

# The Healthy Wonders of Water

## *7 Wonders of Water*

Reviewed by [Melinda Ratini, DO, MS](#) on August 14, 2012 for Web MD (<http://www.webmd.com/diet/healthy-water-9/slideshow-water-health> )

- 1. Stay Slimmer with Water** Trying to lose weight? Water revs up metabolism and helps you feel full. Replace calorie-filled beverages with water, and drink a glass before meals to help you feel fuller. Drinking more water helps amp up metabolism - especially if your glass is icy cold. Your body must work to warm the water up, burning a few extra calories in the process.
- 2. Water Boosts Your Energy** If you're feeling drained and depleted, get a pick-me-up with water. Dehydration makes you feel tired. The right amount of water will help your heart pump your blood more effectively. And water can help your blood transport oxygen and other essential nutrients to your cells.
- 3. Lower Stress With Water** About 70% to 80% of your brain tissue is water. If you're dehydrated, your body and your mind are stressed. If you're feeling thirsty, you're already a little dehydrated. To keep stress levels down, keep a glass of water at your desk or carry a sports bottle and sip regularly.
- 4. Build Muscle Tone With Water** Drinking water helps prevent muscle cramping and lubricates joints in the body. When you're well hydrated, you can exercise longer and stronger without "hitting the wall."
- 5. Nourish Your Skin** Fine lines and wrinkles are deeper when you're dehydrated. Water is nature's own beauty cream. Drinking water hydrates skin cells and plumps them up, making your face look younger. It also flushes out impurities and improves circulation and blood flow, helping your skin glow.
- 6. Stay Regular With Water** Along with fiber, water is important for good digestion. Water helps dissolve waste particles and passes them smoothly through your digestive tract. If you're dehydrated, your body absorbs all the water, leaving your colon dry and making it more difficult to pass waste.
- 7. Water Reduces Kidney Stones** The rate of painful kidney stones is rising. One of the reasons could be because people -- including children -- aren't drinking enough water. Water dilutes the salts and minerals in your urine that form the solid crystals known as kidney stones. Kidney stones can't form in diluted urine, so reduce your risk with plenty of water!

## **How much water do you need to drink every day?**

A common recommendation is to drink six or eight 8-ounce glasses of water or other fluid every day. But some adults may need more or less, depending on how healthy they are, how much they exercise, and how hot and dry the climate is.

You may sometimes need to drink more water than usual if you:

- Exercise intensely, especially in a hot climate.
- Are sick, such as with the flu, or have a health problem like a urinary tract infection.
- Are pregnant or breast-feeding.