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What Are the Benefits of Drinking Water?



Lisa Gibb asked:

The importance of drinking water has often been mentioned in magazines, on TV shows that were promoting a healthy living and so on.

Basically, we are more than two-thirds water, therefore, you can imagine that something that is such a great part water, will need constant replacement.

By drinking you ensure that your tissues get the benefits while avoiding the harmful contaminants.

Contaminated tap water is a serious issue!

Contaminated tap water is exactly why you should be very careful what you drink (as mentioned above) - the importance of drinking water is knocked away by the importance of quality.

With the numerous contaminants that exist in tap water, I would much rather recommend drinking sugary beverages, rather than faucet water. However, this problem can be easily eradicated through the help of a filter.

Your health should be very important to you therefore you should be willing to do anything to maintain a healthy lifestyle, which obviously includes purified drinking water. Let us see what the benefits are:

o Hydration - By hydrating your body accordingly, you will be able to clean any toxins that might exist in your tissue. This will lead to a better overall health, and a general feeling of lightness.

o Brighter skin - When your body receives enough fluids (especially clear, pure water) it is able to flush out all harmful contaminants that might exist (from excess sugar to just about anything else you can think of) and the results can be seen within your skin too. Your skin will be softer and brighter, not to mention the fact that you will look a lot younger

o Improved brain function - The importance of drinking water can be seen with brain function too - you see, our brain is mainly 75 percent water (that's why it's always shown so mushy). Therefore, for better focus and more energy, water is imperiously necessary.

o Improved metabolic function - Another benefit is that it improves the health of your GI tract and because of this it is able to improve your metabolic function too - meaning that you will soon have a more balanced metabolism.

As mentioned before, the importance of drinking water cannot be measured in words - however, drinking water loses almost all its power when contaminated with chemical compounds, or biological ones. The solution to this is a water filter, and they are quite cheap and easy to install.

You can read more about water filtration and its many uses by visiting my website below.

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