



# **Healing Your Life with Water: How to use your Mind Body & Water Connection to Awaken Your Inner Fountain of Youth**

*Diana E. Ruiz*

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## **Healing Your Life with Water: How to use your Mind Body & Water Connection to Awaken Your Inner Fountain of Youth** Diana E. Ruiz

This is a ground breaking book that reveals the surprising key to feeling better, looking younger, living longer and CHANGING THE WORLD - using your Mind, Body and Water Connection.?

If you want to feel and live better, read on....?

You are made up of 70% water—in essence, you are a body of water. Taking care of your inner water has a greater effect on your health—and the world—than you ever imagined. What Diana Ruiz reveals will change how you feel about yourself, others, and life itself.

Join Diana on a voyage to healing your own body of water and kick-starting your Inner Fountain of Youth. Through simple techniques and new knowledge, you will experience better health, relationships, increased vitality, and a boost to age-defying thoughts and emotions.

In Healing Your Life with Water, you will learn:

The surprising relationship between water and human emotions.

A simple technique to relieve, phobias, panic attacks, depression, PTSD, anxiety; any type of stress at home/work simply.

What an Inner Fountain of Youth is and how to rev it up.

How to eat in a rejuvenating “Alkaline” way.

How to boost "Alkaline" thoughts and emotions.

How to turn up your "Inner Fountain of Youth".

How to boost confidence.

How your thoughts affect your body of water as evidenced by scientific studies.

How Zombie Emotions and Moldy Oldies prevent happiness.

A revolutionary simple technique to erase stress and boost vitality.

The role water, oxygen, and kindness play in preventing cancer and disease.

How to create age-defying relationships at home and work.

How the subconscious controls us, and how we can control it.

The Emotional Freedom Technique than can heal our pasts.

How you can change the world just by feeling good.

How to Change the world just by feeling better.

Are you ready to awaken your Inner Fountain of Youth and change the world?

Come on in, the water's fine!

**Healing Your Life with Water: How to use your Mind Body & Water Connection to**

## **Awaken Your Inner Fountain of Youth Details**

Date : Published October 5th 2013 by Aviva Publishing

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Author : Diana E. Ruiz

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# **From Reader Review Healing Your Life with Water: How to use your Mind Body & Water Connection to Awaken Your Inner Fountain of Youth for online ebook**

**Patricia Reding says**

Reviewed for Readers' Favorite.

In *Healing Your Life with Water: How to Use Your Mind & Water Connection to Awaken Your Inner Fountain of Youth*, Diana E. Ruiz reminds readers that water is the substance that makes up 70% of our bodies just as it makes up 70% of the surface of the earth. Ruiz explains the importance of your drinking enough water on a regular basis so as to keep your body operating at optimum health. When your body is working at its best as a consequence of drinking enough water and eating the correct foods, the groundwork is set for making other, more significant changes in life, specifically, changes to a person's emotions, level of joy, and ability to bring joy to others.

Ruiz informs readers, in *Healing Your Life with Water*, about how water is the regulator of everything in a person's body, including the body's temperature, joint cushioning, nerve impulses and brain function. Appropriate water intake can significantly reduce the risk of serious disease. In addition to appropriate water intake, a person's health can be significantly improved with a diet that helps the body to re-create itself in a timely and healthy manner. Ruiz then draws parallels to the health of the earth itself and to mankind in general, when people pay attention to their water intake and diet and when they strive for a positive outlook in life.

Ruiz has set out simple ways to determine correct water intake, to identify the correct foods to eat, and to create a positive outlook on life. She provides readers with simple tools for creating a peaceful and joyful state of mind. The information is simple, easy to read and easy to put into action. Ruiz is sure to empower others to take control of their lives and to make their lives more full, healthier and happier. I'll drink (water) to that!

Also posted at [www.Oathtaker.com](http://www.Oathtaker.com), on BookLikes and with Readers Favorite at [www.ReadersFavorite.com](http://www.ReadersFavorite.com). Review Tweeted and added at Gogle+ and cover pinned.

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**Christina B says**

\* I won a copy of this book in a Goodreads giveaway in exchange for an honest review.\*

I wanted to read this book because I was aware that I do not drink enough water at all and I was sure that is why I normally felt tired and sluggish during the day. I was very interested in a book about healing your life with water as a means to hopefully inspire me to try harder to drink more water. This book did not disappoint. I learned a lot about the right and wrong foods to eat and how they impact your body and how you feel emotionally. I learned about how much water affects you in your daily life. I learned about EFT (Emotional Freedom Technique) and while I did not try the technique 100% this time, I attempted a bit and it seemed to work. Next time when I am more focused and in need, I will try again with my full devoted attention.

I recommend this book to everyone that perhaps needs a refresher on all the benefits of water and those who are stressed, tired etc that want to try a new way to help.

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### **Maria says**

This book-Healing Your life with water has awaken in me a sense of peace and understanding I didn't have before in my life. I was thrilled and felt blessed to have won this book. I highly recommended to all my friends and family to read. It's a gem of a book...don't pass it up when you're in a book store just buy it!

Maria F.

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### **Sarah says**

Starting the year 2014,with reading this book,was a good choice.I found the book very inspirational,and educational. Just the type of book I love to own,and keep on my bedside table.I was blessed to win this book from Goodreads.The author kindly autographed my copy,and included her relaxing flute cd,in my giveaway.Beyond my expectations,this literature/music package,I indeed find healing.

