

## Benefits of Water

- + Water is a component of every cell in your body
- + Water is the most important and abundant “ingredient” in your body
- + You may survive three months without food, but only a few days without water
- + Water comprises 55 to 60 percent of your total body weight
- + Water carries nutrients from the digestive system to all cells in the body
- + Water carries waste products from the cells to the kidneys so that they can be excreted in urine
- + Water serves as the solution in which all other nutrients are dissolved
- + Water acts as a lubricant and cushion around joints
- + Water serves as shock absorber inside the eyes and spinal cord
- + Water regulates the body’s temperature via sweating, especially during exercise

“Nothing in the world is more yielding and flexible than water”

