

# Water

Are you drinking enough?

We all know that water is important, here are reasons to  
Drink water that you may not have thought of:

- 75% of Americans are chronically dehydrated.
- 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 shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- If you don't drink enough water daily, the body will pull the water out of you're colon and give it to your brain and other organs and glands. (Leaving the colon dehydrated and unable to eliminate its contents fully.)
- 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.
- Drinking five 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.
- A simple rule to follow is:  
Take half of your body weight and that will equal the number of ounces you must drink.