

## **A Miracle Cure**

By Brenda Grogan, N.D.

When you were a kid did you ever play the game **I Spy**? Well I'm a kid at heart and I would like to play **I Spy** with you.

What makes up more than 75% of the body's tissues and plays a role in nearly every body function from regulating temperature and cushioning joints to bringing oxygen to the cells and removing waste from the body. When lacking in this substance it affects blood pressure, circulation, digestion, kidney function, and can cause fatigue, dry skin, headaches and constipation. This substance is necessary for the accurate processing of 80% of the messages communicated between the brain and the body. Even a slight imbalance may cause confused electrical messages to misdirect the muscles of the body. Which means it is responsible for proper functioning of 90% of your muscles. You will find that it will suppress your appetite and help the body reduce fat deposits. It has been known to nurse the body back to health from stress, fatigue, chronic pain, degenerative diseases, ulcers, congestive heart failure, stomach pains, migraines, allergies, asthma, arthritis, high blood pressure, colitis pain, constipation, heartburn, hiatal hernia, high cholesterol, morning sickness, water retention, and restore sexual health. Have you guessed what this substance is? I'll give you a hint. It is clear, colorless, and tasteless liquid essential for animals, most plants and a human's brain tissue is said to consist or 85 % of it.

Okay, I'll tell you. **It's Water**. Can you believe that water is a **miracle cure**? Guess what I didn't either until I read a book called, *Your Body's Many Cries for Water*, by Dr. Batmanghelidj M.D. I discovered that some of the symptoms of dehydration are that you don't like water and that when you drink water you become nauseated. As a kid I never drank very much water, probably only 4 glasses a day at the most. As I grew older that never improved. I preferred other drinks to water. Drinks like pop, juice, milk and tea. In the book it suggests to drink small amounts of water more often and you will begin to crave water. So I decided to put it to the test. I set the timer and every 30 minutes I would drink a half cup of water during waking hours and by the 3<sup>rd</sup> day I was craving water. I have since seen some real healing with one of the most amazing elements on this planet.

So here is my challenge. Get the book, read it and test it for yourself. You may find that you really can **heal your body with water**.

***There are many testimonials in Dr. Batmanghelidj book and he as has researched and documented his findings in many journals as well as given the AMA and FDA his results. He has a great story to tell of his capture and imprisonment by revolutionaries in Iran and how he survived. Email me with your results I would love to hear your success stories.***