The Miracle That Is WATER

What does water do for the human body?

prevents loss of memory as you age



lessens addictive urges, including caffeine, alcohol and certain drugs

- dehydration taxes the heart . by causing it to pump faster to get sufficient oxygen to your muscles
 - water is essential . for the body to sweat and release toxins
 - cleanses toxic waste from various parts of the body and carries it to the liver and kidneys for removal
 - lubricates joints and lessens discomfort from arthritis or back pain
- slows down the aging process and makes skin smooth

water allows for efficient cell repair

- allows red blood cells to carry oxygen more efficiently, resulting in better muscular function and increased mental acuity
- without the flow of water, there's insufficient water to remove waste and toxins through your stool

of Americans are chronically dehydrated

of Washington study discovered that one glass of water stopped hunger pangs for almost 100% of studied dieters.

The Lesson to be Learned? Drink More

Sharing this picture can save lives.