

# **Drinking Water**

## **At the Correct Time Maximizes its Effectiveness On The Human Body**



**\*2 Glasses Of Water After Waking Up  
- Helps Activate Internal Organs**

**\*1 Glass of Water 30 Minutes Before a Meal  
- Helps Digestion**

**\*1 Glass of Water Before taking a bath/shower  
- helps Lower Blood Pressure**

**\*1 Glass of water before Going to Bed  
- Avoids Stroke or Heart Attack**

**Please Share**