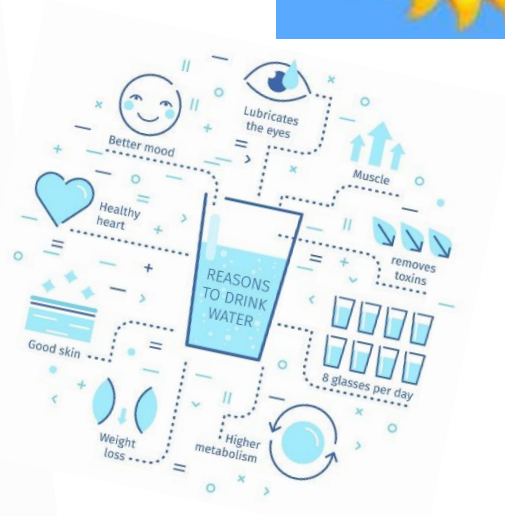
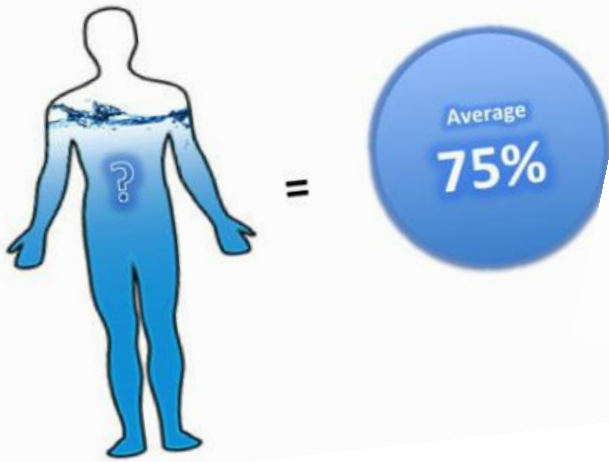


Water is important!



How much of my body is water?



Warning Signs that Your Body is *Lacking Water*

- Headaches and Lightheadedness
- Bad Breath and Dry Mouth
- Constipation and Other Digestive Issues
- Fatigue and Lethargy
- Joint and Muscle Pain
- Accelerated Heartbeat

Top10 Home Remedies

How much fluid do children need?

Children aged 9-13 years

