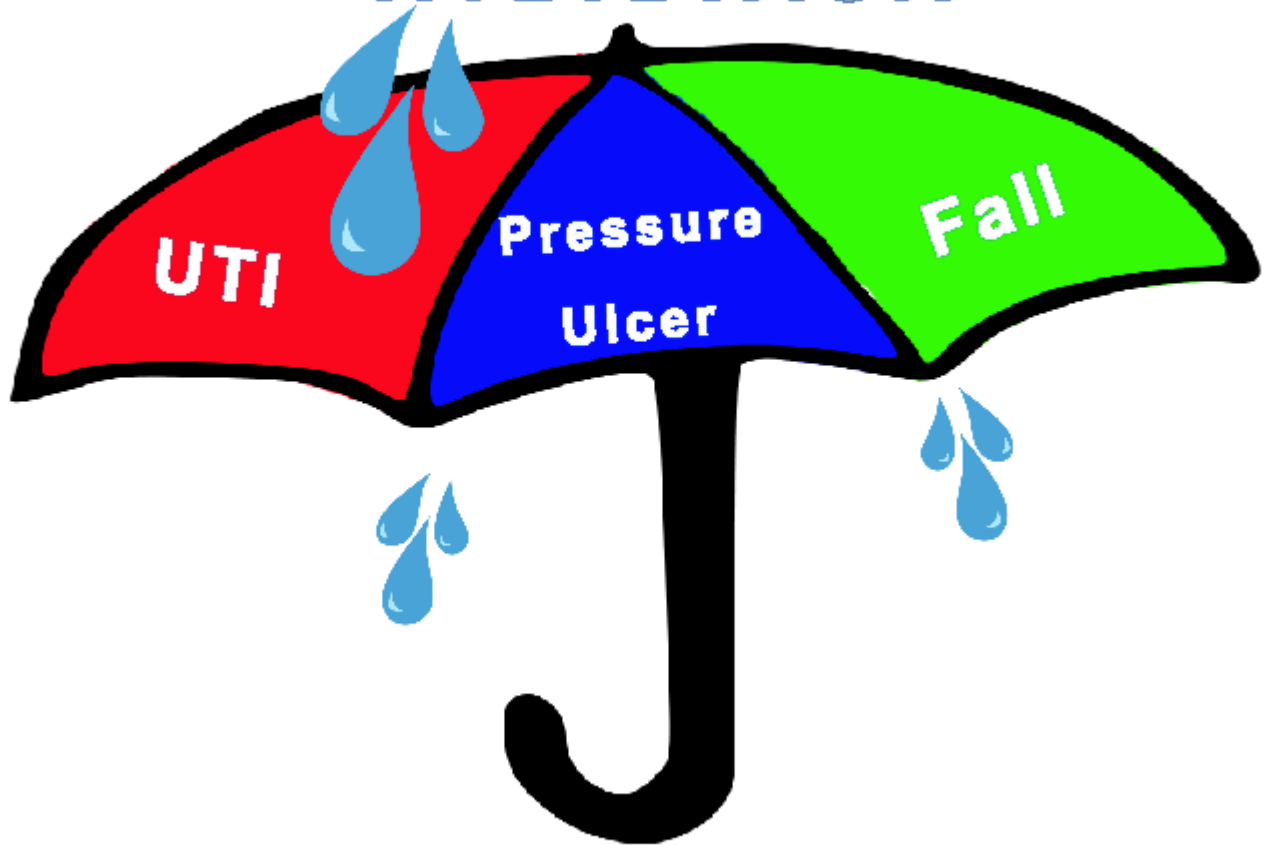


HYDRATION



Getting Hydration correct..... Could see a reduction in the above 3 areas.

Remember HYDRATION IS KEY!