

Ten Reasons To Drink More Water And Energize Your Life!

We all know that water is essential to our life and wellbeing. Many researchers believe, however, that up to 80% of our population is dehydrated. Why is this important to know? Because dehydration has been correlated with many health conditions including: allergies, hypertension and high blood pressure, Type II diabetes, constipation and autoimmune diseases. The average 150 lb. adult body is almost 2/3 “water weight.” Water makes up our blood, muscles, bone and brain. Even a slight decrease in our water consumption can impact our bodily processes and mental processes as well.

Why should we drink more water? Here are ten super reasons to hydrate daily:

1. **Water improves your energy.** When your body is hydrated you will naturally have more energy without having to drink caffeinated products such as coffee and soda.
2. **Water keeps your skin healthy.** Water makes the skin smoother and helps decrease the effects of aging.
3. **Water can help you lose weight.** Best of all you don't need to diet. You will not eat excessively when you hydrate your system. Sugar cravings will also decrease. Water helps to metabolize fat.
4. **Water allows for proper digestion.** Water is the main solvent for all foods, vitamins and minerals. It breaks down food into smaller particles to be digested and absorbed into our bodies.
5. **Water helps to remove your body's toxins.** Deposits of toxic sediments are normally stored in the tissue spaces, joints, kidneys, liver, brain, and skin. Drinking water will help flush these toxins out of your system.
6. **Water can help to reduce headaches and dizziness.** Dehydration may be the cause of headaches and dizziness.
7. **Water helps prevent memory loss as we age.** Research has shown that water can help reduce the risk of Alzheimer's disease, multiple sclerosis, Parkinson's disease and Lou Gehrig's disease.
8. **Water can cut cravings of caffeine and alcohol.**
9. **Water can help fight infections and viruses.** It is vital in helping to make the immune system more efficient.
10. **Without Water...nothing lives!!**

Interested in drinking more water but aren't sure of how much you need? The Institute of Medicine advises that men consume roughly 3.0 liters (about 13 cups) of water a day and women consume 2.2 liters (about 9 cups) of total beverages a day. Increase your health and vitality by drinking more water on a daily basis and your body will thank you.

Kristin Menapace, M.S., MAT Specialist, A.C.E., is a Health and Wellness Professional. Visit Kristin's website for more articles and recommendation of health and wellness at www.muscle-motion.com. She can be contacted directly at 949-554-8054 or Kristin@muscle-motion.com.