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Water is the most important solvent and transport medium for the body. Water serves no nutritional purpose whatsoever, but exclusively for transporting nutrients to the cells and removing spent material. The emptier water is, the less content it has, the more readily it can fulfill its function. "Normal spring water" is ideal. The industry has managed to present water to us as a food, and that is a great myth that we have unfortunately fallen for. (Prof. Dr. Ingo Froböse, German Sport University Cologne) More information on the topic of pure, clean, empty water: https://t.me/truuinfochannel

It's good.
to be truu.