



Your Body's Many Cries for Water

By F. Batmanghelidj, M.D.



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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

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Editorial Review

About the Author

F. Batmanghelidj, M.D., is an internationally renowned researcher, author, and advocate of the natural healing power of water.

Users Review

From reader reviews:

Gayle Skinner:

In this 21st century, people become competitive in each way. By being competitive at this point, people have do something to make all of them survives, being in the middle of the actual crowded place and notice by simply surrounding. One thing that at times many people have underestimated it for a while is reading. That's why, by reading a e-book your ability to survive enhance then having chance to remain than other is high. For you personally who want to start reading a new book, we give you this kind of Your Body's Many Cries for Water book as beginner and daily reading guide. Why, because this book is greater than just a book.

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