# WHY SHOULD WE DRINK MORE WATER?

Did you know that we can survive for weeks without food, but only three days without water? Why? Because our bodies are made of up to 60% water.

Water is in every single cell in our body, skin, muscle, blood, our organs and other tissues… so it's vital to keep our water levels topped up, to make our cells work as they should.

It can also help us to feel better, and lose weight!

## What does drinking water do for me?

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| 1 | **Flush out toxins** – through sweat and urine, and keeping our kidneys stone free, by diluting salts and minerals in our blood stream |
| 2 | **Regulate our temperature** – by allowing us to sweat. It also keeps our joint and muscles lubricated, reducing cramps and aches and pains |
| 3 | **Digestion and constipation** – drinking water improves how we break down food and makes it easier to go to the loo |
| 4 | **Reduction in headaches and migraines** – These are often caused by being too dehydrated, and research has shown that drinking more water reduces intensity and length of headaches |
| 5 | **Healthier skin** – Water helps with blood flow to our skin and also replenishes skin tissues, moisturises skin and improves elasticity |
| 6 | **Relieves tiredness** – When we are dehydrated our blood volume drops which makes our hearts work harder, tiring us sooner |
| 7 | **Recovery from hangover** – Alcohol (and caffeine) is a diuretic so when we drink, we deplete our water stores. Ensuring you are hydrated before you start drinking alcohol and then throughout your night, will minimise the hangover the day after |
| 8 | **Reduces bad breath** – water keeps our mouth moist and washes away bacteria that makes our breath smell |
| 9 | **Improves mood** – research says that being dehydrated by 1 or 2% can affect our mood and impair our thinking |

## Will water really help me lose weight?

So why should we drink more water if we are trying to lose weight? Well the scientists have come up with a few theories on this…

1. Water helps you to feel fuller. It fills in the gaps around our food, to fill our tummies up. Next time you feel hungry try drinking a glass of water and see if that curbs your temptation to eat for a while longer.
2. Drinking cold water helps to increase your metabolic rate. The higher your metabolic rate, the quicker your body burns calories
3. Water is required to mobilise your fat stores to turn them into energy. So, if you are dehydrated, it will make it harder for your body to burn fat.
4. If you are drinking water, you aren't drinking calorie-laden drinks. Simple! At zero calories, water is the perfect drink for anyone trying to lose weight!