

WATER DOES A BODY GOOD!

I am advised that about 90% of heart attacks occur early in the morning and it can be minimized if one takes a glass or two of water [yes WATER and NOT beer or other beverage] before retiring in the evening.

I knew water is important but I never knew about the special times to drink it. Did you??

On an average, everyone needs to drink 1 glass of water (8 oz) for every 20 pounds of body weight every day. Add a glass for every cup of coffee, ounce of alcohol, glass of wine and 45 minutes of exercise.

Drinking water at the correct time maximizes its effectiveness on the Human body

- 1) 2 glasses of water after waking up -helps activate internal organs.
- 2) 1 glass of water 3-45 minutes before a meal - helps digestion
- 3) 1 glass of water before taking a bath - helps lower blood pressure
- 4) 1 glass of water before going to bed -avoids stroke or heart attack

Please pass this to the people you care about.....

I JUST DID...!!! I SET MY WATCH TIMER FOR 1 HOUR AND DRINK A GLASS EVERYTIME IT GOES OFF.....AS OFTEN AS I CAN.

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