Glacier notes

How does water positively affect the body?

Water positively helps your body by eliminating waste and toxins in your body.

Water hydrates your body, helps focus and keeps you alive. It also treats allergies, headaches, high blood pressure and etc. Water helps your digestive system and reduces heart attacks. It reduces cramping, builds more muscles and you stay health. Also you get healthy skin, helps to remove toxins and you get energized. Water maintains it’s nutrients and water helps your hair, skin and nails. Water transports nutrients and oxygen into cells and it moisturizes the air in lungs. Helps with metabolism and protects our vital organ.

Water also does help our organs to absorb nutrients better, regulates body temperature and protects and moisturizes our joints. Water helps to digest food and drinking water is essential to your health. Brain consists 90% of water and water also maintains body fluids. Did you know that water could help control calories Water flushes toxins, it reduces your infections and protects our vital organ. Muscle consists of 75% of water, bone consists 22% of water. Blood consists of 83% of water. Water burns more fat and builds muscles and water keeps you fresh. Water keeps you hydrated and Water helps your blood clot.