

MAFES Dawg Tracks



December 17, 2007 Ten Reasons to Drink More Water



Health experts and most all doctors that I have visited always emphasize to drink more water. They say that you can never drink enough water. Personally, I have experienced many kidney stones over my years. The urologists say that the best combatant for stones is to drink more water. It has been stated that we live in a world of carbonated beverages, caffeine and alcohol. Every system in the human body will function better with a healthy supply of water.

Following are 10 reasons why drinking water is good for you and why you should make drinking water part of your daily routine:

- **GET HEALTHY SKIN** – Nothing improves the appearance of your skin better than consuming enough water. Women spend so much money on cosmetics, but water is the single most important element for cellular integrity by moistening the skin and helping to maintain elasticity. A statement was made in this RIRIAN project that the real fountain of youth can be found in a glass of water.
- **FLUSH TOXINS** – Water helps to remove toxins from the body, particular in the digestive tract. Our kidney system has filtering system capabilities that are totally dependent on water for it to work. Water helps to get rid of ketones, nitrogen and urea. It is more important when a high protein diet is practiced because it is necessary for it to assist the kidneys in doing their job.
- **REDUCE YOUR RISK OF HEART ATTACK** – Researchers at the Loma Linda University in California studied more than 20,000 healthy men and women and found that people who drink more than 5 glasses of water a day were less likely to die from a heart attack or heart disease than those who drank fewer than two glasses a day.
- **CUSHION AND LUBE YOUR JOINTS AND MUSCLES** Water makes up a large part of the fluid that lubricates and cushions your joints and muscles. Although this is not the only element associated with muscle cramps, athletes have long ago recognized that even mild dehydration can produce muscle cramps. So drinking an ample amount of water each day, before, during and after work or exercise can help to reduce muscle cramps and premature fatigue.
Some schools of thought promote Gatorade's "Propel Water" because the flavoring makes it more attractive for consumption. Regular drinking water does the same for you, but the flavor makes it more attractive.
- **BURN MORE FAT & BUILD MORE MUSCLE** – Protein synthesis builds more muscle. Calories have 2 fates - either they get burned or they get stored. Water consumption will help to control the fates.

- **GET ENERGIZED AND BE ALERT** – On average, adults lose about 10 cups of fluid a day through sweating, exhaling, urinating, and bowel movements. Also even minor dehydration can cause impaired concentration, headaches, irritability and fatigue.

We all know that water is essential for proper circulation throughout the body. Oxygen levels in the bloodstream are greater when the body is well hydrated. The more oxygen that the body has, the more fat it will burn for energy. Without this presence of oxygen, the body can't utilize stored fat for energy efficiently. Drinking sufficient water everyday will help you think more clearly. Research has shown that staying hydrated is necessary for the human brain, which is 85% water, to function at optimal levels.

Many school systems are encouraging their students to keep a bottle of water at their desk for this reason.

- **STAY REGULAR** – Water helps to prevent constipation by adding fluid to the colon and bulk to stools. An item as simple as fluid plays a major role in preventing constipation. It not only encourages bowel movements, but also softens the stools. Water is essential for proper digestion, nutrient absorption and chemical reactions. Carbohydrates and proteins that our bodies use for food are metabolized and transported through our bodies by water, and it is equally important for water to be present to remove the waste from our bodies.
- **REDUCE THE RISK OF DISEASE AND INFECTION** Failure to drink enough water will cause cellular dehydration, resulting in a weakened immune system and leaving our bodies more vulnerable to disease.

Michaud and staff found in a 10-year study of 48,000 men that the incidence of cancer in the urinary bladder was greatly reduced by high fluid intakes. The top 20% drank 2500ml per day or more and the bottom 20% drank 1200ml or less. Their conclusion was that the risk of cancer decreased 7% by every 240 ml of fluid added.

- **REGULATE YOUR BODY TEMPERATURE** – Water regulates the body's cooling system. Sport drinks are useful when consumed during vigorous exercise, but experts agree that water works better for moderate work or exercise. Water is the nutrient the body needs most.
- **GET WELL** – Water plays a role in nearly every bodily function. It helps to control fever, replace lost fluids and thin out mucus. Drinking plenty of fresh water helps to maintain all body functions. The body absorbs 4 oz. of water every 10 minutes, so we should try to drink a glass every hour that we are awake.