



The WATER Prescription

For Health, Vitality,
and Rejuvenation

CHRISTOPHER VASEY, N.D.

Bestselling author of The Acid-Alkaline Diet for Optimum Health

Christopher Vasey N.D.

The Water Prescription: For Health, Vitality, and Rejuvenation



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Explains how exactly to determine the quality and quantity of water that is best for you personally and the time during the day it is best to drink• Furthermore, he provides 10 drinking water cures that will rehydrate the deepest degrees of the body, remove toxins, and restore vital nutrients.Helpful information to how water can prevent and deal with disease as well as rejuvenate your body and brain• Includes 10 drinking water remedies for profound physical rehydration, toxin removal, and remineralizationDrinking adequate quantities of water is a necessity for ideal physical functioning, but it can also play a significant role in the avoidance and treatment of many diseases. Chronic fatigue, despair, eczema, rheumatism, gastric disorders, high or low blood circulation pressure, high cholesterol, obesity, and urinary attacks are but a few of the many disorders that may result from not drinking plenty of water--and which may be treated by increasing our intake of the essential liquid.The physical assaults that our bodies endure from pollution, stress, overly rich and processed food items (often containing an excessive amount of salt), and alcohol and tobacco have significantly increased our daily dependence on water over what our ancestors required. Christopher Vasey clarifies not only why water is indeed important to our health and wellness but also what amounts we should drink and when. He also discusses the qualities of various kinds of water and demonstrates that will best address certain conditions. Shows the role water deficiency plays in a lot of diseases and other health disorders•



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the information is effective in promoting drinking water for health. Best book about hydration! There really is always more to understand about water and how it is used in the body. Is bottled water better than tap drinking water? I do drink much more water, but I simply can't seem to find the period to get a schedule to drinking water and I still have yet to complete this book. Mineral drinking water? The choices can get really confusing. Five Stars It's a good go through!. I was surprised to find that a local mineral spring where I choose sparkling water rated high in many performance aspects.. ART OF NORMAL WATER! Another artwork by Mr Vasey. This book has convinced me I need to drink more water, 'tho it's still something I find hard to do. Techniques that assist us in hydrating ourselves through out the day. I hardly ever imagined that a book could be written on water! Learned about drinking water .Other books by author are also strongly suggested. I especially liked the section on the 10 methods to rehydrate and wish to try many of the methods. It had been clear, concise, and useful... It rates dozens, probably hundreds, of bottled waters which are sold in the US and all over the world..We didn't. The charts labeling all the different brands of water in bottles was thorough, but I could most likely have gotten that details off the internet for free. It just appeared like something was missing although I'm not sure what. The Facts About Water I needed motivation since We rarely drank enough water. Meh. Tested the author's cedentials. Right now I am drinking my drinking water without fail. I have read this twice. The knowledge in this book could easily be put in a pamphlet. Not really that the info is bad, that there's really not enough to fill a genuine book. I found this content clear to see as written by Dr. WORTH A TRY IT IS A FASCINATING BOOK, NOT SURE EASILY HAD A NEED TO BUY IT,.Water, Drinking water Everywhere I found this book surprisingly entertaining. Many thanks for quick delivery. The book was very helpful. Approaches for losing the excess weight and alkalizing your body are of tremendous help.. I've also go through this author's book The Acid-Alkaline Diet plan for Optimum Health. The book was very useful. Learned about normal water and how very much your body needs. Four Stars good book! This book not only gives a great summary of how our anatomies use water, but it also prescribes certain waters (based on mineral content) and amounts to drink for certain health circumstances, such as ADD and many others problems. Interesting. Great book and interesting theory. How about spring water? It took a time to find yourself in it; I thought it might bore me, but no. (I read 4, this was by far the best!) This book really helped me understand the process of hydration. Some might appreciate all of the technology and chemistry background. It explained the biology with out a couple of mysticism or spiritual connotations like some of the additional books I've read. very informative This book explained the countless principles of water hydration and how exactly to best accomplish hydration for your body. A straightforward read. Vasey. Left Me personally Thirsty For More Not a well crafted reserve for the layman. This book has convinced me I have to drink more ...Some very helpful and practical tips could be learned from this book.



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