



Drink More Water: Week one

Why drink more water?

Drinking water is not a health fad. It doesn't compare to other health trends of the moment, such as kale, acai berries or almond butter. Water is life. Honestly, the body cannot function without water. Sixty percent of the body is made up of water, and our blood consists of 90% water. Water contributes to your health in more ways than we can list on one paper.

Do you take vitamins or eat healthy? Your body needs water to absorb the nutrients in food and supplements.

Have joint pain? The body relies on water to lubricate joints, and 80 percent of cartilage is made up of water.

Want to improve skin? Dehydration can cause skin to be vulnerable to skin disorders and wrinkling.

Feeling warm? The more dehydrated you are, the harder it is for your body to regulate heat.

Problems with digestion? Water is essential to proper digestion. Dehydration can increase constipation, acidic stomach, heartburn and ulcers.

Suffer from allergies? When not enough water is consumed, airways are constricted to try and reduce water loss in the body. This can make allergies and asthma worse.

As you can see, water is related to a variety of essential bodily functions. If you've been feeling off for any reason, add more water to your day and see if that can help. It's an easy and free way to improve your wellbeing.

Let's get started!