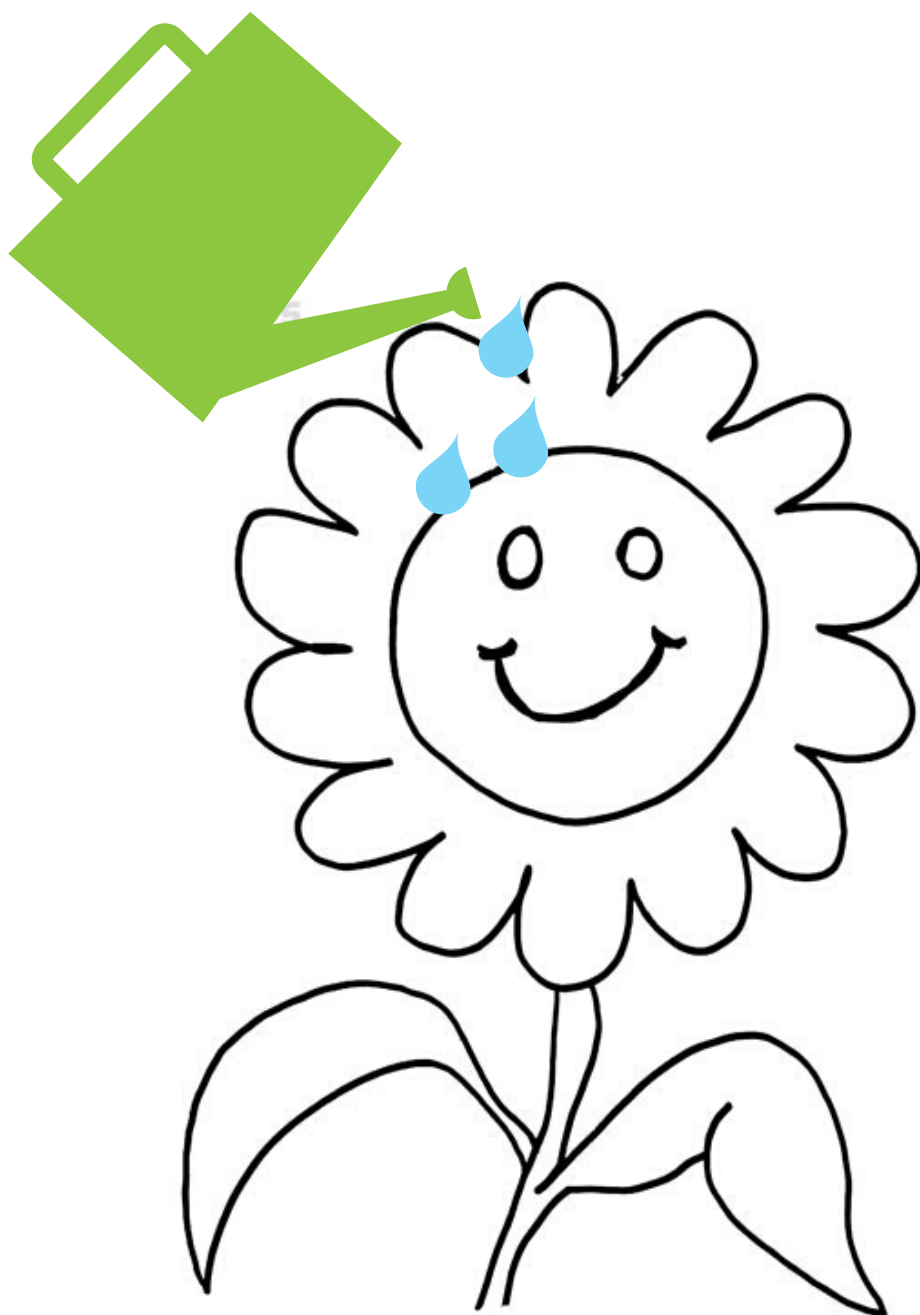


Good hydration for
good vibrations!



today we learned why
we need to drink water