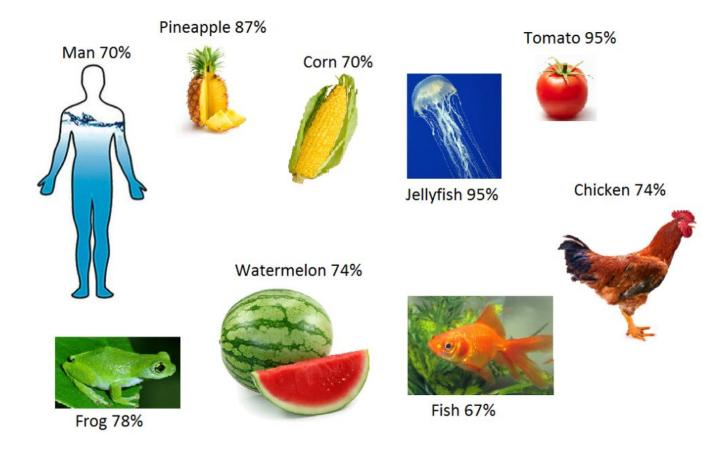
Water in our body



What Does Water do for You?

Forms saliva (digestion)

Keeps mucousal membranes moist

Allows body's cells to grow, reproduce and survive

Flushes body waste, mainly in urine

Lubricates joints

Water is the major component of most body parts Needed by the brain to manufacture hormones and neurotransmitters

> Regulates body temperature (sweating and respiration)

Acts as a shock absorber for brain and spinal cord

Converts food to components needed for survival - digestion

Helps deliver oxygen all over the body

Next Fact >> Salty Waters of Ocean