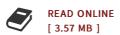




The Water Prescription: For Health, Vitality, and Rejuvenation

By Christopher Vasey

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, The Water Prescription: For Health, Vitality, and Rejuvenation, Christopher Vasey, 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.



Reviews

Comprehensive information for book lovers. This is for all who statte that there had not been a worth studying. Its been printed in an remarkably simple way which is simply following i finished reading through this pdf where actually modified me, change the way i think.

-- Rebekah Smith

A really awesome publication with perfect and lucid reasons. I was able to comprehended every thing using this published e pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Prof. Patsy Blanda