



**Your Body's Many Cries for Water: You Are Not Sick, You Are Thirsty!, Don't Treat Thirst with Medications!, a Preventive and Self-Education Manual for**

*Fereydoon Batmanghelidj*

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In his best-known work Dr B outlines the breakthrough medical discovery, that if we drank more water daily degenerative diseases such as asthma, diabetes, obesity, high blood pressure, heart disease, bulimia, Alzheimers disease and many other afflictions could be prevented and sometimes cured.

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