



# Anxious Body Without Water

Water is one crucial fuel that your body needs. Bodies can have minor meltdowns on their own if you don't give it the fuel it needs. If you have trouble relaxing your body, sleeping or losing weight, drinking enough water on a regular and sufficient basis can help.

## **How much should you drink?**

Divide your weight by 2. That figure is the minimum ounces per day that your body needs. For example, if you weigh 128 pounds, divide it by 2 you get 64. Therefore, you should drink 64 ounces or 2 quarts of water per day. You can drink your water with anything that makes water tasty to you such as mint leaves, lemon juice and stevia, etc and just carry it with you throughout the day.

As you continue with this, you will notice more mental clarity and other body functions will improve.

Yours for health naturally,

*Dr B*

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