

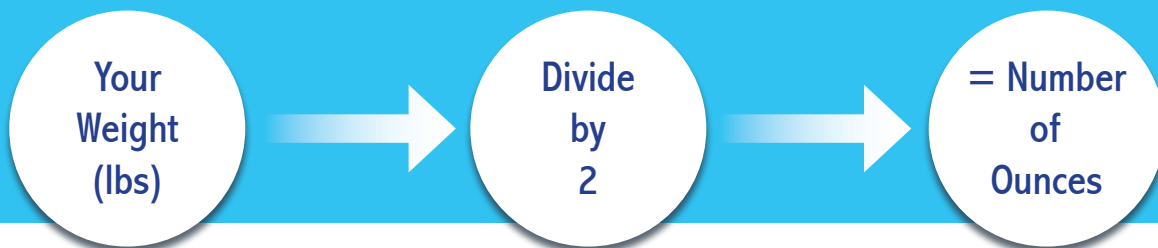


10 Reasons to Drink More **WATER**

1. It is 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 the cells
9. It flushes toxins out
10. It helps you control calorie intake



How Much Do You Really **NEED?**



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