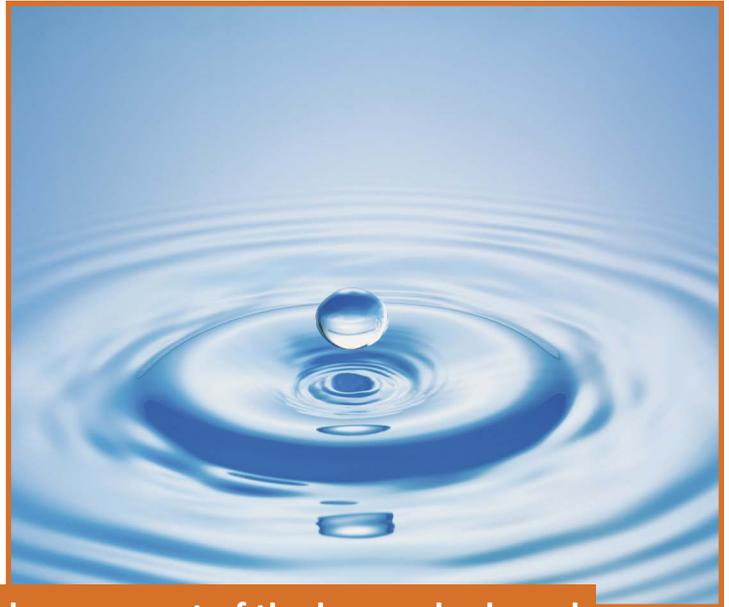


Why is water important for your health?



Water is essential to all life. It is a vital component of the human body and plays an important role in digestion and flushing out toxins from the body.

Approximately 60% of the human body is composed of water. However, every day water is lost from the body through breathing, perspiration, and urination. Replenishing this water is essential to prevent dehydration and to maintain fluid balance within the body.

There are also several other health benefits from drinking enough water every day:

1. Helps to keep you regular.

Water plays a significant role in digestion in the body. It helps to keep your bowels functioning regularly and prevent constipation by promoting the movement of food through your gastrointestinal tract.

2. Flushes out toxins.

Toxins and other waste products, which are toxic to the body, are transported to the kidneys by your bodily fluids. In the kidneys these substances are dissolved in water and then excreted from the body in the form of urine.

3. Aids with weight loss.

If you are looking to lose some calories, then

increasing your daily intake of water is a great weight loss strategy. According to experts, drinking water helps you to feel fuller for longer, encouraging you to eat less.

4. Helps prevent headaches.

Dehydration can increase your risk of headaches and migraines significantly which is why remaining hydrated throughout the day can help prevent headaches.

If you are looking to increase your water intake, here are a few tips:

- Keep a bottle of water on your desk at work or in your car to encourage you to drink more.
- Increase the amount of fruit and vegetables you eat as these foods have a high water content.
- Add lemon juice or a slice of fruit to your glass of water to encourage you to drink more.

Experts recommend that men drink roughly 3L of liquids, while women drink approximately 2.2L of liquids per day. Increasing your water intake every day can improve your health significantly.