

How to Drink More Water Daily

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Most of us have been told to drink extra water after a massage to help flush out the toxins that have been moved around. Plus we know that we should drink the recommended eight glasses of water per day. Well, you can get your water in more ways than one. Besides just drinking straight plain water, you can add lemon, lime or even cucumber slices to add a bit of flavor to it. Another way to get water in is tea. The bonus with most teas such as green tea, is you will get the extra health benefits of antioxidants. Experts believe flavonoids (antioxidants that prevent cell damage) are the key ingredient responsible for tea's link to good health. Tea can also protect you from certain cancers or heart disease. So, try a new added flavor to your water or a new 'exotic' tea.

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