



KEEP YOUR BODY HYDRATED



Aam Panna the traditional raw mango drink is a perfect thirst quencher for a sultry summer morning



Watermelon drink is loaded with nutrients that flush out toxins and keep you hydrated

Coconut water is a delicious, electrolyte-filled, natural beverage



Citrus juices high in vitamin C for replenishing the body electrolytes



Buttermilk is one of the best home remedies to reduce body heat and fight indigestion.

