



MAFES Dawg Tracks

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**Safety Tips: Why
Drink ~~more~~ Water**



The Mississippi summer will soon be upon us and we probably will have as hot a summer as the winter's cold that we experienced. We will need to prepare for this weather in several ways. **Water consumption is one of the main ones.** As we have reiterated in the past, the medical experts continually promote **water** as being better to remain hydrated as opposed to energy and sports drinks.

One article I read states that "**75% of Americans are chronically dehydrated**". Mild dehydration will slow down one's metabolism by as much as 30%, and the lack of water is the #1 trigger of day time fatigue. A mere 2% drop in body water can trigger fuzzy memory, cause trouble with basic math and make focusing on a computer screen difficult. The study also stated that **5 glasses of water each day will decrease your chance of colon cancer by 45%, decrease the chance of breast cancer by 79% and makes one 50% less likely to develop bladder cancer.**

The Ririan project, a company involved in medical, health and scientific projects developed a paper on the "10 Best Reasons for Drinking More Water" and that water should be an integral part of our daily routine. Following are the 10 best reasons to drink more water as research and proof through the Ririan project:

GET HEALTHY SKIN- Nothing improves the appearance of skin better than consuming a sufficient amount of **water**. **Water** is the single most important element for cellular integrity by moistening the skin and maintaining its elasticity. The female population spends a lot of money on cosmetics, but **water** is the element that helps more than cosmetics.

FLUSH TOXINS- **Water** helps to remove toxins from the body, especially 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 most important when a high protein diet is practiced because it is necessary to assist the kidneys in doing their job.

REDUCE THE 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 5 or more glasses of water a day are less likely to die of a heart attack or heart disease than those who drank fewer than 2 glasses a day.**

CUSHIONS & LUBRICATES YOUR JOINTS & 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 recognized that even mild hydration 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 factions promote "Gatorade's" Propel water because the flavor is more attractive, but **water** does the same thing.

**AT WORK OR PLAY -
KEEP WATER IN YOUR WAY~~~
QUENCH YOUR THIRST
WITH SAFETY FIRST!!**

BURNS MORE FAT-BUILDS MORE MUSCLE-

Protein synthesis builds more muscles. Calories have two fates – either they get burned or they are stored. **Water** helps to control these fates.

GET ENERGIZED- In an average day, adults lose about 10 cups of liquid each day through exhaling, sweating, urination and bowel movements. Even minor dehydrations can cause headaches, impaired concentration and fatigue. **Water is essential to have proper circulation throughout your body.** When your body is well hydrated, the oxygen levels in the blood stream are greater. The more oxygen in your body, the more fat it will burn for energy. Drinking a sufficient amount of **water** each day will make you think more clearly. Researchers have proven that maintaining body hydration is necessary for the brain to function at optimum levels. Many schools are promoting the idea of students keeping a bottle of **water** at their desk.

STAY REGULAR- **Water** helps to prevent constipation by adding fluid to the colon and bulk to the stool. As simple as it may seem, **water** plays a major role in preventing constipation. **Water is essential for proper digestion, nutrient absorption, and chemical reactions.** **Water** is the vehicle that moves nutrients through our body and to remove waste.

REDUCE THE RISK OF DISEASE INFECTIONS-

Failing to drink water will cause cellular dehydration, resulting in a weakened immune system. Michaud and his staff found that in a 10-year study of 48, 000 men that the incidence of cancer found in the urinary bladder were greatly reduced by high-intake of fluids. The top 20% drank 2,500 lm. per/day or more. The bottom 20% drank 1,200 ml. per/day or less. Their conclusion was that the risk of cancer decreased by 7% for every 240 ml. of fluid added.

REGULATE YOUR BODY TEMPERATURE-

Water regulates the body's cooling system. Sports drinks are useful when consumed during extremely vigorous exercise, but the experts agree that **water** works better for more moderate exercise and work. **Water** is a nutrient that the body needs worse and is essential for proper circulation of nutrients throughout the body.

GET WELL- **Water** plays a role in nearly every body function. It helps to control fever, replaced lost fluids, and to thin out mucus. The body absorbs 4 oz. of **water** every 10 minutes, so we should drink a glass of **water** every hour.

Various medical and wellness research groups continue to do studies on the positive effect that **water** has on our bodies. The one common thread that I read from the various articles is that **water** is essential and vital in allowing our body to function in a normal way. As mentioned above, it controls so many of our body functions of how we think, react, and our general health climate.

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Excerpts: <http://ririanproject.com> (partial reprint from 3/1/12)

www.snopes.com/medical

<http://breakingmuscle.com/health-medicine>

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