

Want to change? Drink more water!

Limit calculator online

Many modern people want to change their lives for the better, but do not know from what simple steps to start. The easiest way that will give a quick result is to start drinking more clean water. This method is well acquainted, but few adheres to this simple rule.

Water is good for health

The benefit of water for the body describes in detail in its book "Year of care about yourself", Doctor of Medicine Jennifer Ashton. Jennifer assures that due to dehydration, you can even get to the hospital with serious health problems. That is why the Medic recommends that sufficient use of pure water absolutely to all his patients. Jennifer is sure that the predominant majority of modern people drink little water. Even physicians face such a problem. What can we talk about the average citizens?

What is the benefit of drinking water? What problems are able to deliver simple clean water? Let's try to find an answer to this question together. Water as a means of headaches

When the human brain lacks fluid, he is in physically begins to suffer, crouching and moving away from the skull. This is exactly what leads to headaches. Prevent the problem is quite simple. You need to start more drinking fluid. The first tangible results you will notice in a week, adjusting the water regime. As practice shows, even light dehydration causes unpleasant sensations. Water will help to cope with overweight

Drinking water is a solid benefit for those who worry about their figure. Experts have long proved that everything that the person drinks is reflected on his waist. All sweet drinks, lemonades and juices contain quite a few sugar and calories, which not only contributes to excess weight, but also increases the level of insulin in the blood.

Insufficient consumption of pure water negatively affects metabolism and hormonal background. Even light dehydration slows down the ability to burn calories, even if a person does not change the principles of nutrition. A sufficient amount of water per day can increase the metabolic rate for as many as thirty percent. In addition, when consuming sufficient water, people note a decrease in appetite, which also has a positive effect on weight. Often, during thirst, people are mistakenly confused with hunger and begin to stretch not to a bottle with clean water, and for the next bun. So that such situations do not occur, it is necessary to use enough clean water on a regular basis. Clean water gives a feeling of satiety, as it fills the stomach. Often nutritionists advise to drink two glasses of water, when appetite occurs, but only then begin to eat. In addition, a glass of slightwater is recommended to drink an empty stomach in the morning. Water has a positive effect on the heart

The huge percentage of modern people suffers from heart disease. It is believed that overweight, genetics, unbalanced nutrition, negatively affect the work of the heart. Another common cause of heart problems is dehydration. Chronic use of an insufficient amount of fluid leads to a decrease in blood volumes and narrowing vessels.

Dehydration causes the pressure and acceleration of the pulse. If you do not use a sufficient amount of clean water on a regular basis, then the risk of blood formation is significantly increasing. Few people talk about it, but also strokes are more common in people with chronic dehydration. Water will help keep youth and beauty

The use of pure water is positively affected by the appearance of a person. You can often get rid of dry and irritated skin with sufficient fluid intake. Even small wrinkles often disappear after a person begins to drink more pure water. And in some cases, you can forget about pigment stains. Increases energy

Drinking enough quiet water, the man immediately notes an increase in the level of energy and patience. All tasks are immediately solved much faster and with smaller nerves, and in general, a more positive attitude is marked. But dehydration leads to irritability and the constant feeling of fatigue.

Water also improves mental activity. But, like water, the brain needs regular workouts for the development of memory, attention and other cognitive functions. Wikium simulators - a great way to keep the brain in