

The Power of Water

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Of course, it goes without saying that without water our bodies cannot function properly. As a matter of fact, without it we would cease to exist. But do we really understand how water can assist with weight loss?

- Here are the benefits I have noticed from drinking at least 64 oz of water daily:
- Regular bowel elimination, which helps to flush out toxins and waste in your body.
- Helps to also eliminate and flush out fat in the body.
- More energy throughout the day.
- Drinking a glass 15-20 minutes before eating helps to curb your appetite.
- Helps with headaches, back pain and tiredness, which can occur because of dehydration.
- Hydrates your skin and gives you a clearer skin complexion.

As you can see above, the power of water cannot be denied. So, did you have your 8 glasses of water today?

Here's to your health!

Trina