



Your Body's Many Cries for Water: You Are Not Sick, You Are Thirsty: Don't Treat Thirst With Medications

F. Batmanghelidj

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For the first time in medical history, F. Batmanghelidj, M.D., has identified the crisis calls of the body for water -- pain, asthma, diabetes, hypertension, multiple sclerosis, chronic fatigue syndrome, and more. He has discovered the key to a longer, healthier, and more vigorous life. He shares with you his medical breakthrough, that many people put their minds and bodies under intolerable and unnecessary stress and become sick simply because they do not drink enough water. Unintentional dehydration leads to illness and painful, degenerative diseases that can be prevented, treated, and cure by drinking plenty of water. You will learn how to use water to:

- * Prevent and reverse premature aging
- * Eliminate pains including heartburn, back pain, arthritis, colitis pain, anginal pain, migraine headaches
- * Cure asthma in a few days, naturally and forever
- * Cure hypertension without diuretics or other medication
- * Lose weight effortlessly and naturally, without strict dieting

Your Body's Many Cries for Water: You Are Not Sick, You Are Thirsty: Don't Treat Thirst With Medications Details

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Shayla says

I didn't love the conspiratorial tone of the book, and I thought that it was not very well written. It seemed disjointed and he jumped around a lot as he was trying to explain something. At times, the medical/technical jargon was so much, that I just put it down or skimmed it and moved on. I wanted to give it 2 or 3 stars for these things. I almost didn't give it a chance because of how it was written, but it was recommended by a specialist we have been working with and I wanted to read it to not just throw his suggestion out the window. I'm glad I did read it in the end.

The content of the book was great. It didn't need all the conspiracy theory stuff... the research and information spoke for itself. Had the book been organized a bit better, I probably would have given it 5 stars. It really was a fantastic reminder to drink your water and why it is so important, and all the functions of the body that it improves. It was also amazing how many symptoms we generally treat with medication are actually dehydration symptoms. Drink your water!

Ellis says

Bad, Horrible.....

Yes, I believe that being properly hydrated is essential and under-appreciated. However, the volume of and reliance on anecdotal "evidence" reported in this book is reprehensible. While reading this book, many times I remembered what my mentor told me when I was a young Ph.D. candidate who was a little too ready to find the subject of my research to be a key element in so many other biochemical models. He told me, "when all you have is a hammer, the whole world is a nail". Well, perhaps this author would benefit from realizing that his dehydration hammer won't solve all health woes. Also, to make the statements made in this book, actual research needs to be done to see if brilliant thoughts are correct. It's not enough to just state ideas or possible mechanisms as fact without evidence.

That said, have a drink on me!

Jodi says

This book was an interesting read and is worth reading if your library has a copy.

Maintaining good hydration is an important part of any health program, although other steps are also going to be necessary for almost all of us. Food allergies, high insulin levels from too many refined carbohydrates, chemical exposures and poor nutrient levels in food and many other problems all contribute to disease and must be dealt with in addition to drinking adequate water.

I wasn't at all convinced by the water cure testimonials given.

I must say I'm getting a bit tired of authors who claim that their one small specialty is the cure to everything! The water expert says all we need is water, the vitamin D expert says many diseases are caused by low D (and only recommends very low levels of other nutrient supplements) and the lipid expert says too much omega 6 is the cause of much disease and advocates high levels of omega 3 fats (and only recommends very low levels of other nutrient supplements) and so on!

The truth is that these recommendations all work best together, as part of a complete and balanced nutritional program that doesn't leave anything major out or leave you very low in any important nutrient. There is no one magic bullet. The body needs all the essential components to function well and be healthy and to heal disease. A lack of any of them will cause problems as every nutrient does everything, in the end.

I've been drinking lots of water for years, with extra unrefined sea salt and potassium, magnesium and calcium added to keep electrolytes in balance. I feel worse when I forget to drink my 3 litres or so, absolutely (and worse when I drink too much water too fast as well), and I know my body needs this much water, but this water intake is in no way a cure for my serious disease.

Readers should make sure to stay hydrated, but take the claims that water cures all ills with a grain of salt!

Jodi Bassett, The Hummingbirds' Foundation for M.E. (Myalgic Encephalomyelitis)

Annie Kate says

Ever since I discovered, decades ago, that drinking water cures my headaches, I've had a great respect for water.

That was enhanced when, as a physics graduate student, I studied biochemical molecules and became aware of the incredible supporting role water plays in biochemical processes by influencing the shape of molecules. Water is never mentioned, but it is always there.

