

HOW TO DRINK MORE WATER

Your Step by Step Daily Water Drinking Plan.



6-8am • benefits

CUP #1 AND 2

Drink 2 cold glasses of water in the morning when you wake up and before you eat breakfast.

- ✓ Eliminate Toxins
- ✓ Rehydrate your brain & wake up
- ✓ Kick start your metabolism by 24% before breakfast.
- ✓ Stimulate your digestive system and get things moving.

9-10am

CUP #3

Drink one cup around morning tea time or when you start to feel peckish & before you reach for an unhealthy snack.

benefits

- ✓ Lubricate joints and cartilage to get your body moving.
- ✓ Get an Immunity Booster Shot and neutralize the PH in your body.
- ✓ Look younger with plumper hydrated skin.

10am - 12pm

CUP #4

Drink a glass of water at least 1/2 an hour before you have your lunch.

benefits

- ✓ Burn an extra 5lb of fat / year.
- ✓ Boost your metabolism for the next 30 - 40 minutes.
- ✓ Power up your mental creativity by up to 30%

12pm - 2pm

CUP #5

Drink a glass of water at least 1/2 an hour after lunch.

benefits

- ✓ Prevent premature aging of the major organs in your body.
- ✓ Increased production of blood and muscle cells.

2pm - 4pm

CUP #6

Enjoy a cold glass of water when you start to feel that afternoon slow down.

benefits

- ✓ Natural Energy Drink: Reduced fatigue & increases enzyme activity in the body.
- ✓ Lowers Cholesterol production.

4pm - 6pm

CUP #7

Drink this one at least 1/2 an hour before dinner.

benefits

- ✓ Reduce your risk of colon cancer by 45% & bladder cancer by 50%

before bedtime

CUP #8

Water should be served at room temp & at least 20 min before bed.

benefits

- ✓ Eliminate toxins and inflammation causing bacteria.

