

Water: The Miracle Beverage!

WATER IMPROVES:

- the body's ability to detoxify
- your ability to lose weight
- your immune system
- the body's ability to heal
- mood
- digestion
- mental acuity
- muscle function
- the smoothness of your skin

Water lessens addictive urges including caffeine, alcohol and certain drugs.

WATER RELIEVES:

- stress
- headaches
- fatigue
- constipation
- hunger pangs
- inflammation

WATER HELPS PREVENT:

- kidney stones
- memory loss
- aging

