

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



BEaUtiful Brands Inside and Out Archives Available
September 6th 2018: Quenched in BEaUty

Tune in

Archives Available on
VoiceAmerica Variety Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

We all know the statement, drink 8 full glasses a water a day, but how many of us really do that? There are numerous advantages to staying hydrated and yet we can seem to drink that much water in a day. Join me and my guest Dr. Dana Cohen, a nationally renowned internal and integrative specialist and author of Quench, Beat Fatigue, Drop Weight and Heal your Body Through the New Science of Optimum Hydration as she shares innovative ways to get our 8 glasses of BEaUtiful hydration each day.

[SHARE](#) [DOWNLOAD PDF](#) [GET CODE](#)

Featured Guest



Dana Cohen, MD

Dana Cohen, MD, is a nationally renowned internal and integrative medicine specialist whose multi-disciplinary approach has helped treat thousands of patients using a variety of conventional and complementary therapies.

[Read more](#)

Share This Episode

[Share On Facebook](#) [Share On Twitter](#) [Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

