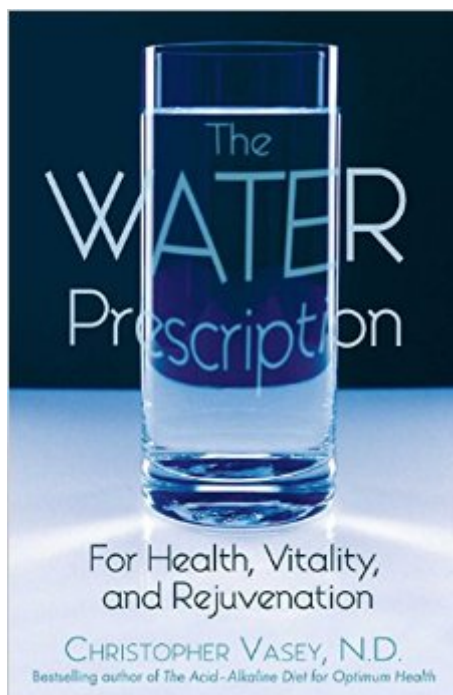


The book was found

The Water Prescription: For Health, Vitality, And Rejuvenation



Synopsis

A guide to how water can prevent and treat disease as well as rejuvenate the body and mind
Shows the role water deficiency plays in a large number of diseases and other health disorders
Explains how to determine the quality and quantity of water that is best for you and the time during the day it is best to drink
Includes 10 water cures for profound physical rehydration, toxin removal, and remineralization
Drinking sufficient quantities of water is a necessity for optimal physical functioning, but it can also play a major role in the prevention and treatment of many diseases. Chronic fatigue, depression, eczema, rheumatism, gastric disorders, high or low blood pressure, high cholesterol, obesity, and urinary infections are but a few of the many disorders that can result from not drinking enough water--and which can be treated by raising our intake of this vital liquid. The physical assaults that our bodies endure from pollution, stress, overly rich and processed foods (often containing too much salt), and alcohol and tobacco have dramatically increased our daily need for water over what our ancestors required. Christopher Vasey explains not only why water is so essential to our health but also what quantities we should drink and when. He also discusses the qualities of different types of water and demonstrates which will best address certain conditions. In addition, he provides 10 water cures that will rehydrate the deepest levels of the body, remove toxins, and restore vital minerals.

Book Information

Paperback: 160 pages

Publisher: Healing Arts Press; 1st U.S. Ed edition (March 20, 2006)

Language: English

ISBN-10: 1594770956

ISBN-13: 978-1594770951

Product Dimensions: 5.4 x 0.5 x 8.2 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #545,363 in Books (See Top 100 in Books) #65 in [Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#) #94 in [Books > Engineering & Transportation > Engineering > Civil & Environmental > Hydrology](#) #3424 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

I read a great book on the same subject, water, a while ago. *Water: For Health, for Healing, for Life: You're Not Sick, You're Thirsty!* gave me a lot of useful information but somehow, although we think

that there is not much to know about water other than the fact that we should drink 2 liters a day, I felt compelled to read a bit more and I was right! I have to say that I wasn't sure that one could add a lot of information to the book of Dr. Batman's book but boy, was I wrong..... This book is very well written without repetitions, which are one of the biggest problems of modern books! Especially the chapter on mineral and spring waters is very interesting; it gives the reader information about mineral and spring water in a number of countries. Then there are lists for those interested in for example waters rich in calcium, waters rich in magnesium, waters rich in silica, waters rich in iron, manganese, lithium, etc. There are several cures according to what you want to achieve. You have for example the Hydration and Deacidification Remedy if you want to deacidify the internal cellular environment of the body, Hydration and Remineralization Remedy, etc. One thing I didn't understand was how one finds out if one suffers from extracellular thirst or intracellular thirst. Without knowing that one doesn't know whether to add salt to the drinking water or not. I read that chapter several times but I still don't understand how to decide which thirst one suffers from. As far as cholesterol goes I think that it is now fully known that the food one eats doesn't change a thing in the amount of cholesterol in the body.

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