



Healthy Holiday Tip #6 Drink More Water!

Tackle those chemical stresses you are subjected to daily by literally flushing them out of your system! Drink at least eight 8-ounce glasses of bottled spring water or filtered water per day. Our bodies are mostly water, so staying hydrated will help you function at optimum levels.

Keep your adjustment schedule to reverse the effects of chemical stress on your nervous system.

(Tear here and enter to win!)

How many glasses of water have you had so far today?

Name _____

Answer trivia on Facebook for an extra chance to win!

