



REASONS TO DRINK MORE WATER



LOSE WEIGHT

Sometimes we think we are hungry, when actually we are thirsty. Our body just starts turning on all the alarms when we ignore it. For those of you trying to drop some pounds, staying hydrated can serve as an appetite suppressant and help with weight loss.



DETOX

Our digestive system needs water to function properly. Waste is flushed out in the form of urine and sweat. If we don't drink water, we don't flush out waste and it collects in our body causing a myriad of problems. Also combined with fiber, water can cure constipation.



MAKE SKIN GLOW

Our skin is the largest organ in our body. Regular and plentiful water consumption can improve the color and texture of your skin by keeping it building new cells properly. Drinking water also helps the skin do its job of regulating the body's temperature through sweating.



PERFORM BETTER

Proper hydration contributes to increased athletic performance. Water composes 75% of our muscle tissue! Dehydration can lead to weakness, fatigue, dizziness, and electrolyte imbalance.



PREVENT CANCER

Various research says staying hydrated can reduce the risk of colon cancer by 45%, bladder cancer by 50%, and possibly reduce breast cancer risk as well.



LESS JOINT PAIN

Drinking water can reduce pain in your joints by keeping the cartilage soft and hydrated. This is actually how glucosamine helps reduce joint pain, by aiding in cartilage's absorption of water.