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### **Carla says**

\*\*\*\* This is a First Reads, Thank You Goodreads \*\*\*\*

This is a basics, techniques, how to, and break down of a natural way of living based mainly on the concept of water. Our bodies are mainly built with water, using the alkaline way of living (including diet), we can change the response within – helping our immune system, our mental health, our relationships – internal and external. Ms. Ruiz easily explains, gives examples, and cites helpful sources to help you get on your way. This is not a new concept, but this is one that constantly needs to be revisited. Great for those looking to make a change, to rev up or go in for that “oil change”. Energy medicine, lightwork, et al should all be part of someone’s life, this book brings part of that natural medicine into the home and makes it simple and easy. Worth the read and the exercises, it will work. The New Year New You is within reach, give it a try. You will find this as a handy go to guide and reference.

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### **Melissa says**

This not only references many great books I've read, but it brings so many topics together into one book! She tells how to eat right to keep our pH levels in good shape, she helps us re-frame how we see the world around us, she helps us see how our body's composition (70% water coupled with energy vibrations) can positively impact our lives and health when they are supported properly. I also loved all the quotes. The author shared her journey to health and well-being in an easy to read, and inspirational format. The reading list at the end is also a gold mine!

Highly recommended!

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## **Skye says**

Gave me insights into being healthier. I like that everything is backed up with other sources and scientific studies.

I received the book for free through Goodreads First Reads.

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## **Tyler says**

New Book Reveals What a Water-Full World We Live In

Healing Your Life with Water is a life-changing book. In fact, it's like reading two books in one. I imagine most people will choose to read this book so they can better understand, heal, and rejuvenate their bodies. And I hope they do read this book for all the fascinating information it contains about understanding the body's pH levels, what foods to eat to help the pH level, and all the other information that promotes good health, healthy eating, and kick starts the "inner fountain of youth."

But this book is more than that. Diana sums it up this way, "We are made up of 70 percent water and there is a certain way to eat, think, and feel in order to keep your 'body of water' healthy." Diana shows how our thoughts and emotions affect our body of water and, ultimately, our health. Her focus on the body's pH is about balancing our water so it is not overly acidic but rather alkaline, and she carries the alkaline metaphor throughout the book, promoting not only alkaline water but alkaline thoughts and emotions. She states: "When we understand the relationship between our mind and our physical body of water, we can begin to discover the key to: feeling better, looking younger, living longer, and unlocking our inner fountain of youth. You will be surprised by how easily your personal happiness affects the world at large once you make this discovery. And it all starts with our health."

Beyond the health aspects of Healing Your Life with Water, Diana Ruiz offers a much bigger picture. Focusing on research done by water experts like Dr. Masaru Emoto as well as numerous other health and healing experts, including Deepak Chopra, Bruce Lipton, and Gary Craig, she provides the reader a full means of creating a balanced body of water including techniques to relieve pain—be it emotional, mental, or physical. Ultimately, feeling better is how we make the biggest change of all because when we feel better, it's easier to be kind to others and since we are made up of 70 percent water, this good feeling ripples out to other "bodies of water"—you, me, the community at large. This good feeling even affects nature's bodies of water—lakes, rivers, and oceans in a surprising way.

This book is full of information and inspiration. Diana teaches us how to turn even acidic thoughts into alkaline ones, including how to change our reactions to upsetting situations, how to see successes in our failures, and how to work through the difficulties in our lives—especially those stubborn grudges and resentments. She often makes the reader laugh through her humorous use of colorful terms like Zombie Emotions and Moldy Oldies thoughts, thereby getting her points across in memorable ways.

Perhaps my favorite discussion in the book is when she talks about suffering. Someone once told Diana that the tools she offered were too easy and that healing ourselves should require suffering—that there is value to be found in suffering. While suffering can help us learn, Diana puts suffering in its place, stating, "Suffering may lead to wisdom, but wisdom does not lead to suffering." Diana does not advocate seeking out suffering once we find a better way to heal and move forward, and she calls on the wisdom and experiences of others to back her up, including Viktor Frankl, Buddha, and—Jesus. Of Jesus, she states:

“I was always intrigued by his ability to forgive and by the stories of healing others without prejudice. It becomes clear to me now that he freely healed those who would be healed...he didn’t admonish them to continue suffering. He encouraged them to take up their beds and walk instead of recommending they lie there a bit longer because suffering was to be dragged out as long as possible. The lesson was discovering that there wasn’t a need to suffer longer than you felt a need to.”

After reading *Healing Your Life with Water*, I have learned to focus on leading a more alkaline lifestyle both in what I eat and in how I think about myself, others, and the world around me. I’ve cut back on coffee and soda because they are acidic. And I’ve spent more time sending positive thoughts and praying for those in need. As Diana states, “information is useless unless you apply it to create a diet that gives you life, fights disease, and promotes health.” The application of this book’s information is a life-changer.

If you want to live a healthier and happier life, you will find it by following the advice in these pages. Beyond benefiting from its tips about diet and healthy eating, you will find your thoughts transformed into seeing the bigger picture of how we can heal not only ourselves but we can help to heal the world when we focus on being kind to our bodies of water. World peace might even be possible when we focus on alkaline and healing thoughts. Diana thinks it’s possible, and after reading this book, I think so as well. We just have to make the choice. First, choose to read this book and let your water flow—heal your mind and body naturally as it was intended to do.

For more information about Diana Ruiz and *Healing Your Life with Water*, visit [www.HealingYourLifewithWater.com](http://www.HealingYourLifewithWater.com) and check out the book video at: <http://rejuvenate.healingyourlifewith...>

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## **Diana E. Ruiz says**

I have to be honest...when I am feeling a bit flustered or overwhelmed with life I leaf through this book. Even though I was instrumental in its birth the concepts and insights that flowed through me onto the page never cease to inspire and empower me again and again. I recommend it for anyone who wants to REALLY create a better life and feel good about themselves.

Diana

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