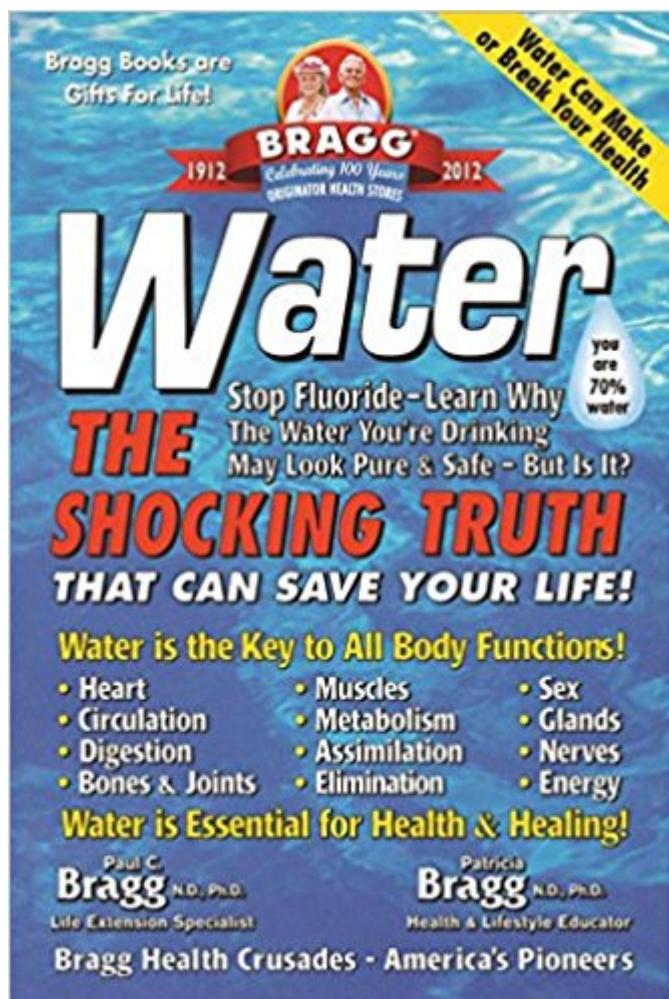


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# Water: The Shocking Truth That Can Save Your Life



## **Synopsis**

Water is the key to all body functions!

## **Book Information**

Paperback: 182 pages

Publisher: Bragg Health Sciences; Revised and Expanded ed. edition (September 16, 2004)

Language: English

ISBN-10: 0877900655

ISBN-13: 978-0877900658

Product Dimensions: 6.1 x 0.5 x 9.1 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 48 customer reviews

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## **Customer Reviews**

Your existence on earth depends on WATER! Please do not take it for granted! This book gives you an education on the type, amount and value of the perfect water to drink that will work to keep you in good health. --This text refers to an out of print or unavailable edition of this title.

A good introduction into why pure water is so important and what could go wrong when you drink water with pollutants. However they have at least 2 EDITIONS OF THIS BOOK and it seems like I got an older edition from a 3rd party seller. Also I don't agree with their food guide pyramid. The Transcend Food Pyramid (page 239 of Transcend) is a closer match of how centenarians eat.

Not what I expected

When I had this book recommended to me, I was the cook in my own restaurant for almost two years prior to selling it. In less than a year I gained 60 lbs. and developed gout in my left foot, swelling to twice its normal size. Gout is a result of an over production of uric acid creating crystals which collect in a joint, and like broken glass, these crystals grind in the socket causing great inflammation and pain. I couldn't wear a shoe or stand very long on one leg since I couldn't put pressure on my left foot. The doctor said it was the worst case of gout he had ever seen in someone

so young. To be able to function I needed 500 mg of Zylorprim twice a day to keep the gout at bay in order to function without constant, searing pain. The doctor warned me that this quantity of Zylorprim could severely damage my kidneys over time. A customer came into the restaurant two days later and asked why I was limping and I responded, gout. He said I needed to read two books by Dr. Paul Bragg, "The Shocking Truth about Water" and "The Miracle of Fasting." So I asked my wife to pick them up from the health food store. These books literally changed my life! I learned the simple truth that distilled water was the purest water available. I was amazed at the simple fact that fasting with distilled water would cleanse my body of foreign substances such as dissolving kidney stones, gall stones, uric acid crystals that form in a joint, inorganic mineral plaque forming in arteries and much more. Dr. Bragg also talked about the importance of fasting and how it helps clean the body of stored inorganic substances, toxins, carcinogens and the colon from years of impacted fecal matter. He mentioned that fasting using distilled water would not only clean out our body, but also give our digestion system and its organs a chance to rest and regenerate, adding years to our lives and preventing many diseases. While I was studying Bragg's book, my wife was suffering from phlebitis (blood clots) in her legs. She was taking Coumadin, plus large doses of antibiotics for her frequently recurring kidney infections, being admitted twice for intravenous antibiotics. We both started drinking a gallon of distilled water a day and I started my fast while cooking in my restaurant 12 -16 hours per day. No food at all, only distilled water. Was it easy? Absolutely not. The only time I wasn't constantly being tempted was while I was sleeping. However, I think I may have had nightmares about starving to death. LOL! I actually had no choice: fasting was my only hope for getting off that deadly medication and eradicating the gout. I had been smoking since entering the Navy at 17, so I was also looking forward to this fast to cleanse my lungs of tar and nicotine deposits, as Dr. Bragg had promised. After the system is clean of this addicting drug, it is much easier to quit smoking for good. Dr. Bragg was saying that even though any length of fast is good for you, you should go beyond 17 or 18 days, or else it is not a total cleanse. The 18-19th day is when you have your last bowel movement. During the fast the distilled water helps pull out toxins, carcinogens, chemicals, artificial colorings, flavorings, preservatives, etc., including tar and nicotine in the lungs and colon from smoking. The colon has been actively moving, loosening and breaking free the impacted feces composed of encrusted, undigested, mucus coated greasy food and putrefied, rotting meat, all of which can contribute to colon or rectal cancer. When this is taking place, you will hear loud growling and gurgling noises, and maybe some cramps. This is a great sign that very good things are happening. The activity plus the cramping is what will bring on the last elimination of the colon. Make sure you're alone in the house and the bathroom fan is on with all the windows open.

Purchase a pallet of industrial air freshener in advance. That experience for me was life changing! When I saw and smelled what came out of my body, I was appalled. The smell was like that of a dead, rotting animal, the texture was slimy, sticky and gummy, and I thought I had given birth to a still-born tar baby. As a matter of fact, it stuck to the side of the toilet bowl and wouldn't let go, as if it were a foul, demonic creature with needle-sharp, stainless steel claws planted into the side of the porcelain bowl whose footprint was extremely hard to eradicate. When you're done gagging and retching and judging me for my lack of discretion, just remember your body and colon could be more impacted and toxic than mine was at 26, depending on your age and especially if you have never fasted. My candid description is to hopefully invoke some degree of concern and action on your part. Thank you dr. Bragg for writing this book.

good

I love all of the BRAGG products!

easy read and informative! thanks

Recommend reading for everyone!

excellent on all areas

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