

Biochemistry Unit: Water

The Importance of Water to Human Health

by [Bob McCauley](#)

True health cannot occur without proper hydration of the body. We need to drink half our body weight in ounces minimum each day . For instance, if you weigh 200 lbs, you should consume 100 ounces of water. Every organ in the body heavily depends on water to function properly and to its capacity. We are mostly water. The human body is 69% water. The brain is 85% water, bones 35% water, blood 83% water and the liver 90% water.

Water has traditionally been considered mere packing material that served little purpose other than to give the body its weight and bulk. Medieval thinkers still believe water is there to give the body volume, otherwise it would be nothing but dry chemicals. To this day, the medical establishment sees water as little else, when in fact water serves to energize every cell and organ in the body. It is crucial to every bodily operation and when we become dehydrated, the body instinctively begins to ration water to each organ. The brain, being the most important organ, gets the most water. The skin, being the least important, is rationed the least amount of water. Chronically dry skin and/or dandruff are signs of advanced bodily dehydration , as are asthma and hyperventilation . It is the law of vital adaptation at work; that the body will do what it has to do to survive, which in this case means the most important organs get served first. If the body didn't do that we would suffer the ill effects of dehydration much more rapidly.

- 75% of Americans are chronically dehydrated. (Likely applies to half world pop.)
- 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 deters hunger pangs for 98% of the dieters observed in a University of Washington study.
- The biggest trigger of daytime fatigue is lack of water.
- 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%, breast cancer by 79%, and develop bladder cancer by 50%.

A person's minimal water requirement is half their body weight in ounces. For instance, a 200 pound person should drink at least 100 ounces of water.

Tags: [alkaline water](#), [bladder](#), [bob](#), [Bob McCauley](#), [cancer](#), [cell](#), [chronic](#), [colon](#), [FIR](#), [importance](#), [memory](#), [water](#)

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<http://www.fitday.com/fitness-articles/nutrition/healthy-eating/5-little-known-benefits-of-drinking-water.html>

The benefits of drinking water have been much discussed in the media. Water helps keep you hydrated, which is important because every single cell in your body needs it in order to absorb nutrients and expel waste products. But what are some of the less well known benefits of drinking water?

1) Drinking Water Keeps You Young

Drinking plenty of water is great for your skin. If you don't drink enough water, you'll suffer from dry skin, and you'll be likely to use more creams and lotions to moisturize. However, creams and lotions don't strike at the root of the problem. Drinking plenty of water keeps your skin moisturized and reduces the appearance of fine lines and wrinkles.

If you don't drink enough water, your body will try to retain it in order to conserve resources. This retention makes your skin puffy and can even lead to bloating.

2) Drinking Water Helps You Lose Weight

There's a reason why most diets and fitness programs ask you to drink a lot of water. One of the benefits of drinking water is that it helps you lose weight.

Water suppresses your appetite, so you don't eat as much. Drinking plenty of water also prevents fluid retention, because your body won't try to retain water if it's getting enough.

Drinking water also helps your body burn stored fat. If you're not drinking enough water, your liver will be forced to help your kidneys detoxify your body. When you drink plenty of water, your kidneys don't need any extra help, so your liver will be able to metabolize stored fat more efficiently. Drinking water flushes toxins from your body and prevents constipation.

3) Drinking Water Helps You Build Muscle

Another benefit of drinking water is that it makes your muscles stronger. That's because water carries oxygen to the cells of your body, including those of your muscles. Drinking plenty of water enables your muscles to work harder and longer before they feel tired, and this can help you build muscle.

4) Drinking Water Makes You Smarter

Drinking water can increase your cognitive function. Your brain needs a lot of oxygen in order to function at optimum levels. Drinking plenty of water ensures that your brain gets all the oxygen it needs. Drinking eight to ten cups of water per day can improve your levels of cognitive performance by as much as 30%!

Drinking plenty of water also supports nerve function. It ensures that your body's electrolyte levels remain high enough to allow your nerves to relay messages to and from the brain in the way they were meant to.

5) Drinking Water Is Good for Your Joints

One of the lesser known benefits of drinking water is that it helps keep your joints strong, healthy and lubricated. Your joints need moisture in order to remain strong and flexible, so that your movements are smooth and pain free.