So I was ready to pay attention to this book, and I'm glad I did. I feel much better when I drink water as the author suggests.

I have no idea how valid these ideas are scientifically, but since drinking water is a simple, healthy thing to do, it can't hurt anyone to try the recommendations for him or herself. If it works, you've gained a lot, and if it doesn't work you haven't lost anything...except maybe a few pounds

Surfergirl says

If you need motivation to drink more water, this book should inspire you. According to the book...

Nearly every function of the body is monitored and pegged to the efficient flow of water through our system. Water transports hormones, chemical messengers, and nutrients to vital organs of the body. When we don't keep our bodies well hydrated, they may react with a variety of signals... some of which, we would never

think related to our poor drinking habits.

Medical research has shown that regular water intake will help eliminate dyspeptic pains like gastritis, duodenitis, and heartburn. Without getting into the technical and graphic details of digestion, our bodies use many hormones, enzymes, and neurotransmitters to complete the digestion process. Without ample water intake, the pancreas is less efficient, acids in the stomach are not properly neutralized, and the functions of the intestine are inhibited. Over an extended period of time, this can lead to constipation, colitis pain, false appendicitis pain, and even hiatus hernia.

Water intake is important for weight loss, not only for proper digestion, but to prevent overeating. The sensation of thirst and hunger are generated simultaneously to indicate the brain's needs. If you're not getting plenty of water, you'll likely eat more to satisfy your body's urge for water. When you feel hungry and drink water instead, you may find you're not as hungry as you think.

Don't confuse water consumption with fluid consumption. Sodas and coffee are not an acceptable substitute. In fact, you need to consume even MORE water if you're drinking sodas and coffee. Caffeine, one of the main components of most sodas, causes increased urine production and acts as a dehydrating agent. That's why you can drink sodas all day, and never feel satisfied. The water doesn't stay in the body long enough. In addition, you may mistakenly think that you've consumed enough "water" by drinking soda. When your body cries out for thirst, you're likely to over feed it with food instead.

The body is 75% water and 25% solid matter, and your body needs to stay well hydrated to operate at it's best. Not only will your body function more efficiently, but you may even avoid many health problems. Increased water consumption has been shown to help relieve migraine headaches, high blood cholesterol, rheumatoid arthritis pain, allergies, and high blood pressure. And, since your brain tissue is 85% water, your brain functions rely heavily on an ample water supply. Studies have shown that with prolonged dehydration, brain cells actually begin to shrink.

The book also has some interesting ideas on AIDS and the HIV virus. I wouldn't do it justice trying to summarize.

Belasonic says

This book is a must-read resource that clearly explains a theory worthy of immediate consideration, in which we no longer regard the body as being regulated by SOLUTES (like minerals and vitamins). Instead, water, the life sustaining SOLVENT, regulates the functions of all systems first. This understanding of the cause of many pains and dis-eases would treat symptoms first as a simple local thirst by recommending to drink at least 2 L of water a day for 2 days. This simple prerequisite to pharmaceutical access would revolutionize our approach to health care and wellness. The future is more complex, but it is first more simple. We need to return to the bigger idea of what's holding everything together, from our bodies to our planet, our dna to our galactic disc...water is resonant in our humble third dimension.

I digress...

With water, salt, and understanding, we may prevent and heal with common sense more effectively than with

chemicals and commercials.

Learning simply with this new understanding of the roles that water plays creates a more dynamic space for us, for our environment, for the simplicity of our understanding of life.

L says

It took me a while to get into this book because I don't like his writing style or the copious amounts of letters from patients (it felt really salesy) and it came across as pretty hokey a lot of the time. I felt like I couldn't trust a lot of his claims because there didn't seem to be much scientific backing or citing of sources for many of his claims. Additionally he was pretty hyperbolic about water curing practically everything and being almost all you need to reverse problems and stay healthy.

Here are 3 things I learned from this book that I am glad to know:

- The body prioritizes the hydration of the brain above any other organ or system
 - The brain not only uses sugar/glucose for energy, but also gets energy through hydroelectric processes, provided by water, and therefore not all "hunger" signals are for food, but could also be for water.
 - Dehydration causes a depletion in tryptophan, an important precursor to serotonin, melatonin, DNA repair, and pain sensitivity.
-

Ashley Sekal says

Here I will share my rather saucy review I wrote for class:

1. What is the "Big Idea" of this book?

To quote the author, I think the big idea of the book is that “dehydration is the number one stressor to the human body.”

