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## Your Bodys Many Cries for Water

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By F. Batmanghelidj

Global Health Solutions, Inc. Paperback. Book Condition: New. Paperback. 196 pages. Dimensions: 8.1in. x 5.6in. x 0.6in. New Edition! This is the third edition of Dr. F. Batmanghelidj classic water book! This book, based on a pioneering physician's twenty years of clinical and scientific research into the role of water in the body, explains a breakthrough discovery that Unintentional Chronic Dehydration (UCD) produces stress, chronic pains and many painful degenerative diseases. Dry mouth is not the only sign of dehydration; waiting to get thirsty is wrong. You will learn the different signals of thirst when your body is calling for water. Simply adjusting your water intake - yes, water! Natural, pure water! - can help you to live a healthier, pain-free life. Learn: How to naturally prevent and reverse conditions such as asthma, allergies How to naturally eliminate pains including heartburn, back pain, arthritis, colitis pain, migraines How to use water to prevent and combat premature aging How to lose weight effortlessly, without strict dieting This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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