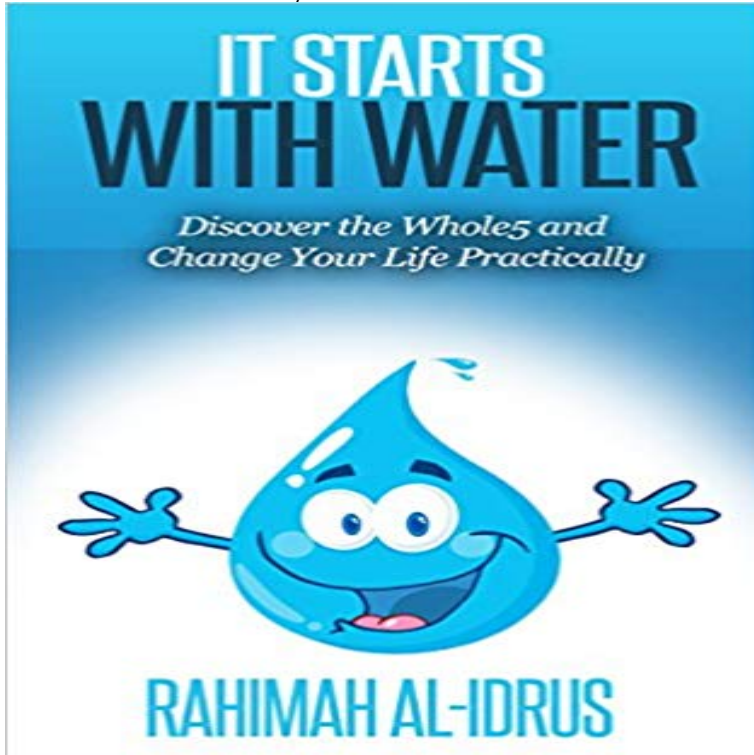


IT STARTS WITH WATER: Discover the Whole5 and Change Your Life Practically



Adults need to consume at least two (2) to three (3) liters of plain water daily. However, one is rarely told how to consume plain water in healthy means/ways. It Starts with Water is the complete step-by-step of plain water drinking guide for individuals who aims for healthier lifestyle in practical and natural ways. Our water consumption habits hold tremendous influence over our excretion and digestive system in our body. Have you ever experienced unusual bowel habits (frequent toilet visits)? The above situation is one of the effects of ineffective plain water consuming habits. Since this book is less than ten (10) pages, you will be able to see results in less than 24hours.

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