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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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## Re:Water intake

Posted by thalz - 2011/09/19 12:24

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As we know, play a online game, we need a lot of rift gold . It can make you do the task to develop you level. Also, if you have the extra rift plat, you can sell the extra wow gold on the net and make money from this game gold.

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