

# Correct Timings for Drinking Water

- ✓ **AFTER WAKING UP** – 2 glasses of water → helps activate internal organs
- ✓ **30 MINUTES BEFORE A MEAL** – 1 glass of water → helps digestion
- ✓ **BEFORE TAKING A BATH/SHOWER** – 1 glass of water → helps lower blood pressure
- ✓ **BEFORE GOING TO BED** – 1 glass of water → Avoids stroke or heart attack

*Tip*

**OCTOBER**