

## **WHEN to Drink WATER**

**The Correct Time to Drink Water....Very Important...**

**This is interesting!! I knew we needed minimum water to flush the toxins out of our body, but this was news to me.**

**Correct Time to Drink Water....Very Important  
From A Cardiac Specialist!**



**Drinking water at certain time maximizes it's effectiveness on the 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 - helps lower blood pressure**

**1 glass of water before going to bed - avoids stroke or heart attack**