

Health Benefits of Drinking Water

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Course

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Date

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It is a well-known fact that a human organism consists mostly of water (around two thirds of it). We all drink it every day, but not much attention is paid to how drinking water influences our health and what benefits it has. We drink water when we are thirsty and we drink as much as the body is telling us. But let us find out why water is so important to us and when we need it most.

Sometimes, we feel hungry even though we may have eaten not so long ago. Why does this happen? Scientists claim that we sometimes feel hunger when we actually need water, not food. In such a way, water helps us lose weight, as we can drink more instead of eating. When we have a headache, the first thing we think of is a pill. In fact, a headache may be a symptom of dehydration, so a glass of water can cope with that. If your skin is dry, water will give it more moisture. Water can also wash out toxins from the skin. Moreover, water also fights infections and helps us avoid kidney stones. Another problem caused by dehydration is the lack of concentration. Our brain is made up of about 85% liquid, so it needs water to work properly. The same can be said about our muscles, bones, and blood. If you feel tired or lazy, this may be because these parts of your body need more water. The most important muscle in our body is our heart. The problem is when we lack water; our blood becomes thicker, so the heart has to work harder, which can cause serious problems in the future. Recent researches have shown that drinking water regularly can lower your chances of having a heart attack by 41%. If you exercise regularly, you had better drink even more water than usual to replace water you lose in the process of exercising by sweating.

So, how much water does a person need to drink a day, and how to drink it right? There is a general rule telling us to drink an average of 2 liters of water a day. However, this number may change because of several factors such as exercise, pregnancy, illness, weather, etc. You do not necessarily have to drink exactly 2 liters of just water, it may also be tea, coffee, or juice. In addition, a lot of liquid can be found in vegetables and fruit. Drink one glass of water after you

wake up; it will replace the water you lost during the night. In case you feel thirsty very often, carry a bottle of water with you, so you can drink whenever you want. Water is cheap; it is healthy because it has no calories and added ingredients. On the other hand, if you do not like the taste of water, you can add some flavor to it such as sugar or lemon. Eating vegetables and fruit rich in water is also healthy because of all the vitamins they contain.

People say water is a source of life on our planet and it is clear why. It has a great influence on our health. A good mood, a sound body, a good look – that is what a simple glass of water can afford each of us.

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