8 Benefits of Drinking Water

1

It flushes out body waste

2

It regulates body temperature

3

Has a positive effect on mood and energy levels

4

It keeps blood pressure low
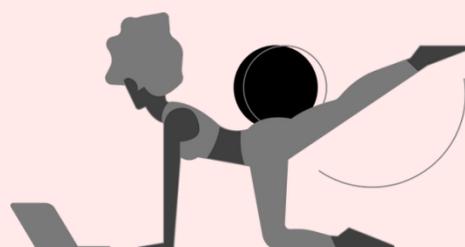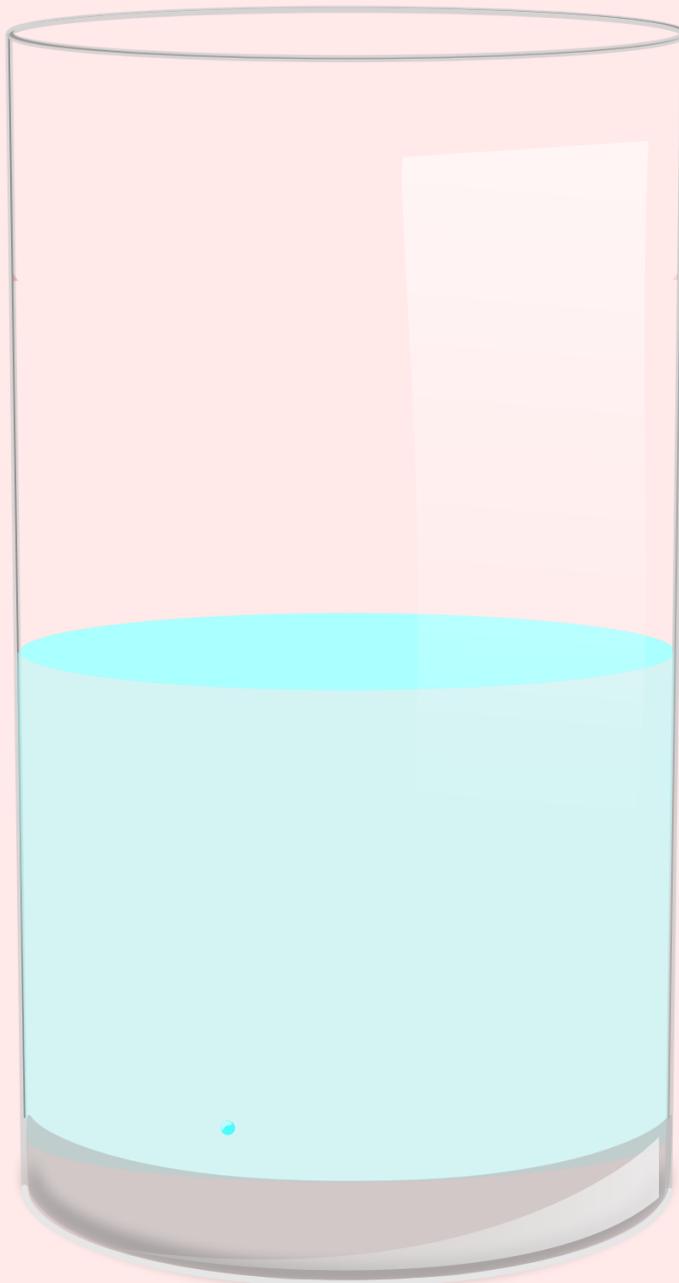
5

It aids in digestion

6

It delivers oxygen throughout the body

7

It boosts performance during exercise

8

It lubricates your joints and spine

the BEHAN PROTOCOL

FOR BETTER BACK AND SPINE HEALTH