

[PDF] Your Body's Many Cries For Water: A Preventive And Self-Education Manual For Those Who Prefer To Adhere To The Logic Of The Natural And The Simple In

Fereydoon Batmanghelidj - pdf download free book

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Description:

As a result of extensive research into the role of water in the body, the author, a medical doctor, believes that he has found chronic dehydration to be the cause of many conditions including asthma, allergies, arthritis, angina, migraine headaches, hypertension, raised cholesterol, chronic fatigue

syndrome, multiple sclerosis, depression, and diabetes in the elderly.

According to Dr. Batmanghelidj, the body possesses many different thirst signals. A dry mouth is not a reliable indicator of your body's water needs. He describes a variety of more reliable ones, and helps you learn to understand when your body is calling for water. In this way, he claims you can prevent, treat, and cure a variety of conditions of ill health, at no cost, with what he calls nature's miracle medicine: Water. The author explains how much water one needs to drink a day to stay healthy, and why tea, coffee, and sodas are not good substitutes for water.

From Scientific American This book by a highly respected M.D. explodes a medical atom bomb-- An entirely new paradigm for the cause and prevention of many degenerative diseases! You owe it to yourself to read this incredible book!

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