



# 14 OVERLOOKED BENEFITS OF DRINKING WATER

by Elemental

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## INCREASES BRAIN POWER AND PROVIDES ENERGY

Need a mental boost? Next time you feel your mental performance diminish, skip the cup of coffee and drink some water.

2

## PROMOTES HEALTHY WEIGHT MANAGEMENT AND WEIGHT LOSS

Your brain isn't the only part of your body to feel the positive impact of staying hydrated.

3

## FLUSH OUT TOXINS

You've probably heard the expression, "sweat it out." Water consumption helps your body flush out waste through sweat and urination. This also prevents kidney stones and protects you from urinary tract infections.

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## IMPROVES YOUR COMPLEXION

It's understandable that if your body is composed of 60% water, dehydration will harm your skin.

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## MAINTAINS REGULARITY

Being regular is the result of a healthy digestive system. And drinking water helps your body digest everything you eat.

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## BOOSTS IMMUNE SYSTEM

Want to know the easiest way to stay healthy during the cold and flu season? Drink more water!

7

## PREVENTS HEADACHES

One of the most common symptoms of dehydration is headaches. Water is important for brain function.

8

## PREVENTS CRAMPS AND SPRAINS

It's no secret that dehydration leads to cramping. But did you know that hydrated muscles are also less prone to sprains?

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## HELPS REGULATE YOUR BODY TEMPERATURE

One of the more well-known benefits of water is the way it replenishes your body's cooling system source – sweat.

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## PREVENTS BACKACHES

Dehydration is often an overlooked cause of back pain.

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## IMPROVES YOUR HEART HEALTH

Research has shown a link between coronary heart disease and water consumption.

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## PREVENTS BAD BREATH

Have you ever hung out in a crowd of runners after a marathon? You'd be wise to remain at a comfortable distance when speaking.

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## TAKES THE EDGE OFF OF HANGOVERS

Instead of being reactive the next morning, take a proactive approach next time you drink alcohol.

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## PUTS YOU IN A BETTER MOOD

Just as a well-oiled engine runs at top performance, so your body will also work better when properly hydrated.