

The Power of Water

Water makes up roughly 60% of the total body weight in an average adult. Every part of the body needs water. It flushes out toxins from vital organs. Water also carries important nutrients to cells. It also keeps important tissues such as eyes, ears, nose, throat and skin moist.

These are some great ways to improve your health and save some money with something as simple as drinking a few glasses of water a day:

1. Reduce your risk of heart attack – you're 41% less likely to suffer from a heart attack if you drink a minimum of five glasses a day.
2. Reduce your frequency of migraines – water has the power to heal headaches; Drink an extra litre a day and reduce the frequency of migraines.
3. Dehydration affects your brain – dehydration can affect the way you think. So make sure you get your required daily intake of water to keep your brain functioning at its very best.
4. Your wallet!! – We have great tasting water coming straight from our taps. And you're sure to save money by switching to water!!