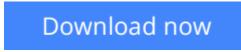


Upgrade Your Water (Upgrade Your Health Book 1)

Logan Christopher



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Upgrade Your Water (Upgrade Your Health Book 1) Logan Christopher Water, Water Everywhere...But Really What Should You Drink?

This is one of the most FOUNDATIONAL components to your health. Everyone knows they should be drinking more water...but the truth is the QUALITY of your water is even more important.

Dr. F. Batmanghelidj in his book, Your Body's Many Cries for Water, clearly states that just about every human disease, while not necessarily caused by dehydration, is complicated by it. This includes heartburn, headaches, pain, hypertension, arthritis, allergies, asthma, anxiety, depression, obesity and more.

- * Your body is around 60+% water. Don't you think its worth having the best water supply possible?
- * The BEST water in the world and how its 100% FREE
- * Why Your Thirst Mechanism is Broken and What to Do About It
- * A Simple Hydration Test
- * How to Ensure You Get Enough Water. Do This Because Your Mind May Trick You.
- * WHEN to Drink Water
- * Salt is Critical to Proper Hydration. Learn the Right Kinds to Use and What to Avoid
- * Is Your Tap Water Any Good? Here's How You Can Find Out...
- * Just How Much Health-Destroyers are Inside Municipal Water Supplies?
- * Which Filter Should I Get? The Pros and Cons of Different Types Discussed
- * Its Not Just About What Your Drink. Learn Why THIS Filter is Even More Important...
- * Filtered Water...Distilled Water...RO Water...Well Water...Spring Water...What is the Best?
- * Is Bottled Water Worth the Cost and is it Healthy?
- * The Greatest Resource for Healthy Water (and for Emergency Situations too...)
- * Is Alkaline Water All its Hyped Up to Be?
- * What about Structured Water?
- * 9 Ways to Charge and Enhance Any Water

Plus the 16 Point Recap and Action Plan

This is 25 jam-packed pages of actionable information.

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Mack Washburn:

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Paul Day:

Spent a free time to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Might be reading a book could be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the e-book untitled Upgrade Your Water (Upgrade Your Health Book 1) can be great book to read. May be it may be best activity to you.

George McDaniel:

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Tom Salgado:

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