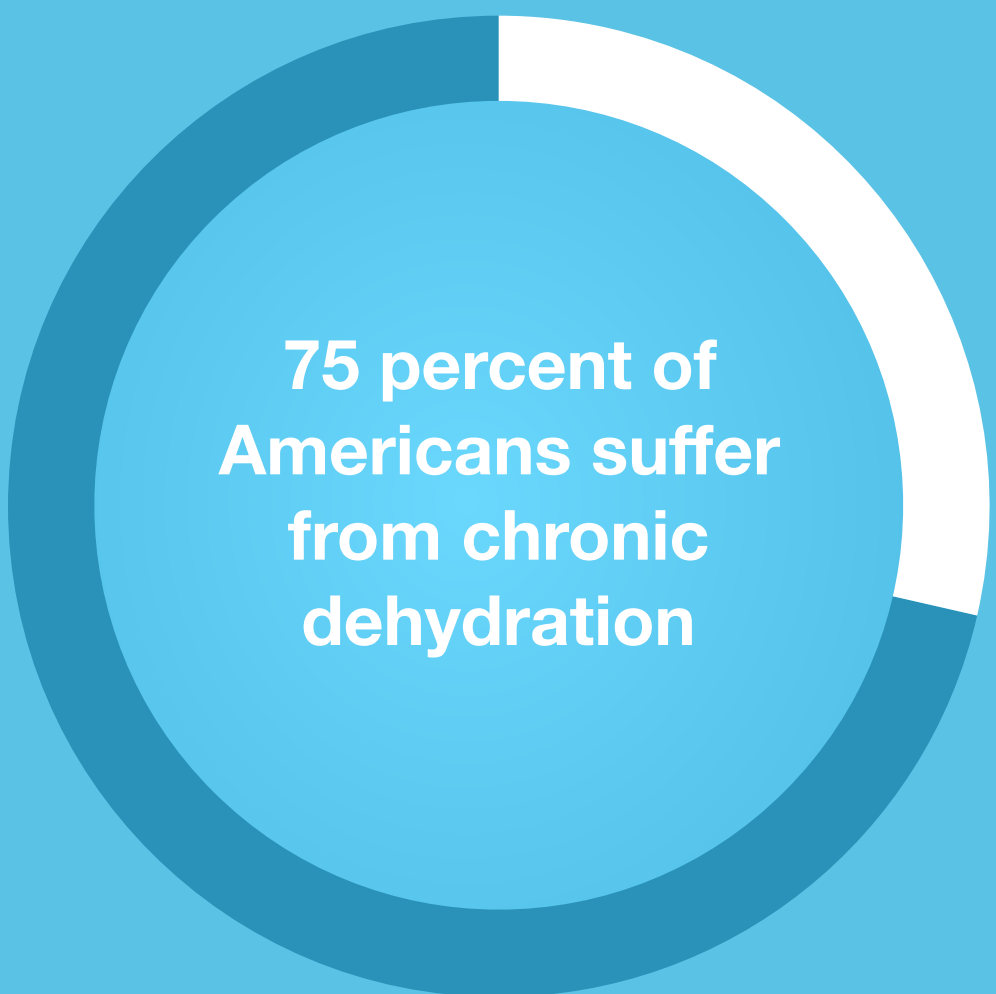


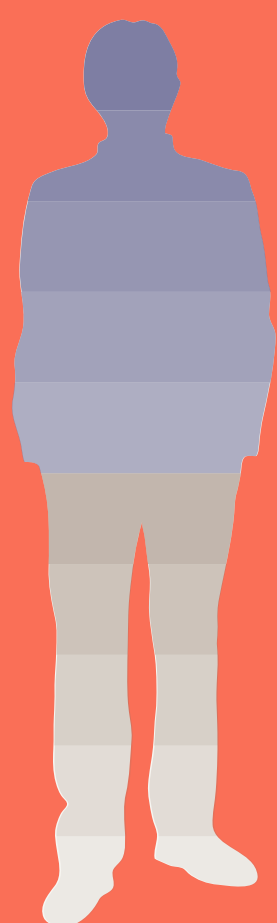
Your Brain is Thirsty!



75 percent of
Americans suffer
from chronic
dehydration



Dehydration leads to mental issues such as
anxiety or depression



It is recommended to
drink half of your
body weight in
ounces of water a
day



The more fluids you lose, the more water you
need to replenish electrolytes

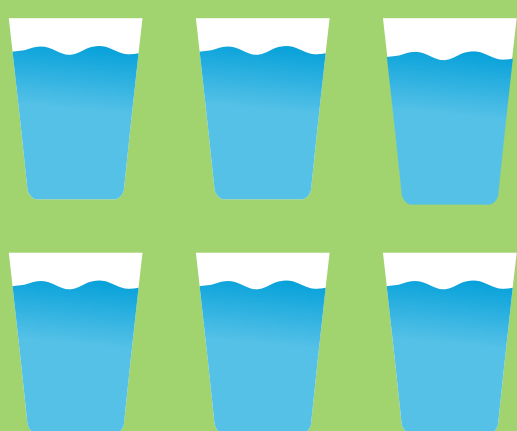


Remember to drink water while exercising,
anytime you sweat, you are losing
electrolytes!

Dehydration stresses out your brain. Drinking
water can calm you down and reduce
depression symptoms



It is never too late to make a change. Drinking
a few extra glasses of water a day can make
a world of difference.



Water is not the cure to
mental illness but it is a
step in the right direction.
Do not be afraid to take
this leap toward mental
wellness!

