Water is one of the most important substances on earth. All plants and animals must have water to survive. If there was no water there would be no life on earth.

Water makes up more than two thirds of human body weight, and without water, we would die in a few days. The human brain is made up of 95% water, blood is 82% and lungs 90%. A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, such as a computer screen. (Are you having trouble reading this? Drink up!) Mild dehydration is also one of the most common causes of daytime fatigue. An estimated seventy-five percent of Americans have mild, [chronic dehydration](http://www.freedrinkingwater.com/glossary.htm" \l "chronic-dehydration). Pretty scary statistic for a developed country where water is readily available through the tap or bottle water.

Water is important to the mechanics of the human body. The body cannot work without it, just as a car cannot run without gas and oil. In fact, all the cell and organ functions that make up our entire anatomy and physiology depend on water for their functioning.

Water serves as a lubricant  
Water serves as a lubricant in digestion and almost all other body processes. The water in our saliva helps facilitate chewing and swallowing, ensuring that food will slide easily down the esophagus. Water also lubricates our joints and cartilages and allows them to (pardon the pun) move more fluidly. When dehydrated, the body rations water away from the joints. Less lubrication equals greater friction and that can cause joint, knee and back pain potentially leading to injuries and arthritis. Even our eyeballs need plenty of lubrication to work well and remain healthy.

Water regulates body temperature  
Our bodies can control over-heating through perspiration from sweat glands in the skin and from evaporation which produces a cooling effect. Blood is also routed into areas close to the surface of the skin where it can be cooled and then carried back to the interior of the body. Conversing in a cold environment, the skin maintains proper body temperature by shunting the blood away from the exterior surface thereby conserving heat within the body. The movement of water within our cellular systems also transports vital blood plasma which is 92% made of water. Blood plasma play a critical role in buffering the body’s pH, circulating antibodies from the immune system, and regulating osmotic balance which all helps to maintain proper body temperature.

Water removes harmful toxins from the body  
Water helps our bodies remove toxins in many different ways. Water flushes toxins and waste from the body through urination and perspiration. Water helps reduce constipation and aids in bowel movements which ensures that wastes are removed quickly and regularly before they can become poisonous in the body. This waste buildup can occur in the body if dehydration becomes a regular occurrence and this can cause headaches, toxicity and illness. Drinking enough water will also lessen the burden on the kidneys and liver by flushing out waste products.

Water transports valuable nutrients to the body  
Blood is about 92% water and it carries nutrients and oxygen throughout the body. Nutrients from the food we eat are broken down in the digestive system where they become water-soluble, which means they are dissolved in water. Water allows these nutrients to pass through the capillaries within the intestinal walls to the blood and circulatory system where the valuable nutrients and oxygen can be distributed throughout the body to all the cells and organs. In addition to the daily maintenance of our bodies, water also plays a key role in the prevention of disease. Drinking eight glasses of water daily can decrease the risk of colon cancer by 45%, bladder cancer by 50% and it can potentially even reduce the risk of breast cancer. And those are just a few examples! As you follow other links on our website, you can read more in depth about how water can aid in the prevention and cure of many types of diseases, ailments and disorders that affect the many systems of our bodies.

Drinking to Your Health  
Since water is such an important component to our physiology, it would make sense that the quality of the water should be just as important as the quantity. Therefore, your drinking water should always be clean and free of contaminants to ensure proper health and wellness. Remember it is also never too late to improve your health with the help of regular exercise, balanced nutrition and a positive outlook on life. The human body is very resilient and if you treat yourself well, you will be surprised by your body’s own natural ability to heal itself. Here’s drinking to your health and achieving your goals. We know you can do it!

**WATER:**  
  
**THE IMPORTANCE OF WATER**  
  
       With two thirds of the earth's surface covered by water and the human body consisting of 75 percent of it, it is evidently clear that water is one of the prime elements responsible for life on earth. Water circulates through the land just as it does through the human body, transporting, dissolving, replenishing nutrients and organic matter, while carrying away waste material. Further in the body, it regulates the activities of fluids, tissues, cells, lymph, blood and glandular secretions.  
  
       An average adult body contains 42 litres of water and with just a small loss of 2.7 litres he or she can suffer from dehydration, displaying symptoms of irritability, fatigue, nervousness, dizziness, weakness, headaches and consequently reach a state of pathology. Dr F. Batmanghelidj, in his book 'your body's many cries for water', gives a wonderful essay on water and its vital role in the health of a water 'starved' society. He writes: "Since the 'water' we drink provides for cell function and its volume requirements, the decrease in our daily water intake affects the efficiency of cell activity........as a result chronic dehydration causes symptoms that equal disease..."

 healthy sedentary adult living in a temperate climate should drink at least 1.5 liters of water per day1 . This level of water intake balances water loss and helps keeping the body properly hydrated.

