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seasonal cheer?

Don't let the cold weather discourage you from staying healthy. The cold weather is a time to be extra vigilant about your health. The cold weather is a time to be extra vigilant about your health. The cold weather is a time to be extra vigilant about your health.

drink up

Most of us probably drink more water in summer than in winter, but you need at least six glasses a day even when the weather is cold. And you might feel less inclined to get up for a toilet break. If your body isn't getting enough water, you may develop an ongoing problem with low-grade dehydration, with symptoms such as frequent headaches, constipation and digestive disorders. You could also develop persistent constipation, which can put additional stress on the body's organs of detoxification, undermining general health and energy levels.

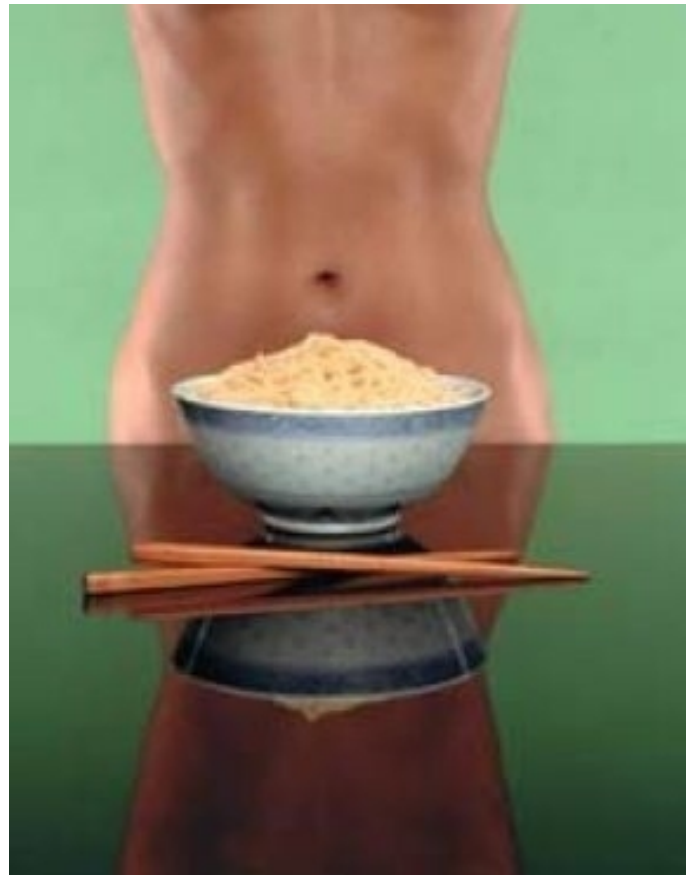


Focus your mind on that space at the bar



PURE BEER JAPAN STYLE

Asahi



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