

[Www.feminahealth.co.za](http://www.feminahealth.co.za)

[aquahealth.co.za](http://aquahealth.co.za)

a 2009 article found that drinking 500 ml of water prior to meals for a 12-week period resulted in increased long-term weight reduction

[www.kenzahealth.co.za](http://www.kenzahealth.co.za)

[kombuchahealth.co.za](http://kombuchahealth.co.za)

[www.feminahealth.co.za](http://www.feminahealth.co.za)