

BENEFITS OF HYDRATION

Drinking enough water is vital for maintaining good health and it can also help you to lose weight!

1. **Improved Brain Function and Headache Prevention:** adequate hydration has a positive effect on our cognition. Being dehydrated can affect our mood and concentration. Staying hydrated can help to decrease anxiety and regulate emotions. Proper hydration can also prevent headaches. When dehydrated, the brain temporarily contracts from fluid loss causing a headache. Once rehydrated, the brain will return to its normal state, alleviating the headache.
2. **Improved Energy Levels:** adequate hydration is needed to circulate oxygen rich blood throughout the body. Our hearts have to pump harder to get oxygen to your bodies when we are dehydrated, which can make us feel sluggish and fatigued. Water is important during strenuous exercise to maintain energy levels.
3. **Heart Health:** Our blood is made up mostly of water. Being dehydrated increases the concentration of electrolytes (re: Sodium and Potassium) in our blood which can cause irregularities in our heart. Dehydrated blood is typically thicker making it more difficult for the heart to pump blood which can increase blood pressure.
4. **Urinary Health and Kidney Stone Prevention:** Water flushes bacteria from your bladder and urinary system which can help prevent UTIs. Also, being adequately hydrated can help to prevent painful kidney stones by diluting the concentration of mineral crystals in the urinary tract. Water helps to remove waste through urination.
5. **Digestion and Elimination:** Water helps to break down dietary soluble fiber and regulate bowel movements. Without adequate hydration, we can feel bloated, and can experience heartburn and constipation. Water helps to remove waste through bowel movements.
6. **Temperature Regulation:** Dehydration lowers our ability to tolerate hot temperatures because our bodies store more heat when they are lacking water. Hydration is essential to produce the sweat our bodies use to regulate temperature.
7. **Decreased Joint Pain:** Hydrated joints are well lubricated joints. Hydrated tissues act as a cushion, decreasing joint pain.
8. **Weight Loss:** Drinking water aids weight loss in many ways. First, it is a natural appetite suppressant. Water can create a sense of fullness and satiety which can reduce calorie intake. Drinking water can also stimulate the metabolism and increase energy expenditure. Finally, increasing water intake can increase lipolysis or the process by which the body burns fat for energy. Even mild dehydration is known to decrease lipolysis.

SOURCES:

<https://www.webmd.com/diet/features/water-for-weight-loss-diet>
<https://www.ncoa.org/article/10-reasons-why-hydration-is-important>