

REMEMBER

WATER

2023 Winter Semester **ERC**

21700766 Dongjun Han



Why Water? (Introduction)

Do you want to keep yourself **healthy**?
&
Do you want to have a **better appearance**?



Any food, drink, or any product
for your health?

"Thousands have lived without love, not one without water"
(W.H. Auden, 1957)



"Water is the best drink in the universe"
(Mr. Water, 2024)



Why Water?
(Introduction)

**Definitely not
Water yet**

Water regulates our body temperature!

Specific Heat Capacity
(비열)

$$\Delta Q = mc\Delta T$$

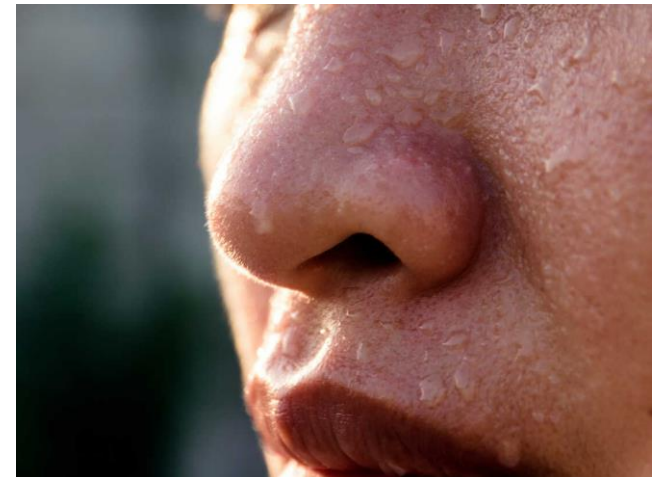
MATERIAL	SPECIFIC HEAT (Joules/gram • °C)
Liquid water	4.18
Solid water (ice)	2.11
Water vapor	2.00
Dry air	1.01
Basalt	0.84
Granite	0.79
Iron	0.45
Copper	0.38
Lead	0.13



HOT



COLD

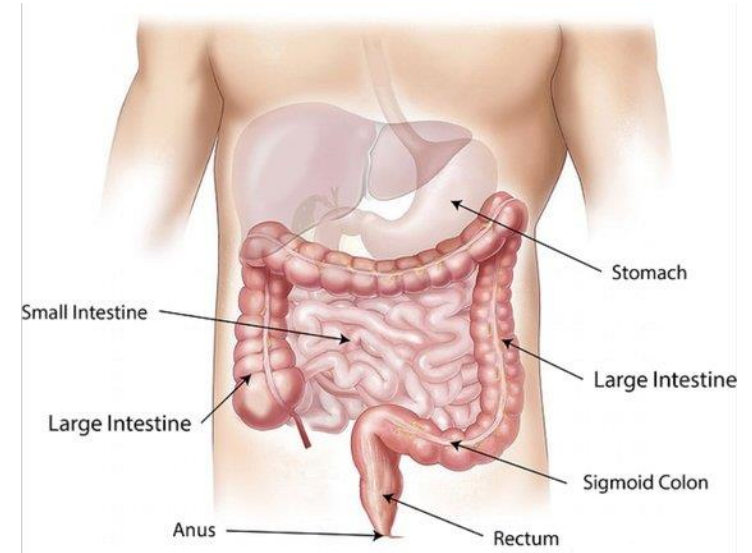


Water helps the digestive system!

Why Water?
(Introduction)

Definitely not Water yet

Probably not
Water yet



Constipation
(변비)



Why Water?
(Introduction)

Definitely not Water

Probably not Water

Possibly Water

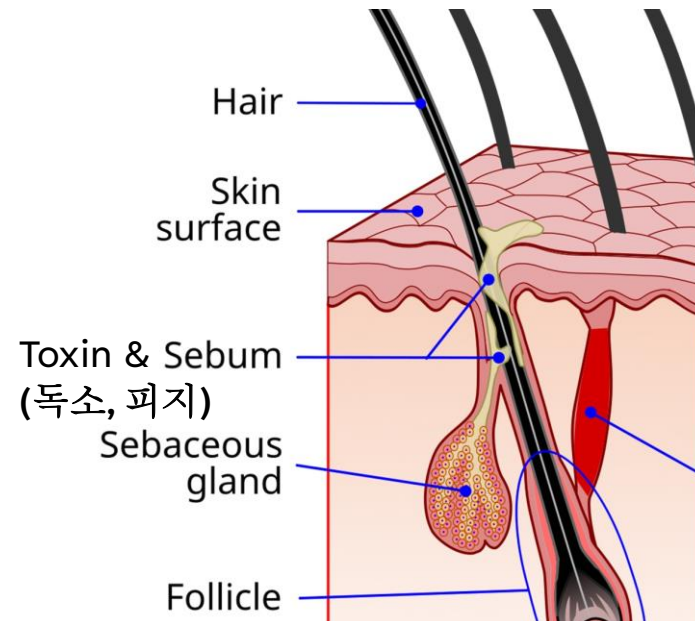
Water provides skin health & beauty!

Without Hydration

Wrinkle

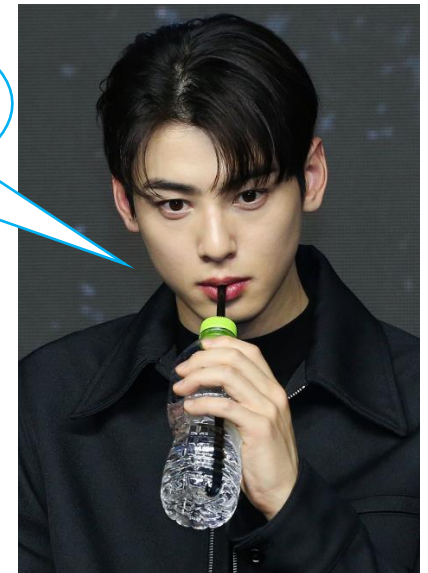
Dry

Skin disease



Drink Water!

Elastic
Fantastic
Beautiful
Handsome





Why Water?
(Introduction)

Definitely not Water

Probably not Water

Possibly Water

Probably Water

Water helps you lose weight!



1. Appetite suppression
2. Acceleration of fat metabolism

DID YOU KNOW? Drinking water before meals **DOUBLES** weight loss!

Drinking 500ml water + 30 mins before meals + 3 times per day

Drinking 500ml water, 30 mins before meals, three times per day
= twice as much weight loss (over 12 week period)





Why Water?
(Introduction)

Definitely not Water

Probably not Water

Possibly Water

Probably Water

**Definitely
Water!**
(Conclusion)



WATER

maintain **body temperature**

helps **digestive system**

provides **skin health and beauty**

helps you **lose weight**

A young boy with dark hair, wearing a red hoodie and blue jeans, is playing a white acoustic guitar with a skull and floral design. He is smiling and looking upwards. The room is dimly lit with blue light, and a large pile of orange and yellow petals is on the floor. Two speech bubbles are overlaid on the image.

**REMEMBER ME!
REMEMBER WATER!**

THANK YOU!