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# The Practical Water Cure

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“Hot Water drinks should be taken soon after arising in the morning, or, if taken during

the day, care should be taken not to eat for over one-half hour afterward. About one-half pint to one pint of water is the amount — taken as hot as it can be drunk with comfort, the usual directions being: “Make it as hot as a cup of hot tea.” Hot water does not produce nausea — it is warm water that does this.”

### **Hindu Yogi Practical Water Cure by William Walker Atkinson**

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