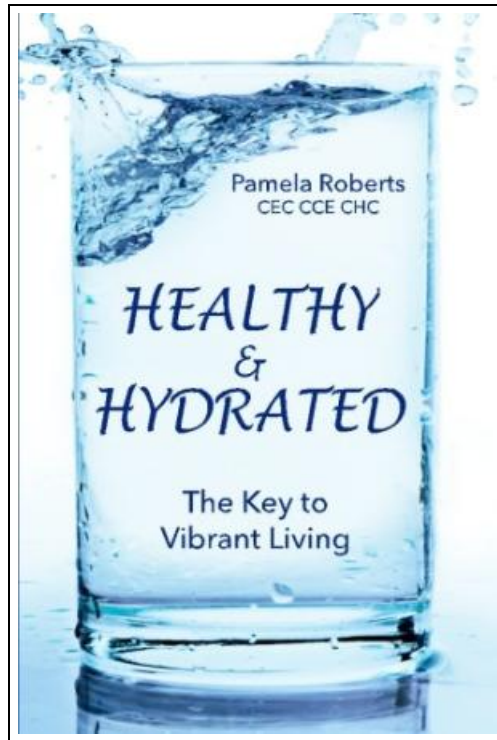


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(Dr. Deonte Hammes DDS)

HEALTHY HYDRATED: THE KEY TO VIBRANT AGING INSIDE AND OUT



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Healthy & Hydrated. Paperback. Condition: New. 102 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Healthy and Hydrated The Key to Vibrant Living Do you need more energy Do you ever feel lethargic, or run down in the middle of the day Does a nagging headache prevent you from doing what you love to do Is your digestion backed up and making life miserable Discover how these common everyday problems can be avoided by drinking a glass of water. But how much water do you really need It is not 8-10 glasses daily as you have been told. Insane as it seems, a drink of water can help you avoid so many health problems. By being hydrated, inside and out, growing old does not have to mean illness and frailty. Feeling good has never been easier. The human body is roughly 65 water. There are five major organs the body will go to great lengths to protect. Healthy and Hydrated The Key to Vibrant Living explains which organs are of the utmost importance, and how the body gives you signs and signals that you need more hydration. You may be getting these signals already but are unaware of the message your body is trying to deliver. Healthy and Hydrated The Key to Vibrant Living contains handy charts and simple worksheets to help you calculate your unique hydration requirements. There are chapters on high hydration foods and refreshing beverages to enjoy while you learn to kick and control the sodasugar habit. If your body was a fine machine, what would you use to fuel it Healthy and Hydrated The Key to Vibrant Living gives you the secret to healthier looking skin. Included in this book are ingredients you should avoid putting on your skin and why. Your skin will reveal your true age....



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