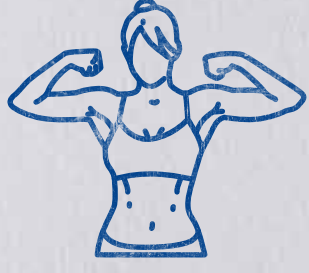


Ten Reasons to Stay Hydrated



H2Joe
Joe Cristiani's
Drinking Water Systems

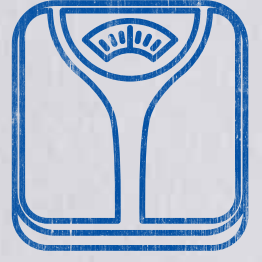
1. Increases energy and relieves fatigue



Your muscles need oxygen and nutrients to work at their peak. Keeping them hydrated helps them function at their best, plus boosts your energy levels!

2. Promotes weight loss

Removes by-products of fat, reduces eating intake by reducing hunger naturally, helps with body energy levels, raises your metabolism and has zero calories!



3. Saves Money



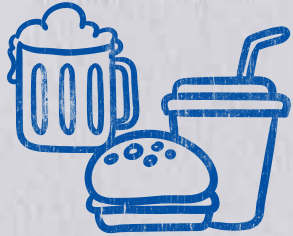
Water is far cheaper than sports drinks or soda, and about a thousand times better for you. Plus with a virtually limitless supply at your fingertips, there's no need for expensive and wasteful bottled water!

4. Maintains regularity

Aids in digestion as water is essential to digest your food and prevents constipation.



5. Flushes out toxins



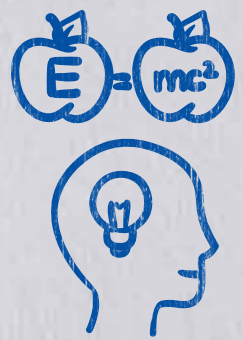
The modern diet is full of stuff that – while tasty and enjoyable in moderation – is not always great for your body. Water helps flush out the bad stuff.

6. Boosts Immune System

Drinking plenty of water helps fight against flu, cancer and other ailments like heart attacks by keeping the whole system well fed with nutrients and helping to keep harmful free radicals out.



7. Improves Mental Clarity



The brain is about 70% water, and when it is not hydrated properly it can become fatigued and confused. Staying properly hydrated has been proven to improve cognitive functioning by as much as 14%.

8. Prevents Cramps and Strains

Muscles and joints crave the proper lubrication they need to function properly, and when we work out without giving them the proper nourishment it can lead to cramping and even greater injury.



9. Improves skin complexion



External lotions are great, but one of the best ways to keep your skin looking smooth and wrinkle-free is to keep it hydrated from within.

10. Improves Your Mood!

With all the physical benefits of being properly hydrated, who wouldn't be in a better mood? Feeling good, looking good and living well are all part of the same puzzle when you drink with H2O Joe!

