

SUNDAY MORNING Health Corner

The Benefits of Drinking Water

Staying hydrated is critical to your overall health and well-being. Despite this, **75% of Americans suffer from chronic dehydration**. Chronic dehydration can result in kidney stones, hypertension, intestinal failure, impaired cognitive function, and can even exacerbate anxiety and depression symptoms. Hydration is essential for healthy life because **water makes up roughly 60% of the human adult body**. So, grab a glass of water and drink up!

Why drink more water?

Every cell, tissue, and organ of your body needs water. **Drinking water helps your body to:**



- Balance the body's chemical composition
- Deliver oxygen to organs
- Stabilize your mood
- Enhance your cognitive function
- Produce saliva

What amount of water do I need?

Your body **loses water daily** through breathing, sweating, and waste elimination. Daily water consumption **replenishes the body's water supply**. The amount of water required might vary based on environment, nutrition, and health. The National Academies of Sciences, Engineering, and Medicine of the United States recommend at least **11.5 cups (2.7 liters) per day for women** and **15.5 cups (3.7 liters) per day for men**.



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