

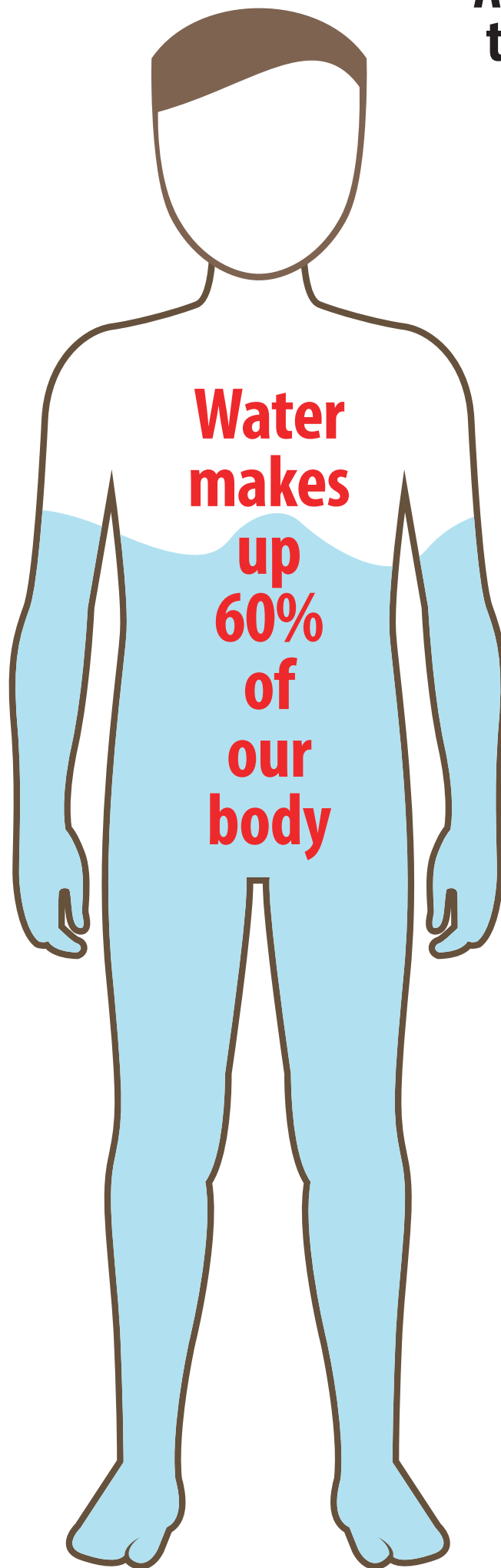
Water Does Wonders!

Forms saliva for food to digest

Flushes body waste

Lubricates joints

Helps convert food to energy



Allows brain to function properly

Allows cells to grow

Acts as a sponge for the brain and spine

Helps cool down the body by sweating

Helps deliver oxygen around the body