

# WATER CURE RIDS DR. OF INCURABLE HEART DISEASE AT NO COST!!!

I am compelled to write to you to express my gratitude for who you are and how you have dramatically altered my life. **The information contained in your seminal publication "Your Body's Many Cries for Water" has saved my life and allowed me to rebuild and repair heart muscle damage that was pronounced irreparable. With proper hydration, I have fully recuperated and once again lead a full and active life.** Please share my story with others so they too might know that full recovery is not just a dream, it is a real possibility!

My name is Dr. Oleg Yasko. I am a doctor of naturopathy and a certified nutritional consultant. I am 49 years of age and currently reside with my family in Brooklyn, N.Y.

I was born and raised in Kiev, Union of Soviet Socialist Republics, and received a master's degree in biochemistry from University of Kiev, 1972. My family immigrated to the United States in 1979. At the young age of 33, I suffered a massive heart attack in Albany, N.Y. My father had suffered a series of heart attacks, with the third one fatal at the age of 61. My brother had a heart attack at age 36, and at age 43 the second occurrence also proved fatal.

I consulted with all the traditional medical sources, and they could only point to the immediate causation, occluded arteries. They offered neither remedy nor adequate explanation of the genesis of this occlusion. I was a young man who had been a champion wrestler and was in the active military for many years. I considered myself in excellent physical condition. I discounted the explanation of genetic causation, and began my own search for answers.

**The search seemed to arrive at a dead end when I suffered yet another massive coronary. At this juncture I was informed that over 44% of my heart muscle was compromised, and the prognosis for any sort of complete recovery was termed negligible.**

As I convalesced, more uncertain than ever about ever finding a resolution to my dilemma, a friend passed me a copy of a book, "Your Body's Many Cries for Water." **This book saved my life!!!**

This book stated the hypothesis that prolonged severe dehydration had caused the major coronary arteries to become brittle. The resultant cholesterol buildup in the arterial lining was the body's natural attempt to protect the artery from further damage. Unfortunately this buildup also restricted the blood flow sufficiently to cause myocardial infarction-twice.

Immediate testing determined that I was indeed severely dehydrated. My search now took a more focused path, to resolve my state of constant dehydration that had contributed to these attacks and to somehow rebuild my damaged heart muscles.

**It was these efforts to resolve this chronic dehydrated condition that led me to understand the vital role that proper hydration played in our bio-system. A role that slowly but certainly allowed my heart muscles to recuperate fully even after two major heart attacks and the considered prognosis from the physicians I consulted with that my heart was irreparably damaged.**

I am pleased to report that I am alive, healthy, hydrated and practicing my profession as a healer with renewed enthusiasm and vigor.

Thank you, Dr. Batmanghelidj, for your courage and persistence in disseminating your message worldwide that dehydration is indeed the primary foundational cause, as well as rehydration a foundational remedy, for many health problems of the human body.

## **ERASE RISK OF HEART ATTACK WITH AN A.M. GLASS OF WATER**

**According to Mayo Clinic experts, the risk of a winter heart attack is at least 30% higher in the first few hours after waking. "After a long night's rest, most of us are quite dehydrated which makes blood sticky and can trigger dangerous blood clots," explains Richard M. Fleming, M.D., medical director of the Fleming Heart and Health Institute in Omaha, Nebraska. Fortunately, you can easily erase this risk by drinking an 8-oz glass of water within 15 minutes of waking.**