The Miracle That Is WATER What does water do for the human body? prevents loss of memory as you age lessens addictive urges, including caffeine, alcohol and certain drugs dehydration taxes the heart . by causing it to pump faster · water allows for to get sufficient oxygen to your muscles efficient cell repair water is essential . allows red blood cells for the body to sweat to carry oxygen more efficiently, resulting in better and release toxins muscular function and increased mental acuity cleanses toxic waste from . various parts of the body and carries it to the liver without the flow of water. and kidneys for removal there's insufficient water to remove waste and toxins through your stool lubricates joints and lessens discomfort from arthritis or back pain slows down the aging process . and makes skin smooth discovered that hunger pangs for almost 100% of Americans dehydrated The Lesson to be Learned? ink More Sharing this picture can save lives. Infographic brought to you by Staying Healthyorg A Natural Approach

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