

**Here are a few interesting facts about water...**

**Have you had yours today?**

## **ABOUT DRINKING WATER**

**The following will probably amaze and startle you.**

- **One glass of water shuts down midnight hunger pangs.**
- **Lack of water is the *number one* trigger of daytime fatigue.**
- **Research indicates that 8 – 10 glasses of water a day could significantly ease back and joint pain.**
- **A mere 2% drop in body water can trigger fuzzy short-term memory, problems with basic Maths and difficulty focusing on the computer screen.**
- **Drinking 5 glasses of water daily decreases the risk of:  
colon cancer by 45%,  
breast cancer by 79%, and  
developing bladder cancer is halved.**

***Are you drinking the amount of water you should every day?***