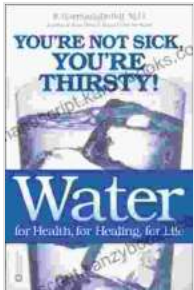


You're Not Sick, You're Thirsty: The Essential Guide to Water for Health



Water for Health, for Healing, for Life: You're Not Sick, You're Thirsty! by F. Batmanghelidj

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1870 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 306 pages
Screen Reader	: Supported



By Fereydoon Batmanghelidj, M.D.

In *You're Not Sick, You're Thirsty*, Fereydoon Batmanghelidj, M.D., reveals the vital role that water plays in our health and well-being. For over thirty years, Dr. Batmanghelidj has been treating patients with chronic diseases, such as asthma, arthritis, and diabetes, by simply teaching them to drink more water. His groundbreaking work has helped thousands of people regain their health and vitality.

In this book, Dr. Batmanghelidj explains the science behind his water therapy. He shows how dehydration can lead to a wide range of health problems, including fatigue, headaches, constipation, and weight gain. He also discusses the importance of drinking water before, during, and after exercise.

You're Not Sick, You're Thirsty is a must-read for anyone who wants to improve their health and well-being. Dr. Batmanghelidj's simple yet effective water therapy can help you:

- Reduce your risk of chronic diseases
- Improve your digestion and metabolism
- Boost your energy levels
- Lose weight
- Enhance your mood
- Sleep better
- Look and feel younger

If you're ready to take control of your health, start by drinking more water. *You're Not Sick, You're Thirsty* will show you how.

Praise for *You're Not Sick, You're Thirsty*

"Dr. Batmanghelidj's book is a wake-up call to everyone who wants to achieve optimal health. Water is the most important nutrient for our bodies, and yet most of us are dehydrated. This book will change the way you think about water and how you drink it."

—Dr. Joseph Mercola

"Dr. Batmanghelidj's work is groundbreaking. He has shown that dehydration is a major cause of chronic disease. This book is a must-read for anyone who wants to improve their health."

—Dr. Andrew Weil

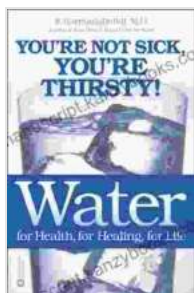
About the Author

Fereydoon Batmanghelidj, M.D., is a world-renowned expert on the role of water in health and disease. He is the author of several books, including *Water: The Essential Nutrient*.

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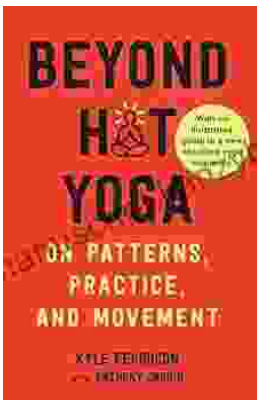
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