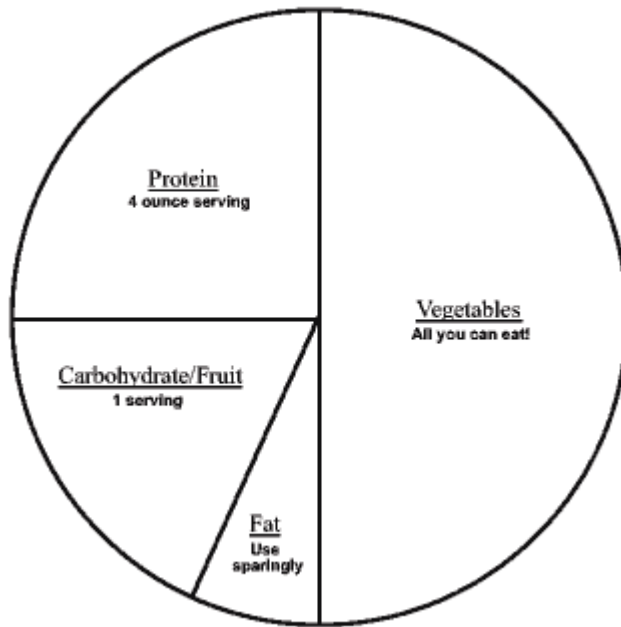


## How to Build A Meal

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Learn More About Building A Healthy Meal: [Chat with Us](#) | [Email Us](#)



### Beverages

- Pure water - drink a minimum of 6-8 glasses per day.
- Herbal teas - vary the type and limit to 4 cups daily unless otherwise prescribed by your practitioner.