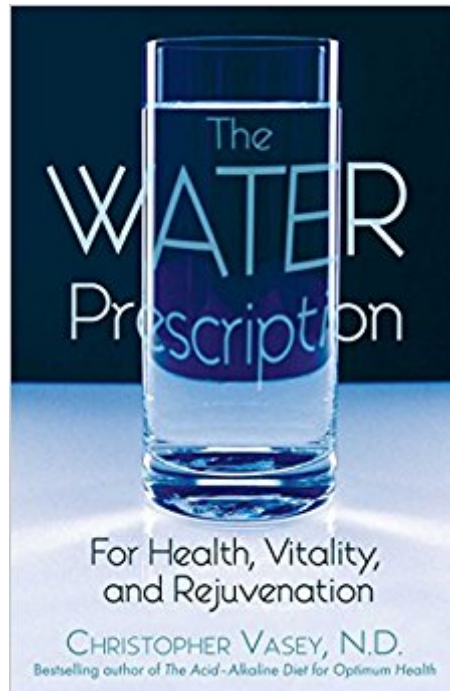




The book was found

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

Paperback: 160 pages

Publisher: Healing Arts Press; 1st U.S. Ed edition (March 20, 2006)

Language: English

ISBN-10: 1594770956

ISBN-13: 978-1594770951

Product Dimensions: 5.4 x 0.5 x 8.2 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 20 customer reviews

Best Sellers Rank: #163,913 in Books (See Top 100 in Books) #31 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #39 in Books > Engineering & Transportation > Engineering > Civil & Environmental > Hydrology #1371 in Books > Health, Fitness & Dieting > Nutrition

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)

"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)"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) --This text refers to an out of print or unavailable edition of this title.

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!

[Download to continue reading...](#)

The Water Prescription: For Health, Vitality, and Rejuvenation Pure Water: The Science of Water, Waves, Water Pollution, Water Treatment, Water Therapy and Water Ecology The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation Ayurveda Lifestyle Wisdom: A Complete Prescription to Optimize Your Health, Prevent Disease, and Live with Vitality and Joy Live Right 4 Your Type: 4 Blood Types, 4 Program -- The Individualized Prescription for Maximizing Health, Metabolism, and Vitality in Every Stage of Your Life Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) Prescription Drugs: Understanding Drugs and Drug Addiction (Treatment to Recovery and Real Accounts of Ex-Addicts Volume III) Prescription Drugs Edition Book 3) Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-Being Water Clarity Secrets for Ponds and Water Gardens: The Quick and Easy Way to Crystal Clear Water (Water Garden Masters Series Book 5) Drug Addicts- Prescription Pill Drug Abuse: How to Deal With an Addict Adult, Friend, Family Member, Teen or Teenager Who is Addicted to Medications

(Prescription Pill Drug Abuse Help) Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity: The Miracle of Cellular Rejuvenation Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Soups, Homemade ... & Much More (Vitamix Recipes Series Book 1) Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes for Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, Homemade Skin & Hair Creams & Much More Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy, and Endurance Natural Healing: The Total Health and Nutritional Program Reprogram Your Body to Fight Disease, Combat Aging, Gain Renewed Health and Vitality Juicing for Health: 81 Juicing Recipes and 76 Ingredients Proven to Improve Health and Vitality Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy & Endurance Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health (All Other Health)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)