



The Water Prescription: For Health, Vitality, and Rejuvenation

By Christopher Vasey N.D.

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The Water Prescription: For Health, Vitality, and Rejuvenation By Christopher Vasey N.D.

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.

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Editorial Review

Review

"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*)

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From the Back Cover HEALTH / NUTRITION

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CHRISTOPHER VASEY, N.D., is a naturopath specializing in detoxification and rejuvenation. He is the author of the bestselling *The Acid-Alkaline Diet for Optimum Health*. He lives in Switzerland.

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