

Review of: "Mealtime Hydration's Impact on Digestion"

Sarvesh Rustagi¹

¹ Uttarakhand University

Potential competing interests: No potential competing interests to declare.

After the introduction, introduce the literature review. The paper must explain a brief part of the topic.

Add references from the last 10 years. In this paper, references from old years were used.

Elaborate on the discussion part. Explain in detail how water structurally modifies food and affects digestion.