The Irrefutable Water Book Club

Chapter-by-chapter discussion guide

For readers of *The Irrefutable Power of Water* by Erran Warden. Chapter 13 is in two parts (13A and 13B). Discussions share experiences, not medical advice.

Chapter 1 · Water: The Most Ignored Essential in Modern Medicine

1. "If water was discovered today, it would probably be patented." Why do we often value what's expensive over what's essential?
2. Which everyday signs described in this chapter have you, or someone close to you, accepted as normal?

Chapter 2 · The Myth of ‘Enough’

1. Where did you first learn the eight-glasses rule, and did you ever question it?
2. Compare your day with Person A and Person B. Which are you closer to?

Chapter 3 · Unintentional Chronic Dehydration (U.C.D.)

1. Why might something ‘normalised’ be harder to notice than something rare?
2. How does the author's idea of the body ‘rationing’ water change how you think about everyday habits?

Chapter 4 · Your Body Is Plumbing Before It Is Chemistry

1. Which analogy (fuel line, delivery trucks, traffic) made the most sense to you?
2. What does ‘no flow, no delivery’ mean to you?

Chapter 5 · The Brain on Water

1. Have you noticed a link between your focus or mood and how much you've drunk?
2. Why might older adults need to pay particular attention to hydration?

Chapter 6 · Blood, Pressure & Oxygen

1. What stood out in the property investor's story?
2. Who in your life talks, travels or trains all day, and might use more water than they realise?

Chapter 7 · The Drying of the Shock Absorbers

1. What did you learn about how joints and discs use water?
2. How did this chapter change how you think about movement?

Chapter 8 · Muscle, Cramp & Electrical Chaos

1. Why do you think we talk so much about protein and so little about water?
2. What did the football extra-time example show you?

Chapter 9 · Sleep, Kidneys & the Nocturia Paradox

1. Did the author's view of night-time waking surprise you?
2. What would spreading your drinks through the day look like for you?

Chapter 10 · Water Retention

1. How does the cactus analogy change the way you think about fluid balance?
2. What does ‘a water trust issue’ mean to you?

Chapter 11 · Water for Weight Loss

1. "People don't fail diets. Diets fail biology." Do you agree?
2. What role do everyday habits play in long-term change?

Chapter 12 · How Water Enters the Body

1. What do you know about the water you drink every day?
2. ‘You don't need perfection; you just need improvement.’ What is one improvement you could make?

Chapter 13A · If This Is You

1. Which client story resonated most with you, and why?
2. How did it feel to read "You are not broken"?

Chapter 13B · And It Rarely Stops There

1. Which idea in this chapter surprised you most?
2. How can we hold this knowledge alongside proper medical care?

Chapter 14 · The Multi-Million Dollar Question

1. Try the author's formula. How does it compare with what you drink now?
2. Why might one number not suit everyone?

Chapter 15 · From Knowing to Doing

1. What gets in the way of turning knowledge into habit for you?
2. What would ‘boringly consistent’ look like for the next seven days?

Chapter 16 · Making Hydration Work for You

1. What's your biggest takeaway from the whole book?
2. Who is one person you'd want to share it with, and what would you tell them?

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