

HEALTH BENEFITS OF DRINKING WATER

Lose Weight

Water reduces hunger and has zero calories.

Natural Remedy for Headaches

Headaches are often caused by dehydration.

Healthier Skin

Water replenishes skin tissue, moisturizes and increases elasticity.

Better Productivity

The brain is mostly water, so drinking more increases alertness and concentration.

Exercise More Efficiently

Water regulates body temperature and fuels muscles.

Improve Digestion

Drinking water increases metabolism.

Reduces Cramps and Sprains

Water keeps joints and muscles lubricated.

Improves Overall Health

Water helps the immune system fight germs.

Relieves Fatigue

Dehydration makes body organs work harder causing fatigue.

