

# MAFES Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™  
MS AGRICULTURAL AND  
FORESTRY EXPERIMENT STATION

*Ten Reasons to  
Drink More Water*

I won't offer an apology for reprinting this issue every year, because the importance of **drinking water** and the positive effects it has with your body makes it important to print this article every year. I see more and more articles in various media sources relating to the importance of **drinking water**.

The **Ririan project** is a company involved in a variety of health, medical, and scientific research projects who have developed a paper on the ten best reasons why **drinking water** is good for you and why we should make it an integral part of our daily routine.

Following is an explanation from the **Ririan Project** report on the ten best reasons to drink more **water**:

- ✓ **Get Healthy Skin** – Nothing improves the appearance of the skin better than consuming sufficient amounts of **water**. You may spend 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 its elasticity. The statement was made by the **Ririan** researchers that the real “fountain of youth” can be found in a glass of **water**.
- ✓ **Flush Toxins** – **Water** helps to remove the toxins from the body, particularly in the digestive tract. Our kidneys have a filtering capacity that is totally dependent on **water** for its work. **Water** helps to remove the ketones, nitrogen, and urea. It is more 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 Attacks** – Researchers at the Loma Linda University of California studied more than 20,000 healthy men and women and found that people who drink more than five glasses of water each day are less likely to die from heart attack or heart disease than those who drank fewer than two glasses each day.
- ✓ **Cushions and 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 schools of thought promote “Gatorade’s Propel” water because the flavor is more attractive to drink. But drinking **water** does the same thing.

- ✓ **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** – On the average, adults lose about ten cups of liquid each day through sweating, urinating, exhaling, and bowel movements. Even minor dehydration can cause impaired concentration, headaches, and fatigue. **Water** is essential for proper circulation throughout the body. When the body is well-hydrated, the oxygen in the bloodstream is greater. The more oxygen it has, the more fat it will burn for energy. Drinking sufficient amounts of **water** every day will help you to think more clearly. Research has proven that staying hydrated is necessary for the brain to function at optimum levels. Many schools are urging their students to keep a bottle of **water** at their desks.
- ✓ **Stay Regular with Water** – Help to prevent constipation by adding fluid to the colon and bulk to stool. As simple as it may seem, fluid plays a major role in preventing constipation. **Water** is essential for proper digestion, nutrient absorption, and chemical reaction.
- ✓ **Reduce the Risk of Infection** – Failure to drink enough **water** will cause cellular dehydration, resulting in a weakened immune system. Michaud and his staff found in a ten year study of 48,000 men that the incidence of cancer in the urinary bladder was greatly reduced by the high intake of fluids. The top 20% drank 2,500 ml 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 vigorous exercise, but experts agree that **water** works better for moderate work or exercise. **Water** is the nutrient that the body needs worse.
- ✓ **Get Well** – **Water** plays a role in nearly every body function. It helps control fever, replaces lost fluids, and thins out mucus. The body absorbs 4 oz. of **water** every ten minutes, so we should drink a glass of **water** every hour that we’re awake.

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Excerpts: <http://ririanproject.com>  
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**QUENCH YOUR THIRST WITH  
SAFETY FIRST!**



**THE HOTTER THE TEMPERATURE  
OUTSIDE  
THE MORE WATER YOU NEED  
INSIDE**