

# Life-saving reasons to drink more water



Water is the second most popular beverage in the U.S. after soft drinks. This is a scary stat, since sugary soda is a huge health hazard, upping the risk of obesity, stroke, and other heart problems . However, these dangers can be avoided if people choose to drink water, which doesn't have negative side effects. So help put the sugary stuff to the side and make water the number one drink of choice. The benefits really are endless. (Just take a look!)

**Fluid balance:** Roughly 60 percent of the body is made of water. Drinking enough H<sub>2</sub>O maintains the body's fluid balance, which helps transport nutrients in the body, regulate body temperature, digest food, and more.

**Pain prevention:** A little water can really go a long way. Aching joints and muscle cramps and strains can all occur if the body is dehydrated.

**Weight loss:** Numerous studies have found a connection between water consumption and losing a few pounds. The secret reason? Water simply helps people feel full, and as a result consume fewer calories.

**Muscle fuel:** Sweating at the gym causes muscles to lose water. And when the muscles don't have enough water, they get tired . So for extra energy, try drinking water to push through that final set of squats.

**Clearer skin:** Certain toxins in the body can cause the skin to inflame, which results in clogged pores and acne. While science saying water makes the skin wrinkle free is contradictory, water does flush out these toxins and can reduce the risk of pimples.

**Kidney function:** Our kidneys process 200 quarts of blood daily, sifting out waste and transporting urine to the bladder. Yet, kidneys need enough fluids to clear away what we don't need in the body. Let's drink to that!

**Productivity boost:** In order to really focus, a glass of water could help people concentrate and stay refreshed and alert.

**Fatigue buster:** Move over coffee—water can help fight those tired eyes too . One of the most common symptoms of dehydration is tiredness. Just another reason to go for the big gulp! (Not the 7-11 kind.)

**Hangover help:** If booze has got the best of you, help a hangover with a glass of water to hydrate the body and stop that pounding headache.



*This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP) .*