

Is Drinking Water Really Important?

75% of Americans are chronically dehydrated; this likely applies to half the world population.

In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.

Even MILD dehydration will slow down one's metabolism by 3%.

One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

Lack of water is the #1 trigger of daytime fatigue.

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 loss, trouble with basic math, and difficulty focusing on the computer screen or the printed page.

Drinking 5 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 with a daily routine of drinking water.