The human body is \_\_\_\_\_\_ water

* The \_\_\_\_\_\_\_\_\_\_\_\_\_ clearly with 90% water
* Blood is \_\_\_% water
* If you use 1% of your body's water, you feel \_\_\_\_\_\_\_\_
* If you use 5% of your body's water, you will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* If you lose \_\_\_\_\_% of your body's water, you will not be able to move
* Losing 12% of your body's water results in \_\_\_\_\_\_\_\_\_
* Most people can exist for over a month without food, but less than a \_\_\_\_\_\_\_\_\_\_without water.
* Even MILD dehydration will slow down one's metabolism by \_\_\_\_\_%.
* One glass of water will shut down midnight hunger pangs for almost \_\_\_\_% of the dieters studied in a University of Washington study.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the #1 trigger of daytime fatigue.
* Preliminary research indicates that 8-10 glasses of water a day could significantly ease \_\_\_\_\_\_ and \_\_\_\_\_\_ pain for up to 80% of sufferers.
* A mere \_\_\_% drop in body water can trigger fuzzy, short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
* Drinking \_\_\_glasses of water daily decreases the risk of colon cancer by \_\_\_%, plus it can slash the risk of breast cancer by \_\_\_\_\_%, and one is \_\_\_\_% less likely to develop bladder cancer.

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