

DON'T WAIT, HYDRATE!

When you feel thirsty, your body is likely to be dehydrated. While it is important to make a habit of drinking water first thing in the morning to help stay hydrated, we should aim to drink at least 2 litres throughout the day.

Drinking water is one of the safest, healthiest ways to detox the body. What's more, drinking water more often can help to reduce the urge to snack between meals.

WATER CAN
HELP TO REDUCE
**HIGH BLOOD
PRESSURE**



**DRINK WATER
TO COMBAT FATIGUE**



WATER HELPS WITH
**ALLERGIES
& ASTHMA**



HELPS CONTROL
HIGH CHOLESTEROL



WATER CAN
HELP WITH
WEIGHT LOSS



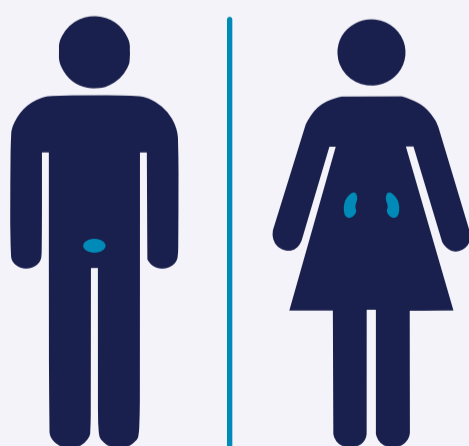
DRINKING WATER
REDUCES SKIN PROBLEMS
**SUCH AS ACNE
DERMATITIS
& PSORIASIS**



ELIMINATES DIGESTIVE
DISORDERS



TRY TO DRINK
**8 GLASSES
PER DAY**



FLUSHES OUT BAD
BACTERIA FROM
**THE BLADDER
& KIDNEYS**