

WATER

Water, Water, Everywhere! Our body is made up mostly of water....2/3 in fact. Throughout the day, we are constantly losing water through perspiration, evaporation, and excretion. Therefore, it is very important that we replenish our bodies with enough water so it can function properly.

Weight Management – Drinking water is a good weight management tool.....it contains no calories, helps convert food to energy, and increases one's metabolism.

Absorption – Water helps the body absorb nutrients.

Thinking – Our brain is 95% water....so even moderate dehydration can lead to headaches, foggy thinking, and dizziness.

Essential – Water is essential to the proper functioning of almost every system in the body. It cushions joints and organs, carries nutrients to cells, & regulates temperature.

Removes Waste – Water helps remove excess waste from the body through the kidneys....water is a MUST for proper kidney function.