



Health 2 - 0

Alexa Fleckenstein, Roanne Weisman

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Immerse yourself in water's timeless, healing embrace

Going beyond the basic “eight glasses of water a day,” Dr. Alexa Fleckenstein has been using her scientifically proven Health by Water system for years to help her patients reduce stress, fight disease, and treat everything from acne to insomnia. Filled with inexpensive home remedies, hydrotherapeutic exercises, and even beauty tips, Dr. Fleckenstein's all-purpose guide shows you how to:

- Balance your blood pressure with cold water treatments
- Use saltwater rinses to alleviate allergies and colds
- Fight fatigue and depression with sitz baths
- And much more

"Dr. Fleckenstein shares how something as simple as turning on the tap can put us on the pathway to good health!"

--Dr. Kenneth R. Pelletier, Chairman, American Health Association; author, *The Best Alternative Medicine: What Works? What Does Not?*

"Dr. Fleckenstein's book will serve well those seeking greener alternatives."

--James A. Duke, Ph.D., author of *The Green Pharmacy*

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