

A close-up photograph of water being poured from an unseen source into a clear glass. The water is captured mid-pour, creating a dynamic splash and ripples within the glass. The background is a soft, out-of-focus blue-grey, and the surface the glass sits on is dark with scattered water droplets.

HYDRATE

- Water makes up 60-70% of the **human body** + 80% of our **brain tissue**
- Water aids in **boosting metabolism**
- Staying hydrated detoxifies organs + helps **prevent disease** (joint degeneration, heart disease, cancer + tooth decay)
- Water helps the body **create + release energy** from food

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