



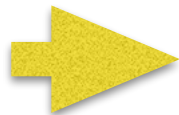
10 Reasons to Drink More Water

WHAT IT DOES TO YOUR BODY

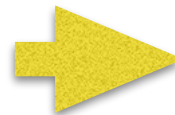
1. it's 75% of your brain
2. it regulates your body temperature
3. it keeps your skin looking young
4. it protects your heart
5. it helps you burn fat
6. It prevents constipation
7. It decreases fatigue
8. it carries Oxygen to cells
9. It flushes toxins out
10. it helps you control calorie intake

HOW MUCH DO YOU REALLY NEED

YOUR
WEIGHT
(LBS)



DIVIDE
by
2



= No.
of
Ounces

8 Ounces =



1

130 lb women = 8

