**What You Need to Know About H2O**

Poland Spring…Deer Park…tap…doesn’t matter how fancy the brand, water is the thing! The amount of water in our bodies ranges from 50 – 65%, which means we **are** mainly water. Water may not be the tastiest beverage, but the benefits outweigh the taste (or lack thereof). You may know that you should drink up to 10 glasses of water a day, but you may not know why.

The Kenkou Group would like to share with you the **Top 10** reasons for drinking water.

1. **Youthful Glow** – Water is the fountain of youth. It also keeps your skin moisturized and reduces lines and wrinkles.
2. **Weight Loss** – Water suppresses your appetite, prevents fluid retention, and helps to burn stored fat.
3. **Strong Muscles** – Water carries oxygen to body’s cells enabling your muscles to work harder for longer periods of time.
4. **Lubricated Joints** – Water assists in making your joints flexible and pain free.
5. **Brain Power** – Drinking water feeds oxygen increasing its cognitive function and performance. It also allows electrolyte levels remain high enough to allow your nerves to relay messages to and from the brain.
6. **pH Balance** – Water assists in keeping a neutral pH 7, which is necessary for the body to function properly.
7. **Pain Reliever** – Dehydration is one of the causes for a headache. Water helps to alleviate headaches and back pain.
8. **Keeps You Regular** – Water increases your metabolic rate and improves your digestive system.
9. **Reduce Your Risk of Colon and Bladder Cancer** – Water dilutes the concentration of cancer-causing agents in the urine and reduces the time it takes for them to come in contact with the bladder lining.
10. **Immune Booster –** Water helps to fortify the immune system. Add a lemon or lemon juice and water can help in defeating respiratory diseases, intestinal problems, rheumatism, and arthritis.

Sources: [Fitday](http://www.fitday.com/fitness-articles/nutrition/healthy-eating/5-little-known-benefits-of-drinking-water.html#b), [The Express Tribune](http://blogs.tribune.com.pk/story/13945/11-advantages-of-drinking-water/)