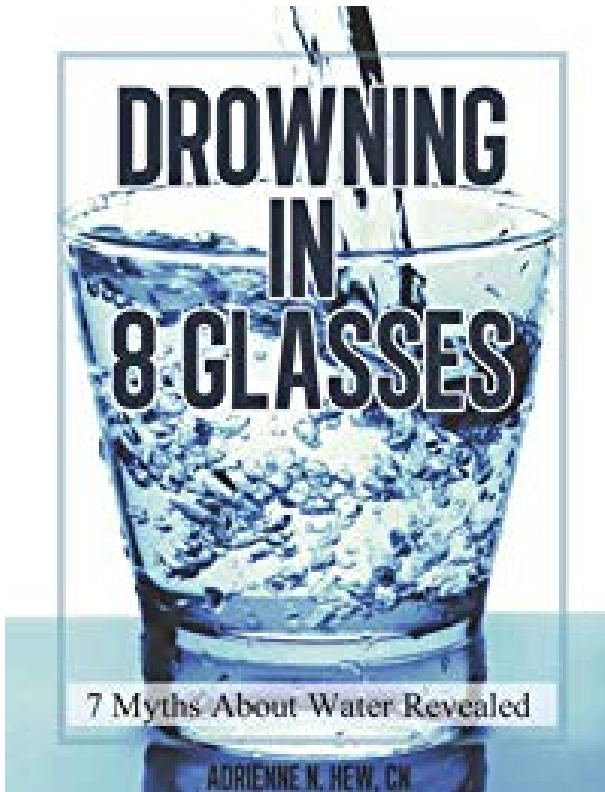


Drowning in 8 Glasses: 7 Myths about Water Revealed (Health AlternaTips)



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Language	English
Genre:	Health
Published:	July 14th 2012 by Savor the Journey
Goodreads Rating:	3.71
ASIN	B008LHLT3Q
Pages:	37

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[Drowning in 8 Glasses: 7 Myths about Water Revealed \(Health AlternaTips\).epub](#)

Recommended for people who like Nourishing Traditions Ever wonder how to drink while dieting? Millions of people in the United States are frantically trying to drink more water in an attempt to lose weight and be more healthy. Yet despite following the advice of drinking 8 x 8, their weight goes up and they may actually be harming their overall health.

Conditions like adrenal insufficiency or adrenal fatigue are common in our fast-paced world and drinking more water can lead to water retention, coma and even death. If you are one of these people who wonders why drinking more water has made you gain weight, caused you to get more wrinkles and feel generally lousy, then *Drowning in 8 Glasses: 7 Myths about Water Revealed* just may hold the answers you have been seeking. *Drowning in 8 Glasses* dispels false notions about water instilled within popular culture norms while providing nutrition-based reasoning and advice. Readers will learn that most conventional advice about consuming water may prove more harmful than helpful in this quick, but highly enlightening exposé on water. Does drinking water before and after a meal really assist your dieting efforts? Are specialty water products actually providing all of the beneficial properties listed on the bottle? What's really in those "clean and pure" bottled water products and why does it matter? Find the answer to all of these questions and more in Certified Nutritionist Adrienne Hew's latest installment on nutrition, *Drowning in 8 Glasses: 7 Myths about Water Revealed*. You've already read all the books touting the benefits of drinking more water. This book will put all that information into perspective. After reading this book, you will not look at water the same again.