

## **15 BENEFITS OF HYDRATION**

- 1) Significant detoxification of stored cellular toxins.**
- 2) Balances body pH towards neutral.**
- 3) Markedly elevates available oxygen to the cells.**
- 4) Improves immune system function.**
- 5) Increases energy to the body as a whole.**
- 6) Lowers pain from any condition.**
- 7) Increases oxygenation of cells.**
- 8) Improves the absorption and utilization of all nutrients and supplements.**
- 9) Helps balance blood sugar.**
- 10) Lowers blood pressure and balances cholesterol levels.**
- 11) Helps with weight loss.**
- 12) Decreases tendencies for cellular mutation.**
- 13) Improved mental performance.**
- 14) Lowers tendencies of depression and anxiety disorders.**
- 15) Deeper sleep to release stress.**