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Have you ever wondered why there are many posters and advertisements that say save water or water is important for us? Just take a moment and think how much important this water is. Right from the start of the day to its end, we use water for multiple purposes. For drinking, cooking, washing clothes, cleaning, etc; the list goes on and on.

Besides being a molecule that acts as storage solutions for two atoms of hydrogen and one atom of oxygen, water means more to us. Without water, you cannot imagine about a life on Earth. You may not be even living on the Earth. Water is so important for us that 2/3 of our body is made up of water. This is a known fact and many of us still don't know the importance of water to our health.

By reading this article, you will be able to brush up some old facts as well as new ones that will make you realize why water is the elixir of life. Without taking water for a day, you will get dehydrated. Once you are dehydrated, your body temperature reduces. This naturally leads to muscle fatigue, cramps, and breakdown of the body functions. That is why many doctors and nutritionists say to drink at least eight glasses of water in a day.

The process of hydration is so important for us that you must have noticed the dramatic difference your body experiences when you have a glass of water. For example, take a glass of water in the morning and you will feel refreshed as it awakens your internal organs and commences the internal process of your body.

Do you know that water is good for digestion? To have a good digestion, the digestive acids in your stomach need a required amount of water. The acids have to combine with water to break down the food that you eat and in the process releasing the energy. This energy is the one that keeps us going on for the entire day. Also the magic combination of water and your digestive acid is good for constipation.

Researches have proved that drinking a fair amount of water reduces the chances of colon and bladder cancer. Besides that, for your body to expel harmful toxins, it needs water to carry the toxins out as waste material through your system. To get a glowing and good skin especially attractive one, you need to drink water as it helps in removing the dehydrated skin cells.

Another important thing is that, drinking water is also important in losing weight. Just swap your sugar coated drinks with water, and you are sure to reduce weight and become more energetic. Even while exercising and after hard workouts, it is good and important to drink water. Drinking water regularly will cool your body and ease the brain and the nerves. Also it prevents dehydration as you will be losing water as sweat while exercising.

Always have two glasses of water after waking up in the morning as it will activate the internal organs. Having a glass of water before a meal will definitely help in digestion and one glass of water before taking a bath will help to lower your blood pressure. Besides that having a glass of water before going to bed reduces the chances of heart attack, strokes and cramps.

Whether you are at work or in a meeting, carrying a bottle of water is good. You could set a reminder or an alarm on your phone to nag you to drink water at regular intervals. Always keep in mind that in order to live you need water. It is the nostrum that could help you to live a healthy life.

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