 ***THIRSTY???***

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one’s metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water is the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger short-term memory trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

STAY WELL HYDRATED, DRINK 2-4 QUARTS OF WATER DEPENDING ON YOUR ACTIVITY.

DRINK UP!!

Thank you to the MASSAGE THERAPY GROUP for this information.