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Subject: Water - The medicine for everyone  
Posted by [goodray](#) on Wed, 20 May 2020 06:06:14 GMT  
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Have you read the book "Your Body's Many Cries for Water: Preventive & self-education mam"?

I just read it. It's quite interesting-- in some cases, eye-opening.

I'm now trying to drink more... How much water do you drink daily?

Adequate water can help with a long list of common ailments...

- indigestion
- high blood pressure
- back and neck aches
- allergies
- diabetes
- asthma
- over-weight

Many of us are chronically dehydrated. Simple cure, sure worth trying. Cheap, too. My kind of alternative medicine.

How about you? Do you make an effort to drink 7-8 glasses of plain water a day??