



MAFES Dawg Tracks

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Ten Reasons to
Drink More
Water



We haven't exhausted all the sources for safety newsletters, but as we have mentioned in the past, there are some subjects that warrant discussing every year. This subject is definitely one of them. So much that we read and hear in our world is made up of carbonated beverages, caffeine, and alcohol. This could be partially true, but most studies tell us that the human body functions best on a good old healthy supply of **WATER**.

The Ririan project, a company involved with research on a variety of medical and scientific work, has developed a paper on 10 good reasons why drinking **water** is good for you and that we should make drinking **water** a part of our daily routine:

- ❖ **GET HEALTHY SKIN-** Nothing improves the appearance of skin better than consuming sufficient amounts of water. The female population spends a lot of money on cosmetics, but **water** is the single most important element for cellular integrity by moistening the skin and helping to maintain elasticity. This statement was made by the Ririan researchers that the real fountain of youth can be found in a glass of **water**.
- ❖ **FLUSH TOXINS-** **Water** helps to remove toxins from the body, particularly in the digestive tract. Our kidneys have a filtering system capability that is totally dependent on **water** for it to work. **Water** helps to remove ketones, nitrogens, and urea. It is more important when a high protein diet is practiced because it is necessary for it to assist the kidneys in doing their job.
- ❖ **REDUCE THE RISK OF HEART ATTACKS-** Researchers at the Loma Linda University in California studied more than 20,000 healthy men and women and found that people who drink more than five glasses of **water** each day were least likely to die from a heart attack or heart disease than those who drank fewer than two glasses a day.
- ❖ **CUSHION AND LUBRICATE YOUR JOINTS AND MUSCLES-** **Water** makes up a large part of the fluid that lubricates and cushions your joints and muscles. Although this is not the only element associated with muscle cramps, athletes have long recognized that even mild hydration can produce mild muscle cramps. So, drinking an ample amount of **water** each day, before, during and after work or exercise can help to reduce muscle cramps and premature fatigue. Some schools of thought promote Gatorade's Propel Water because the flavor makes it more attractive to drink. But drinking **water** does the same thing; the flavor just makes it look more attractive.

BURNS MORE FAT & BUILDS MORE MUSCLE- Protein synthesis builds more muscles. Calories have two fates – either they get burned or they are stored. **Water** helps control these two fates.

GET ENERGIZED- On the average, adults lose about 10 cups of fluid each day through sweating, urinating, exhaling, and bowel movements. Even minor hydrations can cause impaired concentration, headaches, irritability, and fatigue. **Water** is essential for proper circulation throughout the body. When the body is well hydrated, the oxygen levels in the bloodstream are greater. The more oxygen the body has, the more fat it will burn for energy. Drinking sufficient amounts of **water** every day will help you to think more clearly. Research has proven that staying hydrated is necessary for the brain to function at optimum levels. Many schools are encouraging their students to keep a bottle of **water** at their desk.

STAY REGULAR- **Water** helps to prevent constipation by adding fluid to the colon and bulk to the stool. As simple as it may seem, fluid plays a major role in preventing constipation. **Water** is essential for proper digestion, nutrient absorption, and chemical reactions. **Water** is critical as a vehicle to move nutrients through our bodies and to remove waste.

REDUCE THE RISK OF DISEASE AND INFECTION- Failure to drink enough **water** will cause cellular dehydration, resulting in a weakened immune system. Michaud and his staff found that in a 10 year study of 48,000 men that the incidence of cancer found in urinary bladder was greatly reduced by a high intake of fluids. The top 20 percent drank 2,500 ml per day or more. The bottom 20 percent drank 1,200 ml or less. Their conclusion was that the risk of cancer decreased by 7 percent for every 240 ml of fluid added.

REGULATE YOUR BODY TEMPERATURE- **Water** regulates the body's cooling system. Sports drinks are useful when consumed during vigorous exercise, but experts agree that **water** works better for moderate work or exercise. **Water** is the nutrient that the body needs the worst.

GET WELL- **Water** plays a role in nearly every body function. It helps to control fever, replace lost fluids and thin out mucus. The body absorbs 4 oz. of water every 10 minutes, so we should drink a glass every hour that we are awake.

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