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The "Why's" of Proper Water Consumption:

Considering that our bodies are about 78% water should be enough incentive for most people to drink plenty of water, right? Not Necessarily. In fact, at **MedLinkHealth** we are often amazed at how little water people are drinking on a daily basis, but being told to do something without the understanding of "why" is a pretty strong indicator that it's *just not gonna happen*. On the other hand, if one understands the reasoning(s) behind what they are being asked to do can ultimately help to reinforce a positive action step forward, thus improving their chances for much better follow through.

Without getting too technical, we have answered some of the basic questions on the importance of good, daily water consumption and proper hydration practices. Additionally, we hope this knowledge can help you answer some of the "Why's" when it comes to drinking more water.

A Few Key Points on the Importance of Good Hydration Practices:

- ✓ You should drink **At least half your body weight in ounces (oz.)** of water every day.
- ✓ If you get hungry in between meals, drink water instead because many people **mistake thirst for hunger**.
- ✓ A lack of water or dehydration **will slow down the body's metabolism**.
- ✓ A small 2% drop in body water can result in **memory trouble** with difficulty focusing and solving basic math problems.
- ✓ Water **removes harmful toxins** from the body.
- ✓ Water plays a role in almost **every bodily function**.

- ✓ The lack of proper water consumption can be a **contributing factor to daytime fatigue.**
- ✓ Water **carries oxygen and nutrients to cells.**
- ✓ Water **cushions joints.**
- ✓ Water **protects** tissues and organs, and **removes wastes.**
- ✓ Water **regulates the temperature** of the human body.

In conclusion, we hope these key points help to give you a better understanding on the importance of healthy water consumption and the absolute vitality it serves in the lives we live. ***So have a cold one on us and Drink Up!***

~ Team MedLinkHealth