

Improve Your Health— One Sip at a Time



Water is an essential tool for the body and mind... but how often do you take advantage of its full benefits?

If you're looking for a small change that can reap big rewards, maximizing the restorative effects of water may be just what the doctor ordered.

Waterlogged

Before we get into the wonderful things water can do, let's first discuss how much we need to wring out every last perk.

You've likely heard the oft-cited statistic that humans are supposed to drink eight glasses of water per day. As it turns out, there's no real evidence to support that claim. What the science actually suggests is that we need even more water in our daily life—2.7 liters for the average woman and 3.7 liters for the average man (or roughly 11.5 cups for women and 15.5 cups for men).¹ And the recommended dosage is even higher for those with an active lifestyle or who are living in a region with extreme temperatures.

The good news is that water-rich consumables like fruits, vegetables, coffee, and tea can all contribute to this cumulative daily total. But pay attention to whether or not you need to add more water into your drinking schedule than you previously thought.

Drown Out Sickness

Here we have one of water's lesser-known properties: the ability to prevent sickness.

Our bodies depend on water for many things, including saliva production. When our saliva factory is operating as intended, it can trap germs before they even enter our body.²

Water also keeps our skin moisturized and healthy. When we're dehydrated, our skin is more likely to crack... which provides pathogens the perfect opportunity to enter our bodies and wreak havoc.

Clear Your Head

Want to think sharper, clearer thoughts? All you have to do is—you guessed it—drink more water!

Strong blood flow is crucial for proper brain function. And this flow is highly dependent on how much water is in our system. The less hydrated we are, the less blood gets pushed to our noggin.

This can even lead to our brain tissues *shrinking*... and who wants to go through the day with a shriveled-up mind?³

But clarity of thought isn't the only head-related issue water is good for. Headaches and migraines are also tied to the amount of blood flowing throughout the body. When your brain gets less blood than it needs, vessels dilate to compensate... often causing a headache in the process.⁴

Healthy Hydration

No matter how plain you may find it, the evidence is clear: water impacts too many aspects of our physical and mental well-being to ignore. And considering how easy it is to add more of it into your life, there's no reason not to do it.

This month, make proper hydration one small thing you incorporate into your day-to-day. You'll reap plenty of rewards.

¹Drayer, Lisa "How much water do we really need to drink?" *CNN*, May 2020

²Raponi, Rob, Dr. "24 Doctors & Health Experts Share the Benefits of Proper Hydration + How to Get Clean Water." *BOS*, August 2020

³Why does Dehydration Cause Headaches," *Drip IV Therapy*, January 2020.

⁴Paz, Edo, Dr. "Dehydration Headaches: Symptoms, Treatment, & Prevention." *K Health*, June 2019