

WATER

BENEFITS

- Reduces risk of heart disease
- Reduces fatigue
- Removes impurities from the body
- Improves mental alertness
- Hot footbaths can relieve headaches and congestion in the lungs and head

TIPS FOR DRINKING WATER

- Start the day with 2-4 glasses of warm water to cleanse your system
- Add 2 tablespoons or 1/2 of lemon to one 8oz glass. Always use a straw when drinking lemon to protect the enamel of your teeth
- Drink lots of water during the day until your urine is pale yellow
- Avoid drinking with your meals
- Drink 15 to 30 minutes before your meal and 2 hours after your meal
- Drink only water in-between meals
- Drink water at room temperature
- Avoid soft drinks, coffee and tea as a substitute for water

HOT AND COLD SHOWER

- Stimulates circulation
- Strengthens the immune system
- Good treatment for colds and flu
- Is invigorating

**WATER IS THE BEST LIQUID POSSIBLE TO
CLEANSE THE TISSUES. CD p.419**

