

## **Top 11 Health Benefits of Drinking Water**

**You will be amazed of the benefits of drinking water:**

- 1. Lose weight:**  
Drinking water flushes the by-products of fat breakdown and can reduce hunger as water is an effective appetite suppressant so you'll eat less. Plus, water has zero calories.
- 2. Natural Remedy for Headache:**  
Helps to relieve headache and back pains due to dehydration. Although there are many other reasons contributing to headache, dehydration is the common one.
- 3. Look Younger with Healthier Skin:**  
You'll look younger when your skin is properly hydrated. Water helps to replenish skin tissues, moisturizes skin and increase skin elasticity.
- 4. Better Productivity at Work:**  
Your brain is mostly made up of water, thus drinking water helps you think better, be more alert and able to concentrate.
- 5. Better Exercise:**  
Drinking water regulates your body temperature. You'll feel more energetic when doing exercise and water helps to fuel your muscles.
- 6. Helps in Digestion and Preventing Constipation:**  
Drinking water raises your metabolism because it helps in digestion.
- 7. Less Cramps and Sprains:**  
Proper hydration helps keep your joints and muscles lubricated, so you'll be less likely to get cramps and sprains.
- 8. Less Likely to Get Sick. Feel Healthier:**  
Drinking plenty of water can help fight against ailments like kidney stones and heart attack. Water with lemon is used for ailments like respiratory disease, intestinal problems, rheumatism and arthritis etc.
- 9. Relieves Fatigue:**  
Water is used by the body to help flush out toxins and waste products from the body. If your body lacks water, your heart, for instance, needs to work harder to pump the oxygenated blood to all cells. Similarly the rest of your vital organs also need to work harder - your organs will be exhausted and so will you.
- 10. Good Mood:**  
Your body feels good, that's why your soul feels happy.
- 11. Reduce the Risk of Cancer:**  
Related to the digestive system, some studies show that drinking a healthy amount of water may reduce the risks of bladder cancer and colon cancer. Water dilutes the concentration of cancer-causing agents in the urine and shortens the time in which they are in contact with bladder lining.

Why don't you consider having a Water Cooler in the home and/or office?  
The benefits to health, concentration and well-being are clear.

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