 EDITIONS OF THE BOOK and it looks like I got a mature edition from a third party vendor. and developed gout in my own left feet, swelling to twice its regular size. We both started drinking a gallon of distilled water a day time and I started my fast while cooking in my restaurant 12 -16 hours each day. You should get both books, but if you can only get one, this might be my first choice. A+++++ Five Stars I love all of the BRAGG products! If you are crazy more than enough to drink tap water, you will stop after reading this book. When I had this book recommended if you ask me, I was the cook in my own restaurant for almost 2 yrs ahead of selling it. Even today, it continues to be a controversial topic--some saying it robs the bones of essential minerals-- but it never seemed to harm Paul whose untimely loss of life was because of a swimming incident off Fort De Russy Beach. Book as described - super pleased. Drinking distilled water is something I do when fasting as it is certainly the purest form of drinking water to cleanse your body. I couldn't use a shoe or stand lengthy on one leg since I couldn't place pressure on my remaining foot. The doctor said it was the most severe case of gout he had ever seen in someone so young. In order to function I required 500 mg of Zylprim twice a time to keep carefully the gout at bay in order to function without continuous, searing pain. Has many interesting and surprising information. Bragg was saying that despite the fact that any amount of fast is good for you, you is going beyond 17 or 18 days, or else it is not a complete cleanse. He stated I had a need to read two books by Dr. When I saw and smelled what came out of my body, I was appalled." So I asked my wife to pick them up from the health food store. Dr. This is an excellent sign that extremely good stuff are happening. Two Stars Not what I expected I usually have enjoyed all of his books which one is simply no exception. Bragg also discussed the need for fasting and how it helps clean the body of stored inorganic substances, poisons, carcinogens and the colon from years of impacted feces. He described that fasting using distilled water wouldn't normally only clean out our body, but also give our digestion system and its organs a chance to rest and regenerate, adding years to our lives and stopping many diseases. I actually acquired no choice: fasting was my only expect moving away from that deadly medication and eradicating the gout. My candid explanation is to ideally invoke some degree of concern and action on your part. Will purchase from this STELLAR AMAZON SELLER again. No food at all, only distilled drinking water. Was it easy? LOL! If you are done gagging and retching and judging me for my lack of discretion, just remember your body and colon could possibly be more impacted and toxic then mine was at 26, based on your age and especially should you have never fasted. Good book about water. Absolutely not. While I was learning Bragg's book, my partner was experiencing phlebitis (blood clots) in her legs. I had been smoking since getting into the Navy at 17, so I was also looking forward to this fast to cleanse my lungs of tar and nicotine deposits, as Dr. A great book. Following the program is clean of the addicting drug, it is much easier to give up smoking once and for all. These books literally changed my life! A customer arrived to the restaurant two times later on and asked why We was limping and I responded, gout. The 18-19th day is if you have your last bowel movement. During the fast the distilled water helps grab toxins, carcinogens, chemical substances, artificial colorings, flavorings, preservatives, etc., including tar and nicotine in the lungs and colon from cigarette smoking. The colon has been actively moving,

loosening and breaking free the impacted feces composed of encrusted, undigested, mucus coated greasy food and putrefied, rotting meat, all of which can contribute to colon or rectal cancer. When that is occurring, you will hear noisy growling and gurgling noises, and perhaps some cramps. I learned the easy truth that distilled drinking water was the purest water available. Thank you dr. Make sure you're alone inside your home and the bathroom enthusiast is on with all the current windows open. Certainly a 5 star book for what it has done for me and my family. That knowledge for me was lifestyle changing! Paul Bragg, "The Shocking Truth about Water" and "The Miracle of Fasting. The smell was like that of a lifeless, rotting animal, the texture was slimy, sticky and gummy, and I believed I had provided birth to a still-born tar baby. As a matter of fact, it stuck aside of the toilet pan and wouldn't release, as if it were a foul, demonic creature with needle-sharp, stainless claws planted into the side of the porcelain bowl whose footprint was difficult to eliminate. The only time I wasn't constantly being tempted was while I was sleeping. She was acquiring Coumadin, plus large doses of antibiotics on her behalf frequently recurring kidney attacks, being admitted twice for intravenous antibiotics. The activity plus the cramping is what will bring about the last elimination of the colon. Bragg for writing this book. Five Stars easy read and helpful! thanks Five Stars Recommend reading for everybody! Love it Great reserve with great into A great reserve. I read this initial when I was ... Bragg had promised. I examine this 1st when I was in college, 25-30 years ago and have been drinking distilled drinking water since and have raised my children drinking it. I haven't agreed with everything in Bragg's books, but overall he was method before his time in understanding of health issues. Buy a pallet of commercial air freshener in advance. However, I think I may experienced nightmares about starving to loss of life. The doctor warned me that this quantity of Zylprim could severely harm my kidneys over time. Another Winner From Paul and Patricia Bragg.! Having personally met Paul Bragg in Hawaii in the mid 1960's, I could assure you that to get a man in his 70's he was a remarkable exemplory case of the philosophy this individual preached. Gout is a result of an over production of uric acid creating crystals which gather in a joint, and like broken cup, these crystals grind in the socket leading to great swelling and pain. In under a calendar year I gained 60 pounds. beware older editions + food pyramid A good introduction into why clear water is so important and what could go wrong when you drink water with pollutants. He never quite recovered from that even though he was revived by EMTs at the seaside. Dr. It is a treasure trove of valuable information about our contaminated water supply. Many thanks, Patricia, for having on your father's legacy. He transformed my life. I was astonished at the simple reality that fasting with distilled drinking water would cleanse my own body of foreign chemicals such as for example dissolving kidney stones, gall stones, the crystals crystals that type in a joint, inorganic mineral plaque forming in arteries plus much more.



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