

## Water & Health

### **Q: Why should you drink water?**

Water is critical to our survival - the human body can only live about seven days without water. It also plays a role in losing and maintaining weight, reducing the effects of aging, boosting energy, and fighting illness.

### **Q: What are the health benefits of drinking tap water?**

Tap water includes minerals that are crucial to providing clean, healthy, and pleasant tasting water. Fluoride is added to prevent tooth decay. Chlorine is added as a disinfectant to kill bacteria and harmful contaminants. Powdered activated carbon is added to absorb objectionable tastes and odors. Bottled water and filtered water may be lacking many minerals necessary to ensure that your water is healthy. Tap water also costs less and is more convenient!

### **Q: How much water should you drink on a daily basis?**

Health and fitness experts recommend drinking about eight 8-ounce glasses of water each day. New research from Mayo Clinic health experts suggests dividing your weight in half and using this number in ounces as a target amount for daily water consumption.

### **Q: How does water influence your exercise habits?**

Drinking enough water makes exercising more effective and allows you to work out at higher levels. Fitness experts suggest drinking a glass before working out, and at least two glasses after workouts, to rehydrate your body. Water can also increase your endurance by promoting the storage of glycogen, a type of carbohydrate stored in your muscles that is used as energy when you exercise.

### **Q: How does water affect digestion and metabolism?**

In order to make sure your digestion and metabolism work at full capacity, it is important to drink enough water. New research suggests being dehydrated can actually slow down your metabolism, causing you to burn fewer calories.

### **Q. How is water related to hunger?**

If you are dehydrated your body may think it wants to eat, when all it really needs is water. You can resist hunger and prevent over eating by drinking more water.

### **Q: What diseases does water help fight against?**

Research has proven water to play an active role in reducing the risk of diseases such as kidney stones, urinary tract cancer, bladder cancer and possibly even colon cancer. Magnesium, a mineral sufficient in tap water, has been found to help prevent heart attacks, asthma, and migraine headaches. Some bottled water and filtered water contain only very low levels of magnesium.

**Q: How does water fight off a cold?**

Many health officials consider water a weapon against the common cold and cough. It helps you stay hydrated to trap cold viruses in the mucus lining of your throat, and aids in soothing and relieving a cough.

**Q: How can water help reduce the signs of aging?**

Water is the ultimate facial moisturizer. Consuming plenty of water hydrates your skin, keeping it supple and plumped up to reduce the visibility of fine lines and wrinkles.

**Tips for Getting Your Needed Daily Water Allowance**

- Drink moderate-sized portions spread throughout the day. Trying to drink large quantities at one time triggers the body to rid itself of water.
- Make the glass aesthetically appealing or add lemon or lime.
- Make water available at all times. Drink a glass when you wake up, before and especially after exercising, or try carrying a water bottle with you during the day.
- Other beverages do not count in your water intake, so think pure tap water to quench your thirst.
- Caffeinated beverages can actually dehydrate your body. Have one glass of water for each caffeinated beverage you drink.

For more information, call Des Moines Water Works at (515) 283-8700 or visit [www.dmww.com](http://www.dmww.com).