

WHY IS WATER IMPORTANT IN OUR LIVES?

1. Water keeps us hydrated and doesn't let us die from dehydration.
2. It is used for the cleanliness of our body.
3. It helps prevent constipation.
4. It improves blood oxygen circulation.
5. It helps boost energy.
6. It keeps skin bright.
7. It helps improve mood.
8. It helps fight of illnesses



Water must be free and crystal clear for everyone!!!

<https://www.healthline.com/health/food-nutrition/why-is-water-important#immunity>