

# MAFES Dawg



June 28, 2010



Ten Reasons to Drink More Water



MISSISSIPPI STATE  
UNIVERSITY

Hopefully, you want to think that this article is like a broken record. It might be, but in our great Mississippi summers, the most important thing we can do during this period is stay hydrated. More and more health experts and doctors are emphasizing that we drink more **water**. They say that we live in a world of carbonated beverages, caffeine and alcohol. This is partially true, but the human body functions best with a healthy supply of **water**.

The Ririan project, a company that is involved in many types of medical and scientific research has developed ten good reasons why drinking **water** is good for you and that drinking **water** daily should be a part of your daily routine:

- **GET HEALTHY SKIN** – **Nothing** improves the appearance of skin better than consuming enough **water**. The female population spends a lot of money on cosmetics, but **water** is the single most important element for cellular integrity by moistening the skin and helping to maintain elasticity. This statement was made by the Ririan researchers that the real fountain of youth can be found in a glass of **water**.
- **Flush Toxins** – **Water** helps to remove toxins from the body, particularly in the digestive tract. Our kidneys have a filtering system capability that is totally dependent on **water** for it to work. **Water** helps to remove ketones, nitrogen, and urea. It is more important, when a high protein diet is practiced, because it is necessary for it to assist the kidneys in doing their job.
- **REDUCE RISK OF HEART ATTACKS** – Researchers at the 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** each day were less likely to die from a heart attack or heart disease than those who drank fewer than two glasses a day.
- **CUSHION AND LUBRICATE YOUR JOINTS AND MUSCLES** – **Water** makes up large a part of the fluid that lubricates and cushions your joints and muscles. Although this is not the only element associated with muscle cramps, athletes have long ago recognized that even mild hydration can produce mild muscle cramps. So, drinking an ample amount of **water** each day, before, during and after work or exercise can help to reduce muscle cramps and premature fatigue. Some schools of thought promote Gatorade's "Propel Water," because the flavor makes it more attractive to drink. But drinking **water** does the same thing; the flavor just makes it more attractive.

- **BURNS MORE FAT & BUILDS MORE MUSCLE** – Protein synthesis builds more muscles.

Calories have two fates-either they get burned or they get stored. **Water** helps to control these fates.

**GET ENERGIZED** – On the average, adults lose about 10 cups of fluid each day through sweating, urinating, exhaling, and bowel movements. Even minor hydrations can cause impaired concentration, headaches, irritability and fatigue. **Water** is essential for proper circulation throughout the body. When the body is well hydrated, the oxygen levels in the bloodstream are greater. The more oxygen the body has, the more fat it will burn for energy. Drinking sufficient amounts of **water** everyday will help you to think more clearly. Research has proven that staying hydrated is necessary for the brain to function at optimum levels. Many schools are encouraging their students to keep a bottle of **water** at their desk.

- **STAY REGULAR** – **Water** helps to prevent constipation by adding fluid to the colon and bulk to the stool. As simple as it may seem, fluid plays a major role in preventing constipation. **Water** is essential for proper digestion, nutrient absorption, and chemical reactions. **Water** is critical as a vehicle to move nutrients through our bodies and to remove waste.
- **REDUCE THE RISK OF DISEASE AND INFECTION** – Failure to drink enough **water** will cause cellular dehydration, resulting in a weakened immune system. Michaud and his staff found that in a 10-year study of 48,000 men that the incidence of cancer found in the urinary bladder were greatly reduced by a high intake of fluids. The top 20 percent drank 2500ml per day or more. The bottom 20 percent drank 1200 ml or less. Their conclusion was that the risk of cancer decreased by 7 percent for every 240 ml of fluid added.
- **REGULATE YOUR BODY TEMPERATURE** – **Water** regulates the body's cooling system. Sports drinks are useful when consumed during vigorous exercise, but experts agree that **water** works better for moderate work or exercise. **Water** is the nutrient that the body needs most.
- **GET WELL** – **Water** plays a role in nearly every body function. It helps to control fever, replace lost fluids and thin out mucus. The body absorbs 4 oz. of **water** every 10 minutes, so we should drink a glass every hour that we are awake.

Ted Gordon-Risk Mgmt. / Loss Control Mgr.  
MAFES / MSU-ES (662) 566-2201  
Excerpts: <http://www.ririanproject.com>  
1/27/2010