



## YOUR BODY CRIES FOR WATER!

In the book, *Your Body's Many Cries for Water*, you are not sick, you are Thirsty! *Don't Treat Thirst With Medications!* author F. Batmanahelidj, M.D. discusses your body's need for water and what damage you may be doing to your body by not providing enough water to your system.

The human body is made up of 25% solid matter and 75% water. Brain tissue is said to consist of 85% water.

Some diseases that Dr. Batmanahelidj says are directly affected, if not caused by, lack of water are Rheumatoid Arthritis Pain, Low Back Pain, Neck Pain, Headaches, Stress and Depression, High Blood Pressure, Higher Blood Cholesterol, Excess Body Weight, and the list goes on.

Your body needs an absolute minimum of six to eight 8-ounce glasses of water a day.

Alcohol, coffee, tea, and caffeine-containing beverages don't count as water.

When is the best time to drink water? One glass one half hour before taking food, breakfast, lunch, and dinner and a similar amount two and a half hours after each meal. This is the very minimum amount of water your body needs.