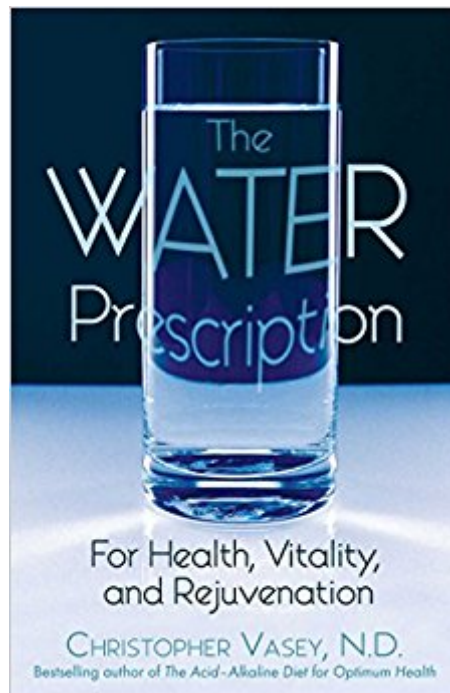




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The Water Prescription: For Health, Vitality, And Rejuvenation



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

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Customer Reviews

"For those seeking proper re-hydration, Christopher Vasey, a Naturopathic Doctor, specifies the amount and type of water (tap, distilled, or low mineral, possibly with a bit of sugar or salt)

depending on your type of dehydration, and even details a method of using drinking water to lose the weight gained by under-hydration." (Alec Franklor, Edge Life, No. 187)"A slender book, it is basic and smart. . . .[T]here are some surprises. This slim volume deserves a place on everyone's good-health bookshelf. This, in fact, before any other." (Carolyn Howard-Johnson, MyShelf.com, May 2006)"We found this little book to be a comprehensive guide to most of the water that we drink daily. You may find some important missing pieces in your search for better health here." (Lotus Guide, Feb 2007)

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Another piece of art by Mr Vasey. Some very useful and practical tips can be learned from this book. Techniques which help us in hydrating ourselves through out the day. I never imagined that a book could be written on water! Techniques for losing the weight and alkalizing the body are of tremendous help. Other books by author are also highly recommended.

I found this book surprisingly entertaining. I thought it might bore me, but no. There really is always more to learn about water and how it is used in the body. Is bottled water better than tap water? What about spring water? Mineral water? The choices can get really confusing. This book not only gives a great overview of how our bodies use water, but it also prescribes certain waters (based on mineral content) and amounts to drink for certain health conditions, such as ADD and many others problems. It rates dozens, possibly hundreds, of bottled waters that are sold in the US and all over the world. I was surprised to find that a local mineral spring where I go for sparkling water rated very high in many performance aspects. I have also read this author's book The Acid-Alkaline Diet for Optimum Health.

The info in this book could easily be put in a pamphlet. Not that the info is bad, just that there's really not enough to fill an actual book.

Not a well written book for the layman. Some might appreciate all the science and chemistry background.....I didn't. The charts labeling all the different brands of bottled water was thorough, but I could probably have gotten that info off the internet for free. It just seemed like something was missing although I'm not sure what.

The book was very helpful. Learned about drinking water and how much your body needs.

It's a very good read!

It took a little while to get into it; the information is helpful in promoting drinking water for health. Thank you for quick delivery.

good book!

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