

WHY DRINK WATER?

- 1 Removes toxins
- 2 Regulates your body's temperature
- 3 It is essential for proper digestion
- 4 It improves nutrient absorption
- 5 It plays a vital role in nearly every bodily function
- 6 Promotes proper circulation in the body
- 7 It improves the flexibility of the blood vessels
- 8 And helps fight off illness

WITHOUT WATER YOU MAY EXPERIENCE

- increased risk of dehydration • constipation • kidney stones • dry skin • headache • fatigue



HOW MUCH WATER IS ENOUGH?

You should drink half your weight in pounds in ounces of water every day to provide your body with its minimum water replacement. For example: a 140-pound woman should drink 70 ounces of water. The more active she is, the more she sweats and the more water she should drink.

