Mindluster Platform

About the course Alkaline Water Benefits and Dangers

Alkaline Water Benefits course, in this course we will explore the purported benefits of alkaline water. Discover claims suggesting improved hydration, detoxification, and digestion. Learn about its potential role in reducing acidity in the body and promoting overall well-being. Gain insights into the science behind these claims and practical considerations for incorporating alkaline water into your lifestyle.

Medical Category's Courses

Course Lesson(9)

Lesson 1 : **The Dangers and Benefits of Alkaline Water**

Lesson 2 : **Why You Should Drink Carbonated Water**

Lesson 3 : **1 Big Mistake People Make When Drinking Water**

Lesson 4 : **The REAL Reasons Why You Should Drink Distilled Water**

Lesson 5 : **Drinking Water Is NOT the Best Way to Stay Hydrated**

Lesson 6 : **Dr Berg Reveals the 6 Mistakes You re Making When Drinking Water**

Lesson 7 : **Why Drinking Water Makes You Weak When Fasting**

Lesson 8 : **DRINKING A LOT OF WATER WILL NOT HYDRATE YOU**

Lesson 9 : **Intermittent Water Drinking DON T Drink Until Thirsty**

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