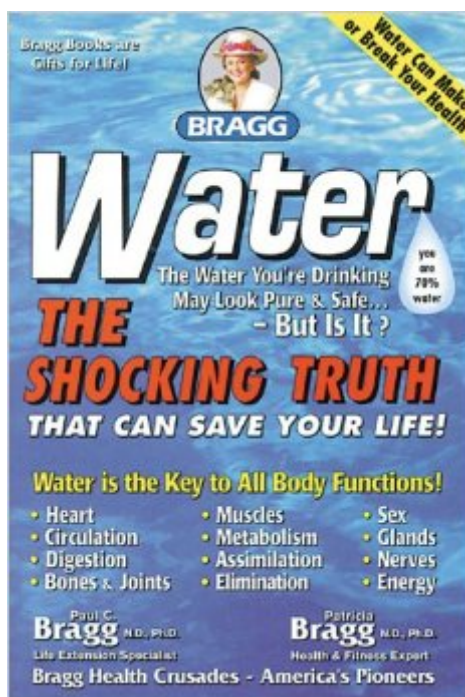


The book was found

# Water: The Shocking Truth That Can Save Your Life



## Synopsis

Water is the key to all body functions!

## Book Information

Paperback: 182 pages

Publisher: Bragg Health Sciences; Revised and Expanded ed. edition (September 16, 2004)

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #66,611 in Books (See Top 100 in Books) #60 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #69 in [Books > Health, Fitness & Dieting > Safety & First Aid](#) #103 in [Books > Health, Fitness & Dieting > Reference](#)

## Customer Reviews

When I had this book recommended to me, I was the cook in my own restaurant for almost two years prior to selling it. In less than a year I gained 60 lbs. and developed gout in my left foot, swelling to twice its normal size. Gout is a result of an over production of uric acid creating crystals which collect in a joint, and like broken glass, these crystals grind in the socket causing great inflammation and pain. I couldn't wear a shoe or stand very long on one leg since I couldn't put pressure on my left foot. The doctor said it was the worst case of gout he had ever seen in someone so young. To be able to function I needed 500 mg of Zyloprim twice a day to keep the gout at bay in order to function without constant, searing pain. The doctor warned me that this quantity of Zyloprim could severely damage my kidneys over time. A customer came into the restaurant two days later and asked why I was limping and I responded, gout. He said I needed to read two books by Dr. Paul Bragg, "The Shocking Truth about Water" and "The Miracle of Fasting." So I asked my wife to pick them up from the health food store. These books literally changed my life! I learned the simple truth that distilled water was the purest water available. I was amazed at the simple fact that fasting with distilled water would cleanse my body of foreign substances such as dissolving kidney stones, gall stones, uric acid crystals that form in a joint, inorganic mineral plaque forming in arteries and much more. Dr. Bragg also talked about the importance of fasting and how it helps clean the body of stored inorganic substances, toxins, carcinogens and the colon from years of impacted fecal matter.

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