Boire de l'eau au ben mement

Avant les repas

I verre d'eau pour aider à la digestion

Avant la douche

1 verre d'eau pour baisser la tension artérielle

Au réveil

2 verres d'eau pour nettoyer l'organisme

Entre les repas

1 ou 2 verres pour rester bien hydraté

Avant de se coucher

l verre d'eau pour laver l'organisme



<u>Jarrecircte De Boire Du Theacuteacirctre</u>

PT Brinkman

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