2. List three things you learned about water and hydration from this book.

In retrospect, I suppose that the importance of hydration to all the body's functions should have been obvious. I've struggled for years with keeping plants alive, presumably because I can't find the sweet spot for their water intake. People can't be too different from plants in terms of the simple fact that we need water to survive. Here's some specifics of what I learned from this book:

1. Dry mouth is one of the last signs of dehydration; the first signs are much deeper & involve weakening of important bodily functions.
2. Chronic pains not easily attributed to injury or something otherwise obvious should be considered a sign of water shortage in the area experiencing pain. Pain is a mechanism designed to safeguard against excess acid that can cause damage to the surrounding cells. Water washes away acidic toxic waste, so a lack of water in the area causes an increase in acidity [if I'm understanding correctly]. This change causes the nerve endings to report the change to the brain's pain centers, resulting in pain.

3. 75% of the weight of the upper body is supported by the water stored in the cores of the spinal discs while the other 25% is supported by fibrous material surrounding the disc. This is one of the reasons that dehydration can result in back & neck pains.

4. Did you find anything contradictory to the philosophy of this class?

The author recommends tap water. He does touch on it being important to filter the tap water & to avoid water with known contaminants, but I'm not sure it's possible to avoid tap water contaminants in this day & age. He also referred to chlorine as tap water's "greatest gift to us" which made me laugh out loud. He recommends soy, which I believe is outright wrong [I believe NTA agrees]. He suggests soy milk as a healthy alternative for people allergic to cow's milk which is ridiculous since the lectins in soy can damage the gut & eventually result in new allergies & sensitivities. While he does give butter as an option in his section on fats, he also made a comment about unsaturation being highly desirable for a cooking fat. Cooking with unsaturates is dangerous as the heat damages them & leads to the formation of free radicals. These are carcinogens that we then consume!

5. What are your thoughts/comments/perspectives about this book?

There was a lot of good information in this book, & there was also a lot I don't agree with.

I honestly had a bit of a problem taking the author seriously after he said that drinking water with meals would fix bulimia. He made it sound like a purely physical problem. Bulimia's a mental illness, & while I'm sure drinking water would help, I don't think it would just magically fix the problem. As someone with mental illness, I do wholeheartedly believe that our diets have a great affect on mental health [especially due to the gut-brain connection], but describing bulimia as a physical disorder instead of one of psychological pain was a bit much for me.

I believe that part was fairly early in the book in the section concerning dyspepsia, so I had some time to warm back up to the author. I definitely think good, clean water & hydration is an important foundation of health, but he touts it as a cure-all. At one point he said that we don't need to adhere to strict diets as long as we drink plenty of water before a meal. This I flat-out disagree with; the processed foods, sodas, & damaged polyunsaturated oils that make up the bulk of the American diet have to go if we're going to see any progress. The author doesn't condone these foods, but I don't think drinking adequate water is going to magically cancel out the damage done by these "non-foods." I also have to add that there are those of us with autoimmune disease who simply must avoid certain foods in order to protect our health. I don't want my thyroid destroyed, so I will never purposefully eat gluten again. If I did eat it, I don't think any amount of water would stop it from permeating my gut & promoting antibody formation.

My last complaint is the author's assertion that the symptoms of Breast Implant Illness, as it's now known, could have actually been caused by aspartame poisoning. I'm sure many of the Dow Corning victims were drinking diet soda too; I was one of those people who had body dysmorphia, got breast implants in 2008 when they were supposedly "safe," & drank a bunch of Coke Zero under the assumption that it wouldn't make me gain weight. Aspartame is not safe at all, & neither are breast implants. The answer to that problem doesn't have to be one or the other.

That was a rather heated review; I must be feeling spicy today.

Iona Stewart says

I'd heard for years that I should be drinking more water, but nobody could tell me why this was so. At the same time I found it extremely difficult to increase my intake of water for apparently no good reason.

Finally, here is a book that explains why we should drink more water.

Dr B's explanation, which constitutes the important message of this book, is that many common, serious ailments are caused by simple dehydration.

When Dr B was incarcerated in prison in Iran for political reasons, he made the first of one of his important discoveries by completely alleviating the severe pain of a fellow inmate suffering from a stomach ulcer by giving him 3 glasses of water, no more no less.

