



WHY DRINK WATER?

Richard Winters | Circuit Rider I

All the information you are about to see has been taken from a website that I found and wanted to share with you: <http://www.activebeat.com/diet-nutrition/10-benefits-of-staying-hydrated>. As you will see, it answers the question presented in the title of this article.

The human body is made up of over seventy percent water. So understandably, drinking plenty of fluids to maintain and replenish water levels is vital for things like muscle function, joint and brain protection, immune health, digestion, and even mood.

Here are ten of the major benefits you'll reap if you stay well-hydrated...

1. WEIGHT LOSS

Drinking water instead of soda or sugary juices will quench your thirst—minus the excess calories and plus all the benefits of helping your body flush out the byproducts of the fat and other toxins.

2. SKIN ELASTICITY

Drinking water keeps your skin moist, supple, and elastic—thus lessening your risk of developing dry issues like dermatitis, aging skin, and infection.

3. MUSCLE EFFICIENCY

Being hydrated is essential for keeping those muscles strong, lubricated, and energized. Why? Because H₂O aids the transport oxygen to your muscles so they are prepared when exerted.

4. BALANCING MOOD

Because water aids in body regulation and brain function, it's also closely related to balancing mood and emotions.

5. TEMPERATURE CONTROL

When you overheat; you sweat. And the evaporation of sweat on your skin is the way the body cools itself down and maintains a healthy temperature. Understandably, drinking enough fluids is essential for sweating and replenishing your water supply.

6. MEMORY FUNCTION

Proper hydration will improve the blood flow and oxygen flow to your brain, strengthening cognitive function and memory.

7. JOINT LUBRICATION

Your joints, spinal cord, eyes, and brain are surrounded and protected by water. Remaining hydrated is vital to their well being.

8. HEALTHY BOWEL FUNCTION

Water aids the elimination of waste material, making bowel movements and urination possible and comfortable, and excreting waste products that would otherwise poisoned the body and cause disease.

9. AIDS DIGESTION

Water provides the ability for your body to eat and digest food—via the water is in your saliva and within your digestive tract.

10. BETTER IMMUNE HEALTH

Think of drinking water as your secret weapon to fighting off illnesses, improving lymph fluid within the immune system and preventing headaches, joint pain, muscle weakness, fatigue, and lightheadedness.

If you found this information to be interesting, please visit the site for yourself and see all the interesting things that can be found there on this topic and many more. 💧💧