## WHAT IT DOES TO YOUR BODY

## 10 Reasons to Drink More Water

1. It is 75% of your brain

- 2. It regulates your body temperature
- 3. It keeps your skin looking young
- 4. It protects your heart
- 5. It helps you burn fat
- 6. It prevents constipation
- 7. It decreases fatigue
- 8. It carries Oxygen to cells
- 9. It flushes toxins out
- It helps you control calorie intake

## HOW MUCH DO YOU REALLY NEED?

Your Weight (lbs)



Divide by 2



= Number of Ounces



130lb woman = 8



## **Severe Water Problem...and the Solution!**

Erin Brockovich shares in an interview, the very serious problem we all face with municipal water systems and what needs to be done to keep our families healthy and safe.

Here is a video of her short interview: <a href="https://vimeo.com/223467471">https://vimeo.com/223467471</a>

Notice that Erin says, "The only filter you should be using....absolutely has to have "Ion Exchange Resin in it."



To learn more about Nikken's unique and innovative water products, go to <a href="www.ybhurtn.biz">www.ybhurtn.biz</a> and select "Video Portfolio", then select "Water Technologies and Products" to watch the videos.

To order any of these amazing water products, go to: