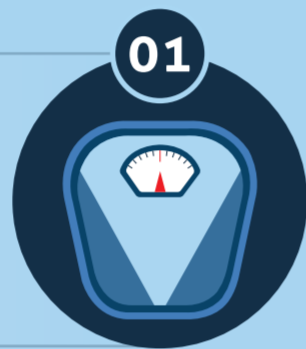


BENEFITS OF DRINKING WATER

What Happens When You Replace All Drinks with Water?

11 Health Benefits That You Can obtain When You Replace All Drinks with Water

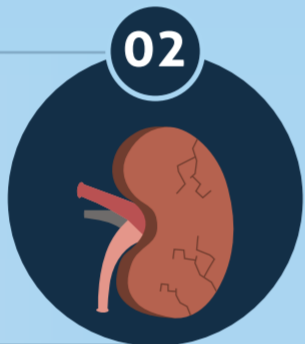
You lose weight at a faster rate



You are re-energized and it uplifts your mood



You flush out toxins from your body



Water improves blood circulation



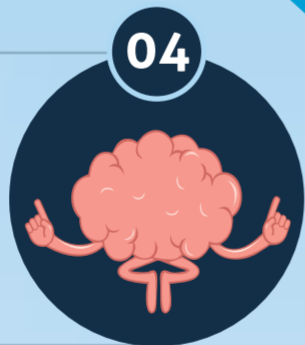
You improve your muscles endurance and flexibility



You Are Able To Stimulate Your Digestive System



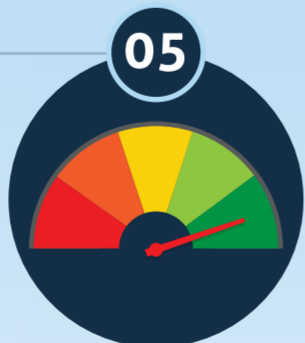
Your ability to focus and concentrate gets sharper



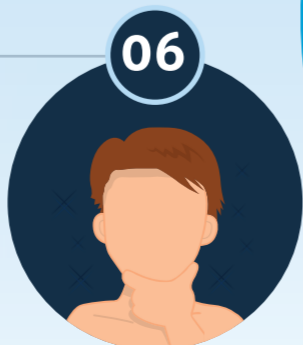
Water Promotes the Growth of Healthy Hair



You boost your metabolic rate



You get a glowing and healthier skin complexion



You lower the risk of many diseases

