

Why is Drinking Water So Important to our Health

Water is one of the few things we really need to survive. Therefore the importance of drinking water would seem to be obvious, yet still so many people do not drink enough.

Other than staying alive, there are so many benefits to drinking water. The human body is made up of 60% water. Water is vital for every cell in the body. It regulates our body temperature. It assists in flushing toxins from the body. It acts as a shock absorber for the brain and spinal cord and it helps lubricate our joints. Other than these major factors, it also has other health benefits.

Increases energy and relieves fatigue – the brain is made up of around 73% water. So it would make sense that drinking plenty of water and keeping the brain hydrated helps to focus, think and stay alert, improving concentration, reducing fatigue and giving you more energy.

Improves skin complexion – moisturises the skin, keeps it fresh, soft and glowing. A fantastic anti-aging treatment :)

Keeps you regular - water aids in the digestion of food and prevents constipation.

Boosts your immune system – staying hydrated helps to fend off the common cold and flu.

Natural headache remedy – why do you get such a bad headache after a big night out drinking cocktails??? Because you are DEHYDRATED... Drinking plenty of water helps prevent and assists in the relief of headaches. Not just hang over headaches either.

Improves your metabolism – aids in the proper and efficient break down of food resulting in a boosted metabolism.

Assists in weight loss – drinking water regularly throughout the day reduces hunger (a natural appetite suppressant). It also helps reduce meal sizes when drunk before a meal because it fills the stomach and allows you to feel fuller quicker. Best of all – ZERO CALORIES.

The benefits of drinking water speak for themselves, you would be crazy not to drink the stuff. But how much should you be drinking? Everyone is different and it does depend on gender, age, size, and physical activity levels. As a general rule of thumb, aim to drink between 2-3L (8-10 glasses) of water a day. A good indicator of hydration is the colour of your urine. If it is bright yellow – dehydration is setting in, you need to start drinking more water and keeping it consistent over the course of the day. You want it to be a fairly transparent yellow colour. It should have a slight tinge of yellow to it. This is a good level of hydration and means you have a good fluid balance within the body. So drink up, check your wee and enjoy all the benefits drinking water has to offer.

