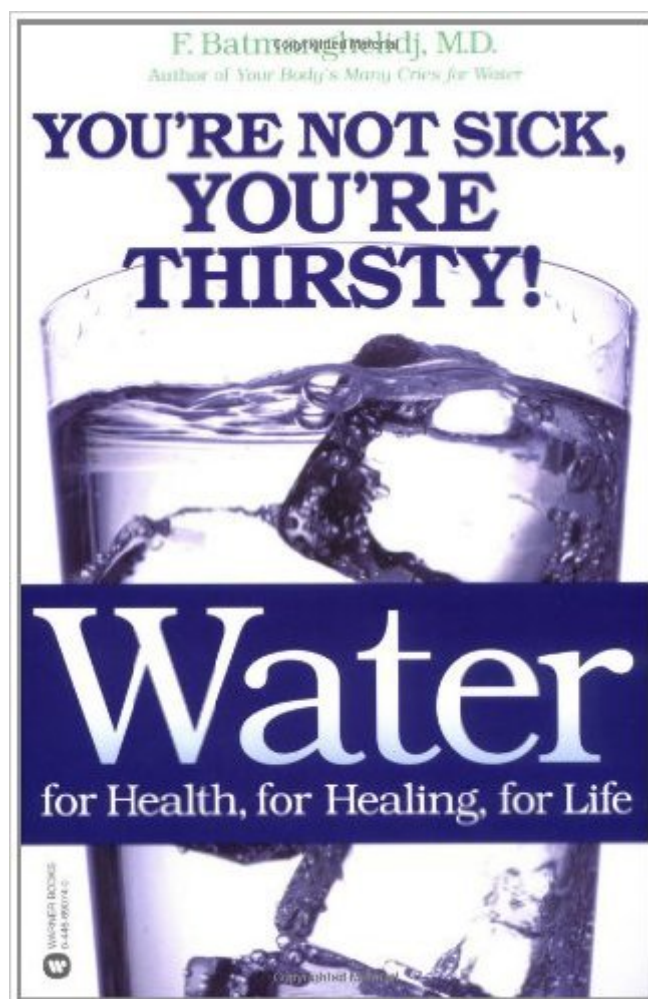


The book was found

Water: For Health, For Healing, For Life: You're Not Sick, You're Thirsty!



Synopsis

Asthma, allergies, arthritis, hypertension, depression, headaches, diabetes, obesity, and MS. These are just some of the conditions and diseases that are caused by persistent dehydration. But there is a miracle solution that is readily available, all natural, and free: water.

Book Information

Paperback: 304 pages

Publisher: Warner Books (June 1, 2003)

Language: English

ISBN-10: 0446690740

ISBN-13: 978-0446690744

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (248 customer reviews)

Best Sellers Rank: #16,696 in Books (See Top 100 in Books) #16 in [Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior](#) #25 in [Books > Medical Books > Psychology > Psychotherapy, TA & NLP](#) #40 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP](#)

Customer Reviews

Dr B's book is one of the most useful detailed observations about wellness and disease relating to our relationship with water, well correlated and compellingly illustrated with concurring scientific findings--all of which are available in any good medical text on the human physiognomy. The book covers detailed understandings of water shortage in the body related to asthma, allergies, blood pressure disorders, diabetes, constipation, auto-immune diseases, pain, heartburn, hiatal hernia, colitis, ulcers, rheumatoid arthritis, obesity, depression, gout--the list goes on and contains practically all the well-known and well-experienced villains of ill-health! Although there are no clinically detailed case studies, for a book of this nature these are not needed. Dr B's observations and references to the relevant current medical teaching make for a solidly convincing case for reversing with water therapy what Dr B calls "Chronic Unintentional Dehydration". Most of our body is composed of water (about 75%). To think that dehydration takes place only when severe symptoms and bodily reactions take place is one the greatest single errors anyone can make as far as health and wellness is concerned. Like Coleridge's ancient mariner, in the present day we seem to be marooned upon a painted ocean going nowhere, losing our health because we have forgotten

what it means to drink enough water. Many people have knocked this finding of Dr B's without going into the merits of the findings that water is a fundamental nutrient for the body, chronic shortfall of which leads to serious dysfunction and disease.

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