Here are a few interesting facts about water...

Have you had yours today?

ABOUT DRINKING WATER

The following will probably amaze and startle you.

- One glass of water shuts down midnight hunger pangs.
- Lack of water is the number one trigger of daytime fatigue.
- Research indicates that 8 – 10 glasses of water a day could significantly ease back and joint pain.
- A mere 2% drop in body water can trigger fuzzy short-term memory, problems with basic Maths and difficulty focusing on the computer screen.
- Drinking 5 glasses of water daily decreases the risk of:
  - colon cancer by 45%,
  - breast cancer by 79%, and
  - developing bladder cancer is halved.

Are you drinking the amount of water you should every day?