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the body begins to regulate the water content of the bodyâ€™there is a â€™drought-management program,â€™™ and stress-management. And in stress-management you get these hormonesâ€™vasopressin, endorphins, pro-lactin, cortisone-release-factor, and angiotensin, which is activated both at the brain level and at the kidney level.

YOUR BODY IS NOT SICK Your Bodyâ€™™s many Cries for Water

many more than the one "dry mouth" indicator of water shortage. Equally obvious, the greatest tragedy in medical history is the fact that medical professionals have not understood the human body's variety of calls for water.

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New Edition! This is the third edition of Dr. F. Batmanghelidjâ€™™ classic water book! THIS book, based on a pioneering physicianâ€™™s twenty years of clinical and scientific research into the role of water in the body, explains a breakthrough discovery that Unintentional Chronic Dehydration(UCD) produces stress, chronic pains and many painful degenerative diseases.

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From the book: "Your Body's Many Cries for Water" AMAZING SECRETS FOR HEALTH AND WELLNESS. Cure # 1: Water prevents and cures heartburn. Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract.

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Your Body's Many Cries for Water has 912 ratings and 130 reviews. Surfergirl said: If you need motivation to drink more water, this book should inspire y...

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Your Body's Many Cries For Water [F. Batmanghelidj M.D., Michael Page] on Amazon.com. *FREE* shipping on qualifying offers. This book explains a new discovery that lack of water in the body-chronic dehydration-is the root cause of many painful degenerative diseases

Your Body's Many Cries For Water: F. Batmanghelidj M.D

According to Dr. Batmanghelidj, the body possesses many different thirst signals. A dry mouth is not a reliable indicator of your body's water needs.

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