

‘NUTRITIONAL TIPS’

WATER WORKS FOR WEIGHT LOSS AND MORE

Nothing quells the appetite and keeps you healthy like water, lots and lots of water.

Drink a full glass as soon as your feet hit the floor in the morning. Starts your day right!

Start out with four 16 ounce bottles in the morning and carry them with you to work or wherever you go. If you like, divvy up the 64 ounces of water into eight (8-ounce) bottles or four pint (16-ounce) bottles to carry around with you all day. Freeze three of them the night before. Place them in a cooler in the morning! They will last all day, even in a hot car. Keep one or more unfrozen so they will be ready to drink immediately.

Yes. You will have to make more frequent bathroom trips, but it is worth it. Drink your 64 ounces of water before dinner, if possible, so you're not up half the night going to the bathroom.

Water not only fills you up and lessens your appetite, it prevents those "**Hungry Horrors**" we all encounter when our blood sugar drops and we reach for cookies, candy, ice cream, fries or other high-calorie treats.

Water also flushes out the system, rids the body of bloat and toxins and rosies up the complexion. Now, start splashing. **A good supply of fresh water keeps you regular too!**

The big little-known bonus with ‘WATER WORKS’ is that it is **‘Negative Calories’!** Yes, that’s right! When you drink lots of water it requires ‘Fuel By Way Of Calories’ to ‘Process’ it through your body. If it is cold or ice water it requires even more fat energy to warm it before it is processed.

Good for your ‘Baby Butt Complexion’ as well!

Pitter Patter! Better Get At Her!

‘PERFORMANCE EXCELLENCE’

E-Mail: 555golf@cox.net

WebSite: 555golf.com

Telephone: (817) 673-8888

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