



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

F. Batmanghelidj

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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.

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

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From Reader Review Water For Health, For Healing, For Life: You're Not Sick, You're Thirsty! for online ebook

M.J. says

This is an amazing read about a doctor who, while imprisoned during the war began finding that he could cure his fellow prisoners and prison guards with nothing but pure water. You will discover the science behind why water cures so many things that we typically think require expensive pharmaceuticals.

Cindi says

This book could also be rated 2 or 3 stars. I give it 4 stars because of the ultimate message and because I like descriptions of physiology. People who don't like to get into the nitty-gritty of the workings of the body can just use the take-away message. Drink half of your body weight in ounces and make sure you are getting adequate salt.

But, if you like physiology, you might want to read it. There are chapters on different disorders and diseases and descriptions about how water is involved and how dehydration is the ultimate cause of the problem.

A HUGE problem though, is that the author doesn't quote many outside sources. He relies mostly on his own research, which might not be bad, but it isn't cited. And, he doesn't often point the reader to other sources outside of his own books he has written.

It can be fairly repetitive and the writing is not terribly good. However, recently I have been drinking lots more water on a regular basis and I'm interested to see how this affects my overall health!!

P.S. I admit that I didn't read the whole thing. There were sections that were less interesting to me that I skimmed or skipped.

Jason Zielonka says

Required read for anyone interested in well-being ...

Great review of the medical literature on dehydration as well as selective "chronic illnesses" that are in fact most likely signs of chronic dehydration. Well worth reading ... and if you a health care professional, especially useful j. Giving you an alternate theory for what signs & symptoms mean and an alternate hypothesis for the etiology of major diseases of the Western world.

StrangeBedfellows says

This book will change your life, starting with your awareness of your own body. An excellent read for people who dislike doctor visits, pharmaceuticals, or even being ill for that matter. In fact, I recommend that

everyone read this book, cover to cover.

Pat says

You hear people say you should drink 6-8 glasses of water a day, but this really shows you why. It's a fascinating account of how dehydration affects your joints, your organs, cholesterol, histamine and more. There's a figure that shows what a dehydrated stomach lining would look like next to a hydrated one, for instance. Muscle aches, stuffiness, dry skin, hunger pangs, all kinds of things can be signs of dehydration. Thirst is the last sign, long after your body parts are desperate. Very useful information.

Susan Stumpf says

This is a very interesting book. A little technical and repetitive at times but well worth reading. Gave me a better understanding of how my body works and the importance of water as well as the effect of diuretics such as alcohol and coffee. I will be drinking more water, adding a little salt and walking an hour a day! Everyone should read this book Dr. "Bataman" clearly lays out the case that dehydration in the body is the cause of many "issues" we have with our body from heartburn to weight gain to asthma and more!

Cade Wilcox says

This book is very insightful into the inner workings of the human body. Dr. Batmanghelidj explains simply the benefits of being fully hydrated. The suggestions in this book have already helped my back pains. I highly recommend this book.

Denise Messenger says

I love this book. How many of us ever think about water and how important it is to the entire functioning of our body. We only think of it when we are thirsty. The author did an excellent job of outlining just why it is important and we don't drink near enough of it.

Yury says

I love the overall idea and definitely recommend this book. The only downfall is that it can get a bit repetitive which makes it a bit of a drag to finish. Once you get the general idea, you will feel enlightened.

Katie O'Connor says

Lots of wild leaps and long reach conclusions.

I don't dispute that the body needs more water than we tend to give it. But I also know that water doesn't cure all the diseases the author claims it does.

Claudia says

Not the easiest read because he's not dumbing anything down, but not impossible either. Everyone should read this - really eye-opening. An easy, free change that could potentially make a HUGE difference.

Cheree Moore says

My mom recently recommended *You're Not Sick, You're Thirsty* by F. Batmanghelidj, M.D., a medical professional from Iran. Dr. B. spent three years as a political prisoner in an Iranian prison where he discovered, that without access to medicine, prisoners responded to water to cure their ailments.

Read complete review at <http://chereemoore.blogspot.com/2010/...>

Autumn says

It just makes sense that many of our problems are related to not enough water. A good read but check it out from the library - not a keeper.

I_love_a_happily_ever_after says

This book has healed me so many times from allergies, sinus infections, and skin issues. I read it years ago, but re-read it this week because I needed some motivation to work at not getting dehydrated so easily. READ READ READ this book! It will make an amazing difference in your life. 8 glasses of water a day is a myth...you may need much more.

Barbara says

I gave this book five stars because the information in it is important and so easy to apply. Everyone reading this has access to water and salt. As reading goes, it does get a bit heavy with jargon on occasion and it is repetitive which can get a bit dull. He was definitely not the most thrilling writer. With that said, I did enjoy the book a lot. The basic explanations were easy to understand and make sense with everything I know about how the body works. The jargon came in as he tried to explain more in depth about how the body works.

The woman who recommended this book to me has suffered for about ten years, since her early twenties, with severe arthritis pain. She increased her water intake and added some salt and now her arthritis pain has been greatly reduced and she hopes with time it will disappear entirely.

I have personally seen the effects of water in removing headache and migraine pain.

So, we all know we should drink water to be healthy. But, do we drink enough and regularly enough to keep our bodies consistently hydrated? And do we add some salt too if we are drinking a lot because urinating removes the necessary salt from our bodies?

After reading this book and seeing all the problems dehydration can cause in your body, I want to drink enough. Plus, it is a non-evasive and free remedy. Can't hurt... might help.

He recommends taking your weight and dividing by 2. Then, drink that number in ounces daily. So, someone who weighs 150 pounds would drink 75 ounces of water daily. If you don't weigh much, the minimum is 64 ounces daily. Also, you need to increase your salt intake to replace the salt expelled from your body from increased urination. He recommends 1/2 teaspoon daily for every 64-80 ounces of water.

I could go on and on, but you should just read one of his books or check out his website. He spent approximately 25 years of his life researching water. The website is www.watercure.com Also, some others put out a website www.watercure2.com that has a basic formula for following the water cure. It explains how much water to drink and salt to add to your diet to replace the salts that are washed from your body.
