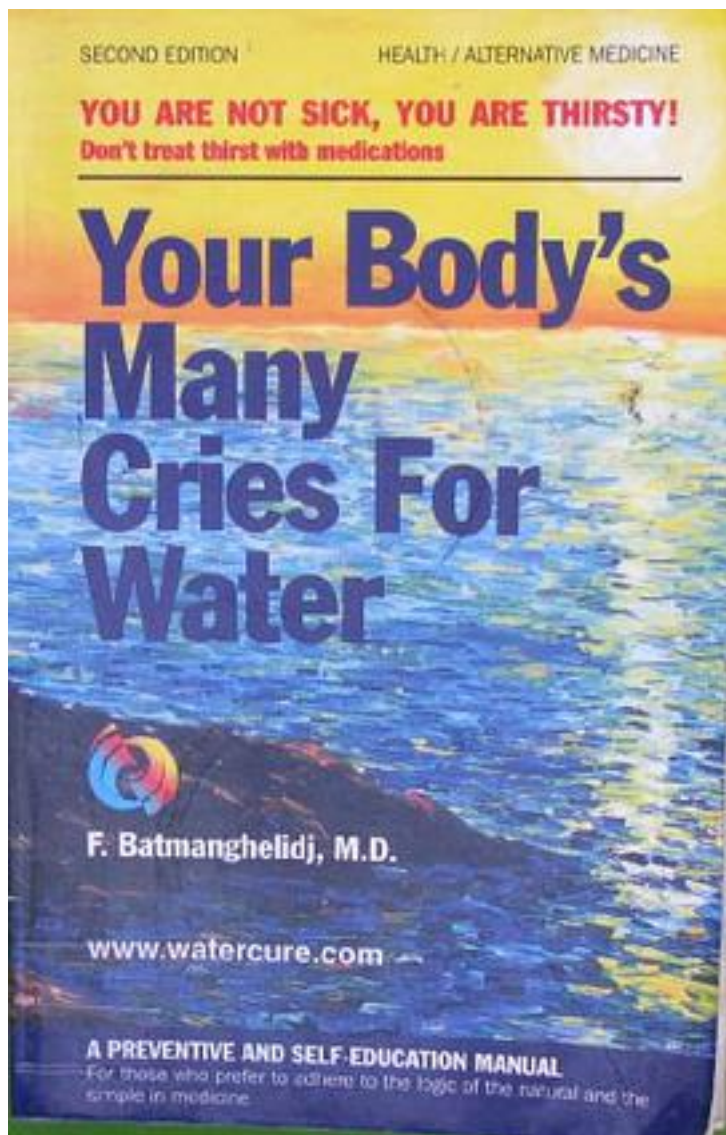


# Your Body's Many Cries for Water



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著者:Batmanghelidj

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Based on his extensive research on water metabolism in the human body, Dr. F. Batmanghelidj reveals his ground breaking discovery that unintentional dehydration is the root cause of many painful degenerative diseases such as asthma, allergies, hypertension, excess body weight, and some emotional problems including depression. This book offers documented proof of the miraculous healing power of water in disease prevention and their cure. This easy-to-read book is your ideal guide to the new art of healing. You will learn how to use water to: -- Prevent and reverse premature aging-- Eliminate pains including heartburn, back pain, arthritis, angina, and migraine headaches-- Cure asthma in a few days, naturally and forever-- Cure hypertension without diuretics or other medication-- Lose weight effortlessly and naturally without strict dieting-- Control your blood pressure naturally and prevent sudden heart attacks

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