The book contains many testimonials written by persons testifying that Dr B's water intake recommendations had cured/greatly alleviated their arthritis, headaches, MS, high blood pressure, dizziness, overweight, asthma, allergies, high cholesterol, angina, hiatal hernia, back pain, etc etc.

The amount of water we must drink is a minimum of 6 to 8 8-ounce glasses of water per day. Alcohol, coffee, tea and caffeine-containing beverages don't count as water.

It's best to drink one glass half an hour before a meal and one glass two and a half hours after each meal. Two more glasses should be taken in connection with our biggest meal or before going to bed.

Personally I have no idea how much an ounce is, but ten glasses of water is equivalent to about 2 litres, so I try to drink 2 litres a day. I measure this by refilling empty 1/2 litre coconut water cartons, and try to drink 4 of these a day. Coconut water is actually the very best liquid one can drink since it contains the necessary electrolytes, or salts - this is information I learnt from another book, on coconut water,, which book I have also reviewed.

Dr B informs us that it is important to add to the diet about half a teaspoon of salt a day for every 2 litres of water one drinks (since one is drinking ordinary and not coconut water). I personally only use sea salt.

The book is extremely scientific, and I don't claim to understand all of the text, but still the author is totally convincing in his arguments about the absolute necessity of our increasing our intake of water.

He explains how the drinking of caffeine-containing beverages such as coffee, tea and cola exacerbates dehydration. He also explains how diet sodas cause weight gain and expatiates on the dangers of the artificial sweetener aspartame.

The book contains an exciting chapter on the doctor's ideas on AIDS, that it is not caused by the HIV virus but by an imbalance in the amino acid composition in the patients' bodies.

The late Dr B fought untiringly to get his message about the absolute necessity of increasing our water intake out to the world, but other doctors and authorities were impervious to his arguments. This was no doubt because water can't be patented, and the medicinal industries that control the doctors risk losing immense sums in drug profits, were the general public to discover that they could drop their drugs intake merely by drinking water.

I strongly recommend that you read this essential book which contains vital, life-saving information!

Al Kutil says

This is a controversial book! But many medical advances often find it difficult to convince the AMA that the new information should be supported. But I firmly believe that after reading this book, the position that a number of diseases are caused by chronic dehydration. Here are some chapters titles, and the diseases involved:

Dyspeptic Pain, Colitis, Hiatus Hernia

Rheumatoid Arthritis, Back pain, Neck pain, Angina pain, Headaches

Stress and Depression

High Blood Pressure

Higher Blood Cholesterol

Asthma and Allergies

Insulin-Independent Diabetes

and some New Ideas on AIDS

The final chapter also mentions sleep, fainting, color of urine, Salt free diet is stupid, and our responsibilities for our current health care system.

If you would like to find out more about this book, go to www.watercure.com.

This foreign born doctor fled Iran once he was released from their prison. The only reason his life was saved is because he was treating prisoners while in prison himself. He has thoroughly documented his contacts with the head of the AMA, and how they have done nothing to change our for-profit health care system. His letters date back to 1985 and several AMA Presidents. I can only guess as to why they have done nothing to change our system. And I doubt that our newly created system will change anything. I doubt government will force any changes because of how much our representatives receive from their lobby.

Your only choice is to believe the author, value his information, and use your logic to figure out if your health concerns may be related to dehydration. Buy the book and find out what your doctor is not telling you.

I've also drawn some additional conclusions that some early childhood ailments may be related to chemicals in our home that affect brain growth in infants. Breathing is all that is needed to alter the brain chemistry of a growing newborn. And if you have these chemicals in use in your home, then I suggest you find a less toxic way of cleaning in your home. Another factor may be how air-tight new homes have become. Less air interchange means higher levels of these chemicals staying in your home.

Also keep in mind that the longer you wait to improve your health, the more likely it is your body will not be able to get back to health, and make your health condition permanent. There are many systems involved with water, among them your hormones, endocrine system, and nervous system.

The author's advice is quite simple: drink 8 ounces of water 30 minutes before every meal, and 16 ounces about 90 minutes after. Some problems are solved immediately, like heartburn. While other problems can

take up to a month. Many letters comment how quickly their problem was resolved by following his advice. And many endorsement letters are included in the book. One caution is in order: if you are taking any medication, get your doctor on board so s/he can monitor your condition! Once they see that your condition has improved, you will have done your due diligence in changing how our medical care system works!

