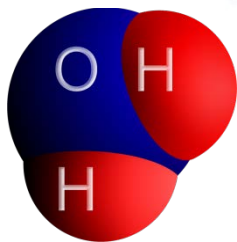




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Hydration Matters



The body is made up of approximately 60% water, our blood is 90% water, and around 71% of the planet's surface is covered by water. Although there is no universally agreed quantity that must be consumed daily, it is agreed that keeping hydrated is crucial for health and well-being. The following are some facts as to why adequate water intake is essential on a daily basis:

- Water lubricates the joints – cartilage, found in joints and the disks of the spine contain around 80% water; dehydration can reduce the joint's shock-absorbing ability, leading to joint pain.
- Water forms saliva and mucus – saliva helps us digest our food and keeps the mouth, nose, and eyes moist, which prevents friction and damage.
- Water delivers oxygen throughout the body.
- Water boosts skin health and beauty – hydrated skin is less vulnerable to skin disorders and premature wrinkling.
- Water cushions the brain, spinal cord and other sensitive tissues – water is involved in the production of hormones and neurotransmitters. Prolonged dehydration can lead to impaired mood, impaired memory, as well as problems thinking, and reasoning.
- Water regulates body temperature – water is stored in the middle layers of the skin, comes to the skin's surface as sweat when the body heats up, and cools the body down as it evaporates.



- The digestive system depends on water – The bowel needs water to work properly. Dehydration can lead to digestive problems, constipation, and an overly acidic stomach. This increase the risk of heartburn and stomach ulcers.
- Water flushes the body of waste through sweat, urine and feces
- Blood pressure is better maintained as lack of water can cause blood to become thicker, increasing blood pressure.
- The airways need water; when dehydrated, airways are restricted by the body to minimize water loss which can make asthma and allergies worse.
- Water helps dissolve minerals and nutrients, making them available to all parts of the body, through the blood stream.
- Water is essential for kidneys to function & can help prevent kidney damage and /or failure– The kidneys regulate fluid in the body and insufficient water can lead to kidney stones and other problems. The kidneys filter around 120-150 quarts of fluid daily, and of these, 1-2 quarts are removed from the body in the form of urine; the rest is recovered by the blood stream.
- Water intake boosts performance during exercise.
- Water can help with weight loss, especially when consumed in place of sweetened juices and sodas. Water can increase satiety and boost your metabolic rate.
- Water can help prevent hangovers. Alcohol is a diuretic, so it makes you lose more water than you take in which can lead to dehydration. Drinking a glass of water between alcoholic drinks, and have at least one big glass of water before going to bed, is a good way to reduce hangovers.

So, when in doubt, drink a glass of water, your body; your brain down to the joints in your toes and every organ in between, will thank you.

The following website was sourced and referenced for this article:

<https://www.healthline.com/nutrition/7-health-benefits-of-water#section7>

<https://www.medicalnewstoday.com/articles/290814.php>



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