

WATER:

Rx for a Healthier Pain-Free Life



*A preventive and self-education
book for those who prefer to
adhere to the logic of the natural
and the simple in medicine.*

**F. BATMANGHELIDJ, M.D.,
author of
"YOUR BODY'S
MANY CRIES FOR WATER"**

To our **Creator**, with awe, humility, dedication, and love.

Water: Rx for a Healthier Pain-Free Life

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The content of the tape series, and their purposeful pace of rendition, have been designed for better understanding and absorption of the complex information being presented. **To gain maximum benefit** from the tapes, it is advisable to read this book first, unless you have already read my other books.

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Some Reviews of the Watercure Information

"One man's solution to soaring health costs: water." **Paul Harvey**

"Thanks to Dr. Batmanghelidj. I put your book next to the Bible and I read them both."
Dick Gregory

"I was particularly stunned by Dr. Batmanghelidj's lucid description of how lack of water is the primary cause of hypertension, which affects 50 million Americans."

Julian Whitaker, M.D., Health & Healing

"It is claimed that fish probably have no awareness of the presence of water; this book shows we may have done little better. Mostly we have treated symptoms, and often wrongly at that, but masterpieces come into being to produce paradigm shifts. If we learn this one, we may arrest the course of our patients in their all too rapid going the way of all flesh." **Book Reviews, Journal of Clinical Gastroenterology**

"Rare indeed are those books destined to become all-time classics. Even rarer are books destined to accomplish a paradigm shift in any major area of modern knowledge. Of still greater rarity are books destined to benefit significantly the health of countless millions of human beings, at no cost to them. Such a landmark book is Your Body's Many Cries for Water by Dr. F. Batmanghelidj."

Trevor James Constable
Author and Historian.

After having read many of Dr. Batmanghelidj's recent works, including his jewel of a book, "Your Body's Many Cries for Water," it is very apparent that this work is revolutionary and sweeps nearly all diseases before it. As an Internist/Cardiologist I find this work incisive, trenchant and fundamental. This work is a God Send for all.

Dan C. Roehm, M.D., F.A.C.P.

"How like 'monkey mind' to bounce about, tying itself in knots with complex solutions while ignoring the profound significance of the simple! Circumstance helped Dr. Batmanghelidj perceive the elegant significance of one factor we too often overlook: water. **Jule Klotter, Townsend Letter for Doctors**

"Dr. Batman's books are full of common sense and truthful medical advice. His suggested treatment of diseases goes to the roots, the cause of it and anyone who is fortunate enough to read them won't be disappointed with their purchase."

Laurence A. Malone, M.D., Ph.D., Dean for Academic Affairs,
The Learning Center for College Sciences, Ohio

"I consider your insights some of the most amazing I have encountered in medicine. Sixteen years of private practice in OBG and 8 years as a GP have provided me with a perspective that appreciates the potentials of your proposals."

L. B. Works, M.D., F.A.C.O.G.

"The author, as a result of his extensive clinical and scientific research, concludes that the body possesses many different thirst signals. Many different symptoms and signs of dehydration have until now been viewed as classical diseases of the body."

Frontier Perspectives,
THE CENTER FOR FRONTIER SCIENCES AT TEMPLE UNIVERSITY

"After many years of study and practicing medicine, it is both rewarding and refreshing to discover the solution to many degenerative conditions beautifully explained by Dr. Batmanghelidj in Your Body's Many Cries for Water. This type of information fills a void left from traditional education." **Robert Battle, M.D.**

"It is a well written book and easy to understand. I think reading of this book should be made compulsory in all the Elementary, Middle and High Schools. It will prevent lots of illnesses and suffering at almost no additional costs."

Hiten Shah, M.D., San Jacinto Medical Clinic, CA.

"Batmanghelidj leads us through these entities point by point and weaves a magnificent tapestry if not possibly allopathic medicine's shroud--we can't both be right."

The Biotron Connection

"The Greatest Health Discovery in the World."
Sam Biser, The University of Natural Healing

"Batmanghelidj's book Your Body's Many Cries for Water hits the nail on the head period." **Arthur Moll, D.C.**

"Dr. Batmanghelidj has researched the phenomenon of pain and water metabolism of the body. His research, published in various scientific journals, has led him to address pain as "proven but seldom recognized signal of local shortage of water in the body."

The Rotarian

Doctor Finds Ulcer Remedy

"It started with a patient suffering unbearable ulcer pain one late night. The Doctor treated him with 500 cubic centimeter of water. His pain became less severe and then disappeared completely. The physician was so impressed that he prescribed two glasses of water six times a day and achieved a "clinical" cure of the ulcer attack."

The New York Times "Science Watch"

"When Dr. Batmanghelidj thinks of a glass of water, he doesn't think of it as half full or half empty. He thinks of it as brimming over with the essential fluid of life. He thinks of it as the solvent of our ills and the deliverer of ripe old age. He thinks of it as the wave of the future." **The Washington Times**

"The average American is woefully uninformed about water. Most people think they drink enough water, but they don't. Dr. Batmanghelidj's book will create a tide of public opinion about the wonders of water." **The Connection Newspaper**

"Stomach pains, migraines, allergies, asthma, and even arthritis may all be symptoms of dehydration that could easily be cured by a few more glasses of household tap water. But only drinking water when you are feeling thirsty will not provide you with enough, according to F. Batmanghelidj, whose controversial book, *Your Body's Many Cries for Water*, sold tens of thousands of copies in the United States last year."

Daily Mail, London, England

"Yours is the most elegant description of arthritic pain I've ever read!"

Perry A. Chapdelaine, Sr., M.A.

Executive Director, The Arthritis Fund/The Rheumatoid Disease Foundation

"Dynamite! Your hypothesis is precisely the paradigm breakthrough that generates quantum leaps forward in disease etiology."

Edmund H. Handwerker, D.D.S., M.P.H.

"Batmanghelidj gives example of patients who have followed his advice using ordinary tap water with positive results in reduction of blood pressure, allergy relief and weight loss. He even goes so far as to link the lack of water with depression."

The Irish Times

"It does seem sensible to adhere to the logic of the natural and the simple in medicine as fostered in the book, *Your Body's Many Cries for Water*."

Monsignor Philip A. Gray

"The contents of your book is a huge gulp of fresh air, and holds much hope for the human race!" **Judge John B. Morgan, California.**

"The water principle has a convincing logic but turns much of current medical practice on its head. Does it work? You only have to turn on the tap to find out."

The European, London.

"I consider Dr. Batman's information as God-sent. It is my prayer that you too will benefit from his pain-relieving and life-extension revelations."

Lloyd Palmer, Straws in the Wind Newsletter.

"He has successfully treated allergies, angina, asthma, arthritis, headaches, hypertension, ulcers and more with the simplest of solutions—water."

Nexus Magazine, Australia.

"The fact of the matter is, water is an essential nutrient and **MUST** be taken seriously, not only in terms of bacterial contamination, mineral content, metal and chemical pollution—but also in terms of balanced hydration, for its impact on all the rest of the physiology of the organism is so great."

Society For Orthomolecular HEALTH-MEDICINE Newsletter.