

30 DAYS TO HYDRATION

Water is essential for our very existence. We lose water each day through sweat, urination and breathing. By the time we feel thirsty dehydration has already set in. Dehydration decreases your memory, digestion, blood pressure, metabolism and so much more. It's a major factor in many illnesses like migraines, stiff joints, blood sugar, circulation and heart issues and so on. So it makes sense to rehydrate our bodies with a healthy dose of pure water daily! Minimum requirement is half of your body weight in ounces.

Example: $180/2=90\text{oz}$ A gallon is sufficient.

| | | | | | |
|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |

 = one 16.9oz bottle

***You're Now At Just Over One Gallon Per Day!**