Plant-Based Diet & Pure Water May Reduce Disease: Discover Why On Kleyne Talk Radio

Discover Health Education To Fight Evaporation, Cancer & Heart Disease with Water & Diet on Kleyne Talk Radio. Esselstyn, Rouse & Kleyne Discover Health Education To Prevent Illness with Plant-Based Diet & Pure Water.

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Guests: Caldwell Esselstyn, M.D., author of Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure and Louise Rouse, Lifestyle Coach & Founder of Women of the Rivers.

Proactive water education is needed to combat disease and illness declares Water Life Science® defender Sharon Kleyne. Kleyne, host of her internationally syndicated weekly The Sharon Kleyne Hour Water Life Science®/Nature’s Pharma®, The Power of Water® & Your Health sponsored by Nature’s Tears® EyeMist® on VoiceAmerica produced by Rose Hong, founder/director of Global Dragon TV in Washington, D.C., recently welcomed Caldwell Esselstyn, M.D. and Louise Rouse, life coach, to the show to discuss advance research, education and inroads against body water vapor evaporation, disease and illness.

Esselstyn, conducting research at The Cleveland Clinic, is convinced that a plant-based diet and may prevent and even reverse the effects of heart disease and cancer. “Did you know,” asked Esselstyn, “that most Americans between the ages of 17 and 24 already demonstrate gross evidence of heart disease?” Esselstyn ruefully adds that Americans today leave high school with a diploma and the roots of cancer and heart disease that will eventually kill them.

Esselstyn, also author of Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure and a gold medalist in rowing at the 1956 Olympics in Australia, believes that the single layer of cells in our arteries is magical because the cells produce molecules of nitric oxide gas, essential to good health. Power of Water® advocate Kleyne likens the process of eating well and drinking enough water to keep that cell layer healthy to keeping one’s pipes clean declares that “everybody needs to be detoxified! We have so much to learn,” Water Life Science® lifestyle inventor Kleyne adds, about simple things for better health.” Esselstyn pipes up with “nutritional literacy is absolutely necessary. With it so many killers could be eliminated.”

Esselstyn recommends avoiding foods such as “oils, dairy, caffeine, sugar and anything with a mother or a face”.

Life coach and founder of Women of the Rivers activist Louise Rouse also joined Power of Water leader Kleyne on the program to stress positive attitude and learning in the movement against over-evaporation and water scarcity. “I don’t believe in scarcity when it comes to water,” declares Rouse. “We’re facing a beginning, not an end when we’re discussing water. We’re talking to the water.”

“I protect water by being an activist,” says Rouse. “Miracles can and do happen on earth. A tree was dying outside my home. I hugged that tree. I prayed for it and gave it water and it miraculously recovered.” Rouse urges everyone to bless water and don’t believe in scarcity. “Be conscious and aware as you use water,” says Rouse. “As you bathe, as you drink, be grateful and believe in the power of love. Be mindful of world events, yet believe in the power of love.”

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If you would like to listen to the talk radio program featuring the conversation between Caldwell Esselstyn, M.D., author of Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure and Louise Rouse, life coach and founder of Women of the Rivers with Power of Water® talk radio host and Water Life Science® lifestyle and dry eye educator Sharon Kleyne about body water evaporation, water education, Water Life Science®, new water research and education, plant-based diet, pure water, cancer and heart disease prevention, follow this link: https://www.voiceamerica.com/episode/114211/encore-diet-can-prevent-and-reverse-heart-disease-honoring-the-water
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