

## 8 Good Reasons to Drink Water

- 1) 75% of Americans are chronically dehydrated.
- 2) For 37% of Americans, thirst is easily mistaken for hunger. Our brain has difficulty differentiating the two.
- 3) Even mild dehydration will slow down one's metabolism as much as 3%.
- 4) One glass of water will shut down midnight hunger pangs for almost 100% of dieters.
- 5) Lack of water is the #1 trigger for daytime fatigue.
- 6) Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- 7) A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- 8) Drinking 5 glasses of water per day decreases the risk of colon cancer, breast cancer and bladder cancer.