

## ***Is water one of our most important keys to wellness?***

Living on earth, it's hard to avoid the fact that our global home is about 70% water – our bodies are similar in that we are also made up mostly of water!

While each part of our body may contain different percentages – every part of our body relies on water to be healthy and perform its role as intended.

We often hear how it's important to drink enough water – why is water so important, what are its benefits and how much is enough?

### **Why is water so important?**

If we stop to think about how many different functions our body accomplishes each day, it's simply a miracle! Water is vital to everything from processing thoughts to processing our last meal! In the same way water moves constantly in nature, the water our body is currently in motion. Water is essential to bodily functions such as temperature regulation, oxygenation, blood pressure, protection of vital organs, brain and nervous system function, lubrication of joints, conversion of nutrients to energy and removal of toxins and waste products. Every cell in our body relies on water to survive, and collectively, to work with other cells in keeping us alive and well!

### **How does water benefit us?**

Because water is so necessary for our bodies – it's easy to see how we benefit from drinking water or is it? Here are just some of the ways water benefits us:

- Increases energy and stamina
- Improves digestion, metabolism and elimination
- Improves concentration and mental alertness
- Can lessen fatigue, reduce headaches and improve immunity
- Helps us meet nutritional needs, curbs appetite and “artificial hunger”
- Increases muscle strength and joint flexibility
- Helps us maintain a healthy body weight, aids in weight loss if desired
- Hydrates skin to maintain a healthy appearance
- Reduces dehydration due to exertion, illness or environmental factors

It's hard to appreciate how much water benefits us because our body functions in “automatic” mode and we're not often conscious of the many processes that take place every moment inside our bodies.

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