

Water Before Bedtime

About 90% of heart attacks occur early in the morning and it can be minimized if one takes a glass or two of water NOT grog or beer before retiring in the evening.

I knew water was important but I never knew about the special times to drink it. Did you??

Drinking water at the correct time Maximizes its effectiveness on the Human body :

1 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

Aspire to inspire, before you expire