EXTERNAL USES OF WATER

For good health and vitality:

- Drink at least 8 glasses of water each day. This is the single most important thing you can do for your health.
- Avoid drinking coffee, tea, and other dehydrating beverages.
- Start your day with a warm water bath to help flush out toxins.
- Drink warm water before meals to aid digestion.
- Drink warm water before going to bed to aid sleep.
- Drink warm water after eating to aid digestion.

INTERNAL USES OF WATER

Water is the single most important substance in your body. Here’s why:

- Water makes up about 60% of your body weight.
- Water is essential for all bodily functions, including digestion, absorption, and excretion.
- Water helps regulate body temperature.
- Water is necessary for the proper functioning of all cells in your body.
- Water helps maintain healthy skin and hair.
- Water is essential for the proper functioning of the nervous system.
- Water helps maintain blood pressure.

Water is the key to good health. Drink plenty of water every day to stay healthy.