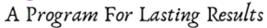
# Mind, Body, Weight Loss





## 100 Ounces of Water a Day

## Why?

- · Water is your friend and life source
- Every cell in your body needs water to thrive
- It lubricates your joints
- Enhances healthy skin
- It helps flush out body waste
- · Water is energy
- · And it helps you release weight
- · People often eat when they are actually thirsty

### What counts as water intake?

- Your glass of lemon water
- Celery juice
- herbal teas
- Watery foods (such as juicy fruits and veggies (watermelon, cucumber)
- Water
- Making your own vitamin waters (with fresh fruit, veggies, and herbs)

#### **Look out:**

For each glass of caffeinated beverage - it takes two glasses of water to cancel it out

Helpful tip:
Think nice thoughts
while drinking your
water. Think of
things to be grateful
for.