

## The Benefits of Drinking Water Require These 3 Elements

It is indicative of the times that the benefits of drinking water need to be spelled out. On the one hand it seems obvious, but how often do we overlook the obvious?

As you know, our bodies are at least 75% water, our brains closer to 90%. That alone should remind us that a glass of water on the desk or in the car is essential to have with us at all times.

You will only enjoy the benefits if you drink water, not coke or milk or lemonade - water. When you feel thirsty, what do you reach for? Make it water and you'll have a great and lasting positive impact on your health.

Drink before you feel thirsty, I'm sure you've heard that. It's only after dehydration affects your cells that you start to feel thirsty. Think to drink.

This one ingredient cannot be left out if you want the full health recipe. What is not affected by water? Your blood moves the oxygen and needs water, water helps you heal from injuries and in cleansing and detoxification. Your body runs on water - improving your digestion and even sexual performance.

Let's go over the 3 essentials so you can enjoy the benefits of drinking water:

1. -- The first key is the amount of water you need. 10 glasses a day is a start. More exacting is to drink half your body weight in fluid ounces. But of course this depends on your level of activity and the temperature.
2. -- The second thing is the frequency. Ideally, you want to be adding water to match your body's use throughout the day. Have a glass handy so you can pace yourself and drink before and during when you're especially active.
3. -- To complete the picture, you have to consider the quality of water. All water is not the same. Tap water has so many toxins these days, prescription medications and chlorine. The chlorine alone increases your chances of getting cancer by 93% over your lifetime, according to the EPA.

Bottled water isn't always good either. A recent study revealed roughly one-third of bottled water did not meet even the tap water standards. But even if the water starts out good, the plastic from the bottle leaches into the water in just 2 weeks on the grocer's shelf.

There is much more to learn on this vital subject. While the benefits of drinking water are many, it is so important to have healthy water for you and your family.

### About the Author

Read 3 more [benefits of drinking water](#) in this article. Cindy Soto is the author of [Colon Cleanse with Detox Diet](#) a site geared to providing you with the information you need to take control of your health.

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