

WATER FACTS

- In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water, the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- 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.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?