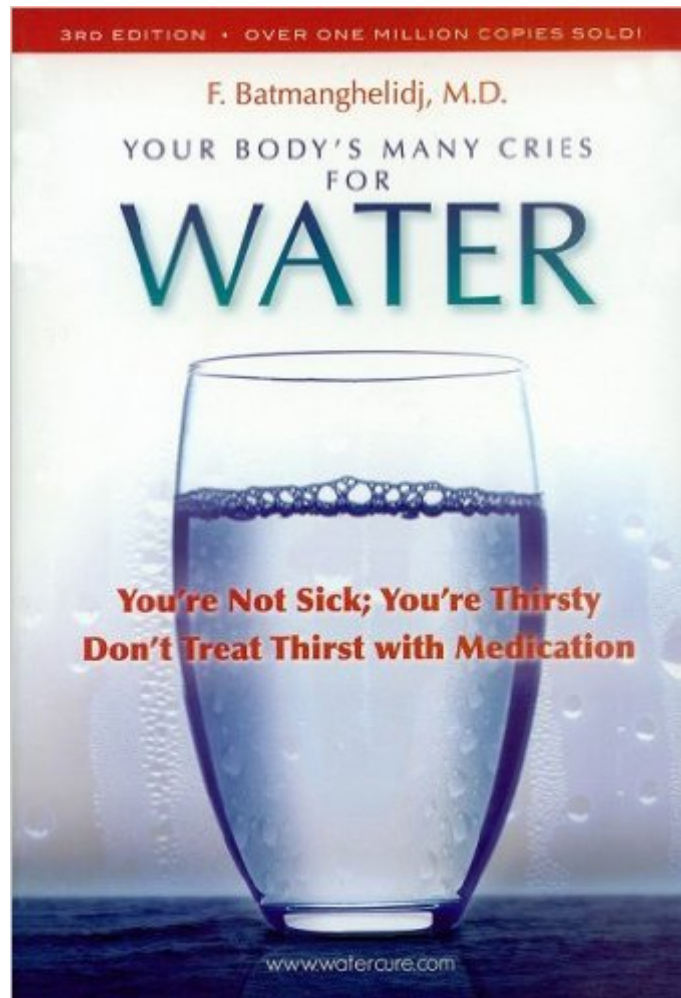


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# Your Body's Many Cries For Water



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

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## 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!

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