

# OHNEGANOS WATER

## THERMOREGULATION

"Ability to Maintain a Safe Body Temperature"



Your body releases sweat to lose heat and cool down



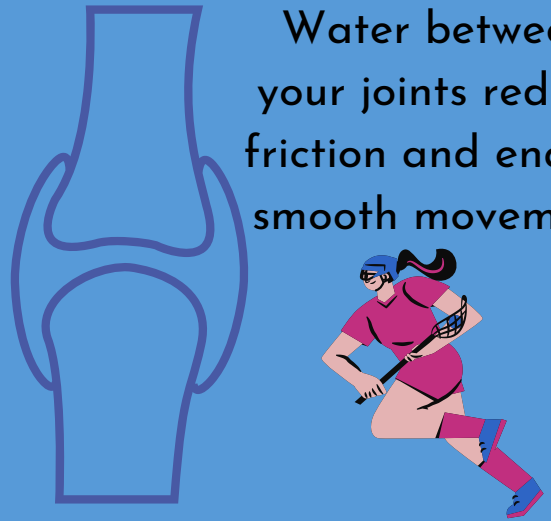
Drinking warm water can warm you up in cold temperatures

## LUBRICATION

Water lubricates your eyes, mouth, organs, and joints



Water between your joints reduce friction and enable smooth movement



## SHOCK ABSORPTION

Babies are protected and kept warm in the water-filled womb. This water is sacred



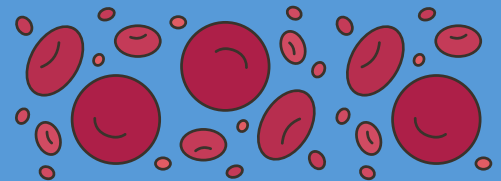
After the baby is born, water continues to protect its spinal cord, brain, and joints from the shock of rigorous activities

## TRANSPORTATION

Cells need a constant supply of nutrients and waste removal to function



Water makes blood flow, bringing nutrients like oxygen to your cells, and removing waste like carbon dioxide



Our Connection to Water Is...



OHNEGANOS SUSTAINS US ALL

