



BACK TO BALANCE  
NATURAL HEALING CENTER

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## DRINKING WATER

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### **What Does It Do For You?**

Boosts Metabolism

Reduces Wrinkles

Flushes out Toxins

Decreases Cravings

Suppresses Appetite

Keeps You Regular

Helps with Headaches from Dehydration

### **How Much Water?**

Half body weight = minimum # ounces per day

Example: 128 lb person

$128 \times \frac{1}{2} = 64$  ounces per day

Or 8 – 8 ounce glasses