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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Five Reasons You Should Drink More Water

By Hristo Hristov

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I know you've heard this many times – "Drink more water!". Yet, 99% of the people don't heed this advice. Maybe if water was more expensive, people would pay more attention to consume enough of it on a daily basis. We are living in a dehydrated world of carbonated beverages, caffeine and alcohol.

I bet you don't know how important is water for your health, figure and well-being. I didn't know it until I found a book that literally opened my eyes. The book is titled "Your Body's Many Cries for Water" by Dr. Fereydoon Batmanghelidj.

Reason 1: Water can cure many modern diseases

According to Dr. Batmanghelidj, a long list of modern diseases can be practically eliminated by just drinking more water. The list includes and is not limited to: asthma, hypertension, back and joint pain, arthritis, constipation, allergies, ulcers and the list goes on and on.

I know it sounds crazy. I have heard many weird health theories in my life, but what interests me is the "results of following this or that advice". The "drink more water cure" has worked for so many of my friends and myself that I wholeheartedly recommend it to everyone.

I cured myself of a nagging skin allergy. I have much more energy, strength, endurance and sleep much better now.

I have had 100% success curing chronic constipation with my female clients. I don't know a single person that didn't benefit in some way by drinking more water.

Reason 2: Water can decrease your appetite

This is common sense. When you drink water, your stomach gets full and your appetite decreases. You end up eating fewer calories. If you drink water before each meal, you'll prevent yourself from eating thousands of calories in the long run. This means you are going to be leaner.

Reason 3: Drinking water BURNS EXTRA calories

When you drink water, your body burns extra calories. Drinking 18 ounces of water increases your metabolic rate by about 30% for about 40 minutes. This phenomenon is called Water Induced Thermogenesis. The total amount of extra calories burned by drinking 18 ounces of water is about 25 calories. Drinking 72 ounces of water amounts to 100 extra calories. That is a lot of calories in the long run.

Reason 4: Water may help you burn more fat and build more muscle

It has been shown that dehydration decreases protein synthesis. Protein synthesis is what builds muscle. It is an energy costly process. When you suppress protein synthesis, fewer calories end up building proteins and more calories end up in your fat stores. It's elementary: calories have two possible fates – they either get burned, or they get stored. When more of the calories you eat get burned, less will get stored.

Dehydration has been shown to decrease maximal strength. When you are stronger, you can lift more weight and that means you'll build more muscle.

Reason 5: Your skin will look much better

Nothing will improve the appearance of your skin better than consuming enough water. It's a pity women spend so much money on skin products, while neglecting the cheapest and most effective one – water.

How much water should I drink?

Dr. Batmanghelidj's advice is simple: drink one ounce of water for every two pounds of bodyweight plus one and one half additional ounces of water for every ounce of beverage you consume containing caffeine, carbonation or alcohol. Do this every day.

As you increase your water intake you should also increase your salt intake. Don't buy the "Sodium causes hypertension nonsense". Restricting Sodium does not help the vast majority of people with hypertension. Clearly, Sodium is not the CAUSE of hypertension. Your body needs Sodium to hold its water stores. Even if you consume more than you need to, your body will get rid of the extra amount that you overconsumed.

Drink your water. Stay well hydrated. Stay healthy.

Hristo Hristov owns X3MSoftware, a company specializing in developing diet and fitness tracking software. Hristo has a degree in Computer Science and passion for strength training. Hristo has designed and written Fitness Assistant, X3MSoftware's leading software product. Download your demo at

Dry Skin And Water

By Emmanuel M. Aubrey

You Know That water makes up almost 70% of you body and about 90% of you blood. Well you skin is made up of it too so there are many reasons why you should drink that ever so abundant stuff H₂O.

I wake up everyday and take a shower and wash with some soap or body wash everyday before I go to work i usually put on some lotion or baby oil right after I get out of the shower. Yet my skin is still dry by time I get to work. Does this sound like you? If so you may want to read on to find what might be the problem.

Dry Skin And Water Is There A connection ? umm yeah

Most people especially in these days of 30 types of soda pop, sports drinks, and every other option out there that we consume is just not as good as the on fluid are body was meant to take in and thats water. Im not saying that all these other beverages are not good for you it's just that if you have dry skin you may want to cut down on them or for everyone you drink drink the some amount of water. also along with water you may want to add a little natural oil to your diet as when you eating a salad put a teaspoon of salad oil on you salad make sense right salad oil on the salad.

More on Water and dry skin You skin is has what is called acid mantel it sort of protects your skin and keeps moisture in but when you wash with soap and other detergeants you wash it away and it take a couple hours to days to build it back up. you skin also should be elastic but it may not be do to low water retention in the skin and oil loss which later results in wrinkles.

Drink more Water and Revive you skin

Stop spending so much money on all the creames and toners and lotions and you name it. for a whole month drink nothing but water and take some natural oil everyday and try not to bath as much unless you have to. if you do need to bath more than once a day which isn't reccomended try to use an exfoliant instead most exfoliant do not dry skin out as much as harsh soaps. For healthy skin Drink Water

Water makes up most of what you are so if your not drinking at least 3 liters a day you may be hurting yourself more than you think not only your skin but it effect you whole body infact it effect you weight and even your mood so give it a try it was the first drink out the original Water.

Emmanuel Aubrey A man that Had Really Dry skin And still does when he doesn't take his own advice. if you want more information on dry skin or other health issues you can find it here :

Emmanuel Aubrey

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