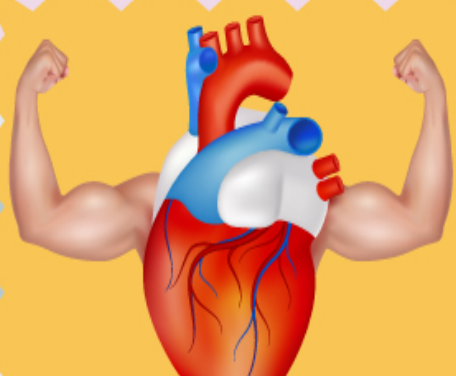




How Staying **HYDRATED** Helps Pregnancy



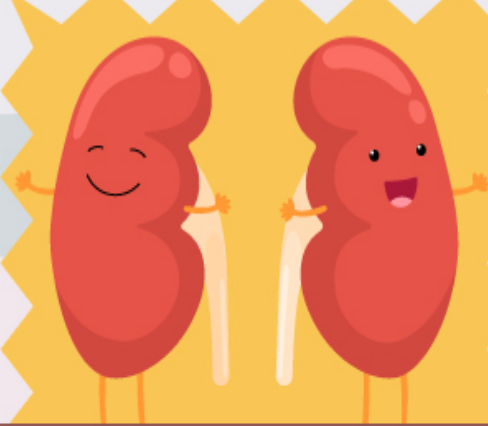
Regulates blood flow and maintains heart health



Aids in digestion and prevents acidity and constipation



Reduces water retention and prevents edema



Eliminates toxins and aids kidney functioning



Aids fetal growth by maintaining placental health



Regulates amniotic fluid levels



Relieves cramps, dizziness, and nausea



Boosts immunity and keeps infectious diseases away

Reference:

Why it's important for you to drink water and stay hydrated;
UC Davis Health