

Please increase your water intake on a daily basis as you begin light therapy. The photons of light will energize the cells—and they will likely start housecleaning—that means removing toxins. To avoid any cleansing symptoms, **drink plenty of pure water daily.**

# REASONS TO DRINK WATER

IT HELPS MAINTAIN  
THE BALANCE OF  
BODY FLUIDS

IT HELPS THE  
SKIN LOOK  
GOOD

IT HELPS  
CONTROL  
CALORIES

IT ENERGIZES  
THE MUSCLES

IT HELPS  
YOUR  
KIDNEYS

IT HELPS  
MAINTAIN  
NORMAL BOWEL  
FUNCTION

