

## Heart attack and water (UNCLASSIFIED)

Caveats: NONE

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... very Important. From A Cardiac Specialist!  
Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

Please pass this to the people you care about.....

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

