Benefits of drinking water

Spinal shock absorber

Helps aches & pains

Improves concentration & cognitive skills

Keeps skin healthy

Boosts energy

Suppresses appetite

Improves digestion

Supports kidney function

5 Reasons why it's important to stay hydrated

Drinking enough water and staying properly hydrated will help you in many ways. Here are 5 reasons why it's important to stay hydrated.

The average adult body is made up of about 65% water, so it makes sense that drinking fluids is a crucial element to staying healthy and maintaining wellbeing. Water contributes to countless essential functions within the body and is relied on by all the major organs.

Besides maintaining the health of the heart, brain, and muscles, water helps to transport nutrients to cells while also flushing out bacteria. However, it is relatively easy to become dehydrated, either by not drinking enough water, through excessive sweating or exercise. When this happens it's common to feel faint, have a headache, experience cramp or to feel tired.

Fortunately, restoring water balance can be achieved simply by drinking water. In general, it's recommended that adults consume about two litres a day, but this should be increased if the weather is hot or if you're exercising. Drinking enough water and staying properly hydrated will help you in many other ways, including:

☠ Flush toxins and prevent illness

While the kidneys naturally filter waste from the body, they require adequate water intake to function properly. Proper hydration can also help prevent joint disorders, as water reduces inflammation and promotes cartilage health. Proper water consumption can also protect against kidney stones, constipation and urinary tract infections.

👤 Improve skin complexion

Skin cells, like all cells, are made up of water. Therefore, if the skin is not receiving adequate hydration, it will appear dry, tight and flaky, and fine wrinkles will be more pronounced.

⚡ Increase energy levels

After exercise and perspiration, it is especially important to rehydrate to replace lost fluids. Staying hydrated before, during and after exercise can not only reduce fatigue but also improve endurance. Combined with proper hydration, even a little exercise can boost energy levels.

🧠 Boost cognitive functioning

A recent study carried out by psychologists at the University of Westminster and the University of East London found that drinking just 300ml of water can boost attention by up to 25%. Similar studies have also found that participants performed better and faster on a series of cognitive tasks after drinking water versus those who did not. Dehydration can also lead to an impaired attention span, memory functions and motor skills.

"...just 300ml of water can boost attention by up to 25%."

☺ Improve mood

Dehydration is known to cause headaches and can also have a negative effect on mood, so a glass of water can go a long way to preventing a headache as well as enhancing your mood.

The benefits of drinking water and staying properly hydrated are numerous, with the positive effects aiding countless functions within our bodies. As we strive to live healthier, happier lives, merely drinking water regularly is a great place to start.

Join the conversation...

f 𝕏 in #CastleWater

castlewater.co.uk

CASTLE WATER