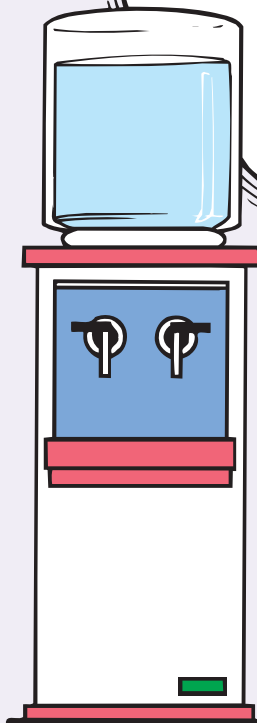


健康小貼士 —— 喝水

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水是人體細胞、組織、器官的重要構成部分。常言道，每天 8 杯水能使我們身體健康，以下就每天最佳的喝水時間提出一些建議。

07:00 – 起床後

第 1 杯水喚醒人體的各個器官，迎接美好的一天。

09:00 – 早餐後 1 小時

第 2 杯水調整身心，有助準備開始投入工作。

11:30 – 午餐前 30 分鐘

第 3 杯水刺激消化系統，促進新陳代謝。

13:00 – 午餐後 1 小時

第 4 杯水幫助身體更好吸收食物中的營養。

15:30 – 下午茶時段

第 5 杯建議是天然的健康飲品，

有助降低膽固醇消耗。

18:30 – 晚餐前 30 分鐘

第 6 杯水預防晚餐過量的攝取，並有助減少 45% 的機會患上結腸癌。

19:30 – 洗澡前 30 分鐘

第 7 杯水有助降低血壓。

21:00 – 睡前 1 小時

第 8 杯水補充晚上睡眠時的水分流失。

Health

Tips – Drinking



07:00 – after waking up

The 1st glass helps to activate the various organs for a good morning.

09:00 – an hour after breakfast

The 2nd glass refreshes our bodies and minds to get the work started.

11:30 – 30 minutes before lunch

The 3rd glass stimulates the digestive system and boosts metabolism.

13:00 – an hour after lunch

The 4th glass allows the nutrients from the food to be better absorbed by the body.

15:30 – during the tea break

The 5th glass is recommended to be a natural energy drink which lowers cholesterol consumption.

18:30 – 30 minutes before dinner

The 6th glass prevents overeating during

Water is the main constituent of cells, tissues and organs in our body. It is said that drinking eight glasses of water a day is crucial to our health. Below are some suggestions for the optimal time to drink water in a day.

dinner and reduces the risk of colon cancer by 45%.

19:30 – 30 minutes before taking a bath

The 7th glass helps to lower your blood pressure.

21:00 – an hour before bedtime

The 8th glass replenishes any fluid loss during the night.