What do you think?

Do you deliberately try to drink water for your health

- ○ Yes, every day
- ○ Yes, most days
- ○ Sometimes
- ○ I only drink water when I am thirsty
- ○ No

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Do you believe drinking water is good for any of the following? (Check all that apply)

- □ To reduce hangovers
- □ To help reach or maintain a healthier weight
- □ For detox after a period of excess consumption
- □ To reduce or prevent headaches
- □ To prevent urinary tract infections
- □ To improve brain function
- □ To help concentration
- □ To reduce muscle or joint aches and pains
- □ To prevent kidney (renal) stones
- □ To help skin look better
- □ Other reasons not listed here (you can discuss in the forums!)

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