14 OVERLOOKED BENEFITS OF DRINKING WATER
by Elemental

1. 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.

4. IMPROVES YOUR COMPLEXION
   It’s understandable that if your body is composed of 60% water, dehydration will harm your skin.

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

6. 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?

9. 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.

10. PREVENTS BACKACHES
    Dehydration is often an overlooked cause of back pain.

11. IMPROVES YOUR HEART HEALTH
    Research has shown a link between coronary heart disease and water consumption.

12. 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.

13. TAKES THE EDGE OFF OF HANGOVERS
    Instead of being reactive the next morning, take a proactive approach next time you drink alcohol.

14. 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.