WATER

The Best Drink of All!

Like the earth, the human body is comprised of 60-70% of water.

Drinking Water is essential to good health!

Don't Medicate, Hydrate!

The Importance of Water

Like the Planet Earth, the human body is made of 60 - 70% water and is one of the most essential elements to health. Water makes up more than two-thirds of our human body weight and without water; we would die in a few days.

The human brain is made up of 95% water, blood is 82% and lungs 90%. A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, difficulty focusing. Mild dehydration is also one of the most common causes of daytime fatigue.

Water is important to the mechanics of the human body. The body cannot work without it. In fact, all the cell and organ functions that make up our entire anatomy and physiology depend on water for their functioning.

Water might be everywhere, but one must never take it for granted. For us to survive so must the rivers, lakes & oceans of Planet Earth.

"Water is the driving force of all nature."

- Leonardo da Vinci

Top 10 Benefits of Drinking Water

1. Increases Energy & Relieves Fatigue – Since your Brain is 95% water, drinking it helps you think, focus and concentrate better and be more alert. As an added bonus, your energy levels are also boosted!
2. Promotes Weight Loss – Removes by - products of fat, reduces eating intake, reduces hunger, raises your metabolism and has 0 calories!
3. Flushes Out Toxins – Gets rid of waste through sweat and urination, which reduces the risk of kidney stones and urinary tract infections.
4. Anti-Aging – Moisturizes your skin, keeps it fresh, soft, glowing, smooth and wrinkle free. It's the best anti-aging treatment around!
5. Maintains Regularity – Aids in digestion as water is essential to digest food and prevents constipation.
6. Boost Immune System – Drinking plenty of water helps fight against flu, cancer and other ailments like heart attacks.
7. Natural Headache Remedy – Helps relieve and prevent headaches (migraines and back pins too!) which are commonly caused y dehydration.
8. Prevents Cramps & Sprains – Proper hydration helps keep joints lubricated and muscles more elastic so joint pain is less likely.
9. Puts You in a Good Mood – When the body is function at it's best, you will feel great and be happy!
10. Save Money – Water is FREE! Even if you choose bottled or filtered water, it's STILL cheaper than that high sugar and fat-filled latte or alcoholic drink!

beyou promise.org
because choices matter

703, 1803 Douglas Street
Victoria BC V8T 5C3
(778) 746-7799
info@beyoupromise.org
www.BeYouPromise.org