Are you drinking enough water?

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The brain reacts particularly to fluid deficiency. Concentration problems, forgetfulness, dizziness and headaches are often signs of too little water in the body. The immune system and the cardiovascular system only function with sufficient water; constipation, skin wrinkles, etc. are otherwise further consequences. Sports physician Dr. Christoph Schulz, specialist in internal and general medicine, describes in this 8.5 min. video numerous indicators of how to recognize that you are not drinking enough, how it happens in the first place, and how everyone can better control their water balance.

However, water is not just water, especially when it comes to the ideal fluid for the human body. You can find which water is most valuable for humans, animals and plants at: https://t.me/truuinfochannel

It's good.
to be truu.