

## Correct timing to take water

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**Correct timing to take water, will maximize its effectiveness to Human body.**

**Two (02) glass of water - After waking up - Helps activate internal organs**

**One (01) glasses of water - 30 minutes before meal - Help digestion**

**One (01) glass of water - Before taking a bath - Helps lower blood pressure**

**One (01) glass of water - Before sleep - To avoid stroke or heart attack**