

MAFES Dawg Tracks



June 15, 2009 Ten Reasons to Drink More Water



Health experts, and most doctors that I have dealt with, seem to always emphasize the importance of drinking water. We talk about this regularly, but they (doctors and health experts) say that you can never drink enough water. I have a problem with kidney stones, and the advice they always tell me is that the more water I take in the less chance I have of developing stones. That is sufficient advice for me. The experts say that we live in a world of carbonated beverages, caffeine and alcohol, but the human body system functions much better with a healthy supply of water.

The Ririan project researchers have developed 10 good reasons why drinking water is good for you and that drinking water daily should be a part of your normal daily routine:

- **GET HEALTHY SKIN** – Nothing improves the appearance of skin better than consuming enough water. The female population spends a lot of money on cosmetics, but water is the single most important element for cellular integrity by moistening the skin and helping to maintain elasticity. The statement was made from the Ririan researchers that the real fountain of youth can be found in a glass of water.
- **FLUSH TOXINS** – Water helps to remove toxins from the body, particularly in the digestive tract. Our kidneys have a filtering system capability that is totally dependent on water for it to work. Water helps to remove 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 RISK OF HEART ATTACKS** – 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 five 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 LUBRICATE 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 flavor makes it more attractive to drink. But drinking water does the same thing; the flavor just makes it more attractive.
- **BURNS MORE FAT & BUILDS MORE MUSCLE** – Protein synthesis builds more muscle. Calories have two fates – either they get burned or they get stored. Water consumption will help to control these fates.
- **GET ENERGIZED** – On the 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 schools are encouraging their students to keep a bottle of water at their desk.
- **STAY REGULAR** – Water helps to prevent constipation by adding fluid to the colon and bulk to the stools. An item as simple as fluid plays a major role in preventing constipation. It not only encourages bowel movements, but also softens 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 his staff found that in a 10 year study of 48,000 men that the incident of cancer found in the urinary bladder were greatly reduced by a high intake of fluids. The top 20% drank 2500 ml per day or more. The bottom 20% drank 1200 ml 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. The body absorbs 4 oz. of water every 10 minutes, so we should drink a glass every hour that we are awake.

**DRINK MORE WATER!!!
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MAINTAIN ALL BODY FUNCTIONS!**