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## Water intake

Posted by John - 2009/02/27 01:11

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I am wondering if anyone has any info on how much water you can take in safely at one time? I noticed on the raw reform blog that Angela states that she took in 1 quart of water in the morning then 3 cups in the afternoon then 3 cups in the evening...does that mean she drinks it all at once or just sips it over time? I have heard of water intoxication where people will drink too much water at one time and I don't want to go down that road. I'm new at this and want to change my lifestyle the right way. Any suggestions would be helpful. Thanks :)

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## Re:Water intake

Posted by Happysoul - 2009/06/11 03:48

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I think you should drink water one cup every other time..;) or else you'll get drown lol

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