

IMPORTANCE OF WATER

- * We all know that water is important but I've never seen it written down like this before.
- * 75% of Americans are chronically dehydrated. (Likely applies to half of world's population.)
- * In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- * Even MILD dehydration will slow down one's metabolism as much as 3%.
- * One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- * Lack of water, the #1 trigger of daytime fatigue.
- * Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- * A mere 2% drop in body water can trigger fuzzy short-term memory trouble, with basic math, and difficulty focusing on the computer screen or on a printed page.
- * Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%. Plus, it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
- * Are you drinking the amount of water you should every day?