Right now, the education of our doctors is completely lacking, because they do not teach anything about how water affects all systems, and how many ailments can be traced to lack of water. Why is this the case? Because our for profit system is beholden to the pharmaceutical industry! For those who live outside the United States, your education system is more open about new ideas. I hope this book will improve your health and influence your doctor. This book was published in 1992, and the AMA's insistence on pursuing money over quality health care needs to end! I hope that foreign scientific study will verify the veracity of the information in this book. The sooner this happens, the better our world health will become!

Guillaume Belanger says

Dr. Batmanghelidj is an Iranian medical doctor working in the US. He was a political prisoner for some time and discovered by chance the amazing healing properties of water through his treatment of fellow prisoners by the only means available to him: drinking water.

This is a very important book as it explains in great detail the physiological effects of dehydration. I find it so important, in fact, that I have written three articles about water on my blog: [Water, ageing and disease](#), [Why we should drink water before meals](#) and [How much salt, how much water, and our amazing kidneys](#).

Although I personally find it very important to understand why, if you don't, then the long and short of it is simple: drink plenty of pure water throughout the day and on an empty stomach.

Melody says

This was a very dense and technical read, but, for a non-expert, still beneficial. I've learned a few things I can implement in my day-to-day, but would have appreciated more pointed guidance, especially as it pertains to the salt requirements. What about the sodium contained in our daily foods? How does that affect Dr. B's guidance? I was left with a few questions.

Rickey says

Being well hydrated helps in one's energy management, or health, in so many ways. This helps to decrease stress and increase function, so this can help with poise for performing.

Also, one's water level affects one's phonation, or vocal expression.

Liaken says

The good thing about this book is that it gets you to think differently about water and how much of it you drink each day. It gets you to consider the difference between a well-hydrated joint and a dehydrated joint.

The not-so-good thing about this book is that he really doesn't bother to cite any research and pretty much just explains his view along with testimonials from people with various problems who are doing better because they are drinking water.

The really dumb thing about this book is how it is formatted. It's like the author wanted to make sure that no one could flip through his book to find that part they were looking for ... in fact, at the beginning he says something about wanting the book to read like a novel about his love of water (which it does not), so therefore he's omitting things like an index and formatting cues to help readers find information. (Personally, I think he knew that his book needed more careful attention to research and citing of material, footnotes, etc., in order to make it. But he wanted to just get the book out.

So, is it worth a read? Hm. Probably. Just don't expect yourself to find what you're looking for by skimming. And ... well, keep your common sense turned on as you read.

Ken says

I enjoyed listening to the audiobook. I've read reviews of this book here and other places and a preponderance of them say something like, "That much water? cures all those ailments?" And they go on to say that they will never get to the recommended level of water intake.

There are testimonials in the audiobook, however, that indicate that they did take in the recommended level of water and got the results the author purports.

Along with the testimonials, Dr. Batmanghelidj posits that the reason more doctors do not prescribe a proper water intake level is that the medical industry would collapse without prescriptions and surgeries. It's a big conspiracy theory. Much like the energy conspiracy that auto makers perpetrate, so the gas refinery system can be supported.

The good doctor does explain the complex system that our body is regarding dyspeptic pain, colitis pain, false appendicitis pain, hiatus hernia, arthritis pain, low back pain, neck pain, anginal pain, headaches, stress and depression, high blood pressure, excess body weight, asthma and allergies and insulin independent and dependent diabetes. Then, he explains how the proper level of water intake counters these maladies. He claims that medicines to alleviate symptoms of many of these problems dehydrate and can exacerbate the problem and many others associated with chronic dehydration.

He also prescribes some exercises to increase water absorption into spinal disks, walking every 12 hours and salt in the diet. The recommended level of water washes out needed salt, so it must be supplemented, rather than removed from the diet.

Dr. Batmanghelidj's recommendation for water intake is half your body weight in pounds of ounces of water intake per day. A 200 pound person's intake would be 100 ounces per day. A quart is 32 ounces and a gallon

is 128. So, for most Americans we're talking 3, 4 and 5 quarts.

Timing is important as well. He says a glass or two of water, 30 minutes before a meal helps suppress appetite. NO, actually, he says that we mistake thirst for hunger, so the water before the meal is satisfying thirst, so your body gives you only hunger signals at meal time.

As far as fluids vs water. Fluids with caffeine and/or alcohol cancel out the water in them, so water intake must be water, not tea, coffee, beer or wine.

I recommend reading the book. It makes a lot of sense even though the recommendations sound outlandish.
