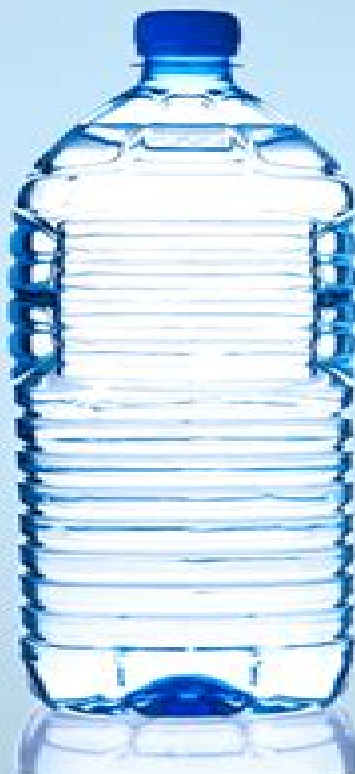




Boire de l'eau *au bon moment*



Avant les repas

1 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

1 verre d'eau pour
laver l'organisme



Jarrecircte De Boire Du Theacuteacirctre

Lei Huang



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