

MAFES Dawg Tracks

March 13, 2017



MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND
FORESTRY EXPERIMENT STATION

Ten Reasons to Drink
More Water

We try to stay away from doing repetitions of articles. However, in the case of issues with **water** and heat protection, I feel that there is never enough said to help protect ourselves and co-workers from the heat and to drink more water. I keep seeing articles on the benefits of drinking **water** being better than the “power” drinks. The only time I hear anything about “power” drinks is in extreme physical conditions.

The Ririan project, a company that is involved in a variety of medical, health, and scientific research projects has developed a paper on the 10 best reasons why drinking **water** is good for you and that we should making **drinking water** an integral part of our daily routine. Following is an explanation from the Ririan project on the **10 best reasons to drink more water**.

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 its elasticity. **The 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, particular in the digestive tract. Our kidneys have a filtering capacity that is totally dependent on **water** for its work. **Water** helps to remove the ketones, nitrogen, and urea. It is more important when a high protein diet is practiced because it is necessary to assist the kidneys in doing their job.
REDUCE THE RISK OF HEART ATTACKS- Researchers at the Loma Linda University of California studied 20,000 healthy men and women. They found that the people who drank more than 5 glasses of water each day are less likely to die from heart attack or heart disease than those who drank fewer than 2 glasses each day.

CUSHIONS AND LUBRICATES 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 dehydration can produce muscle cramps. So drinking an ample amount of water each day, before, during and after work or exercise can help reduced muscle cramps and premature fatigue. Some schools of thought promote “Gatorade’s Propel water because the flavor is more attractive to drink. But drinking water does the same thing. The flavor makes it more attractive to drink.

BURNS MORE FAT-BUILDS MORE MUSCLE- Protein synthesis builds more muscles. Calories have 2 fates-either they get burned or they are stored. **Water** helps to control these fates.

GET ENERGIZER – On the average, adults lose about 10 cups of liquid each day through sweating, urinating, exhaling and bowel movements. Even minor hydration can cause impaired concentration, headaches, and fatigue. **Water** is essential for proper circulation throughout the body. When the body is well hydrated, the oxygen levels in the blood stream are greater. The more oxygen it has, the more fat it will burn for energy. Drinking sufficient amounts of **water** every day will help you think more clearly. Research has proven that staying hydrated is necessary for the brain to function at optimum levels. Many schools are urging 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 part 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 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 48,000 men that the incidence of cancer found in the urinary bladder was greatly reduced by the high intake of fluids. The top 20% drank 2,500 ml per day or more. The bottom 20% drank 1,200 ml per day or less. Their conclusion was that the risk of cancer decreased by 7% 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 a nutrient that the body needs worse.

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

**THE HOTTER THE
TEMPERATURE OUTSIDE
THE MORE WATER YOU
NEED ON THE INSIDE**

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BE ALERT

BE SAFE

BE ALIVE

Ted Gordon-Risk Mgmt. /Loss Control Mgr.
MAFES / MSU-EXTENSION (662) 566-2201

Excerpts: <http://ririanproject.com>

11/1/2016