



What are the Benefits of Drink Water?

- 1 Fresh and healthy skin: Drinking water moisturizes your skin from the inside out. Water is vital to maintaining elasticity and suppleness and helps prevent dryness.
- 2 Lose weight: Increased water consumption can help you control weight by preventing you from confusing hunger with thirst.
- 3 Help our eye health: Our cornea is 80% water. Working long hours on the computer makes the eyes dry.
- 4 To prevent Brain Damage: Our brain consists of 95% water and cannot tolerate even a 1% loss of water.
- 5 Flush out the toxins: The function of our kidneys is to remove waste from our bodies. Drinking water regularly lessens the burden on your kidneys keeping us pollution free.
- 6 Reduce your risk of a heart attack: Researchers at 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 a day were less likely to die from a heart attack or heart disease than those who drank fewer than two glasses a day.
- 7 To prevent Heart disease and stroke: hydration is essential to help prevent clogging of arteries and the heart and brain.
- 8 To prevent and treat Hypertension: hydration is crucial in treating it without using diuretics or medication.
- 9 To prevent and treat Depression: hydration helps the body naturally replenish its supply of the neurotransmitter serotonin.