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21-03-2022

01:27

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Drinking while you eat is digestion suicide

Drink water 30 minutes before your meal instead

Stops you from overeating

Doesn't dilute your digestive juices

Improves your metabolism

Tivitiko - The most beautiful shape of tweets!

Continue to read: <https://tivitiko.herokuapp.com/thread/IOg4Mi.html>