



9 Great Reasons to Drink Water, and How to Form the Water Habit

We all know that water is good for us, but often the reasons are a little fuzzy. And even if we know why we should drink water, it's not a habit that many people form. But there are some very powerful reasons to drink lots of water every day, and forming the habit isn't hard, with a little focus. The thing about it is, we don't often focus on this habit. We end up drinking coffee, and lots of soda, and alcohol, not to mention fruit juices and teas and milk and a bunch of other possibilities. Or just as often, we don't drink enough fluids, and we become dehydrated — and that isn't good for our health. I've made drinking water a daily habit, although I will admit that a couple of years ago I was more likely to drink anything but water. Now I don't drink anything but water, except for a cup of coffee in the morning and once in awhile a beer with dinner. I love it.

Here are 9 powerful reasons to drink water (with tips on how to form the water habit afterwards):

1. **Weight loss:** Water is one of the best tools for weight loss, first of all because it often replaces high-calorie drinks like soda and juice and alcohol with a drink that doesn't have any calories. But it's also a great appetite suppressant, and often when we think we're hungry, we're actually just thirsty. Water has no fat, no calories, no carbs, no sugar. Drink plenty to help your weight-loss regimen.
2. **Heart healthy:** Drinking a good amount of water could lower your risks of a heart attack. A six-year study published in the May 1, 2002 American Journal of Epidemiology found that those who drink more than 5 glasses of water a day were 41% less likely to die from a heart attack during the study period than those who drank less than two glasses.
3. **Energy:** Being dehydrated can sap your energy and make you feel tired — even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated — and this can lead to fatigue, muscle weakness, dizziness and other symptoms.

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4. Headache cure; another symptom of dehydration is headaches. In fact, often when we have headaches it's simply a matter of not drinking enough water. There are lots of other causes of headaches of course, but dehydration is a common one.
5. Healthy skin: Drinking water can clear up your skin and people often report a healthy glow after drinking water. It won't happen overnight, of course, but just a week of drinking a healthy amount of water can have good effects on your skin.
6. Digestive problems; Our digestive systems need a good amount of water to digest food properly. Often water can help cure stomach acid problems, and water along with fibre can cure constipation (often a result of dehydration).
7. Cleansing: Water is used by the body to help flush out toxins and waste products from the body.
8. Cancer risk: Related to the digestive system item above, drinking a healthy amount of water has also been found to reduce the risk of colon cancer by 45%. Drinking lots of water can also reduce the risk of bladder cancer by 50% and potentially reduce the risk of breast cancer.
9. Better exercise: Being dehydrated can severely hamper your athletic activities, slowing you down and making it harder to lift weights. Exercise requires additional water, so be sure to hydrate before, during and after exercise.