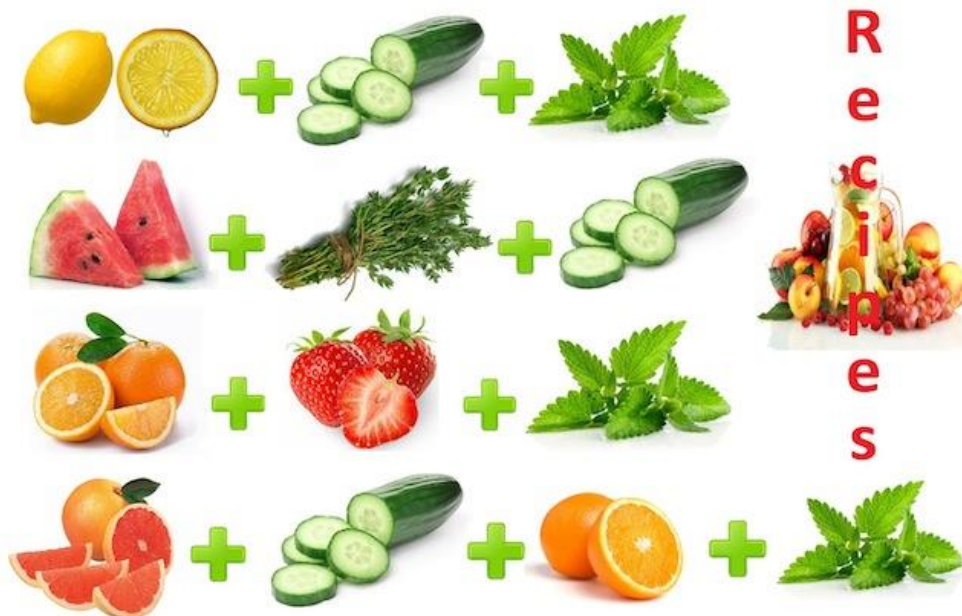


# Create your own flavoured water

Why not make water drinking more interesting by adding your favourite fruits, salads and herbs – they taste yummy and have cleansing benefits too.



Keeping your inner organs well hydrated keeps energy flowing through your body. Using this "essence water" makes plain water more enjoyable and easy to drink – just keep topping your water container up all day.

Good hydration = wet tongue and clear wee. Drink water like a slow and steady waterfall – drink your amounts often until you achieve hydration.

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