The water you consume through food and drinks follows a very precise route to arrive in your cells, of which it is a vital constituent.

After passing through the stomach, water enters the small intestine, where it is largely absorbed in the first sections, the duodenum and jejunum. The rest passes into the colon. It crosses the intestinal mucous membrane into the bloodstream, then into the interstitial tissues that make up the framework of every organ, to arrive in the cells.

Blood brings nutritional elements to cells (minerals, vitamins, protein components, lipids and carbohydrates). Waste products are then removes through urines. Water plays also an essential function in helping the regulation of temperature.

### Cell life

Water is essential for cells to function properly: it enters into [the composition of the cells](http://www.nestle-waters.com/healthy-hydration/water-fonctions-in-human-body/cell-life).

### Chemical and metabolic reactions

By enabling hydrolysis reactions, water participates in the biochemical breakdown of what we eat (proteins, lipids and carbohydrates). This is one of many [reactions in which water is involved](http://www.nestle-waters.com/healthy-hydration/water-fonctions-in-human-body/chemical-and-metabolic-reactions).

### Transport of nutrients and removal of waste

Water as a main constituant of blood contributes to the transport of nutrients to the cells. In deed the nutrients are transported by the blood. Water, as a carrier, also helps [removing waste products through urines](http://www.nestle-waters.com/healthy-hydration/water-fonctions-in-human-body/transport-of-nutrients).

### Body temperature regulation

Water has a large heat capacity which helps limit changes in [body temperature](http://www.nestle-waters.com/healthy-hydration/water-fonctions-in-human-body/body-temperature-regulation) in a warm or a cold environment. Water enables the body to release heat when ambient temperature is higher than body temperature (2): we begin to sweat, and the evaporation of water from the skin surface cools the body very efficiently.

## Water is at the heart of life. This is why a human being can survive no longer than few days without water.

Drinking water every day (approximately 1.5 liters\*), and at regular intervals, 8 times a day (before, during and in-between meals), without waiting until you’re thirsty, is important as part of a healthy lifestyle, at every stage of life!

\*For a healthy sedentary adult living in a temperate climate

Related on Nestlé Waters:  
 [Environmental performance](http://www.nestle-waters.com/creating-shared-value/environmental-performance)  
 [Bottled water quality](http://www.nestle-waters.com/brands/water-quality)  
 [Bottled water labeling](http://www.nestle-waters.com/brands/water-quality/water-conservation-label)  
 [How much water is there in the body?](http://www.nestle-waters.com/healthy-hydration/water-body)

n a recent article from SHAPE magazine, the top six reasons — beyond water being the basis of life — are given, according to Yahoo Shine.

We chose five of those reasons for why drinking water solves any problem:

***andresr/iStock***

**1. It protects your heart**

Drinking a large amount of water could help prevent heart attacks.

**2. Gives the brain a boost**

Water provides the brain much needed oxygen to perform at optimum levels.

#### [**Read more: How much water do we need and why?**](http://www.watertechonline.com/professor-poupoe-may-2015/)

**3. Helps save money**

Soft drinks are becoming increasingly more expensive at restaurants; drinking water can be a cheap alternative.

**4. Helps you lose weight**

Drinking water has the ability to increase your metabolic rate, thus helping your body’s ability to burn fat.

**5. Keeps you alert**

Dehydration is a huge cause of fatigue; drinking water can keep you alert and active during the day.

Clark Bartram takes us through his top ten reasons we need to drink water and the top ten reasons to consume water instead of soda.

**1**

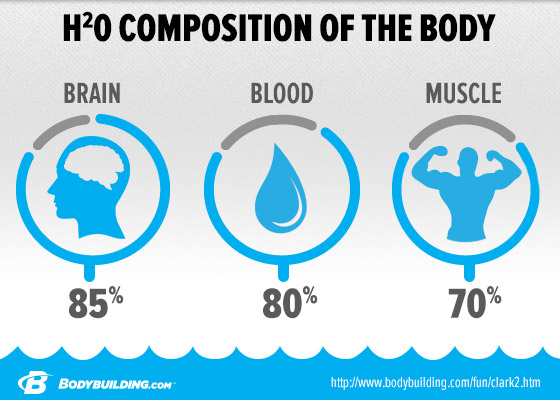
### **WATER IS THE SUBSTANCE OF LIFE**

Life can not exist without water. We must constantly be adding fresh water to our body in order to keep it properly hydrated. Water can be a miracle cure for many common ailments such as headaches, fatigue, joint pain, and much more. We can go for weeks without food, but only 3 days without water!

**2**

### **THE BODY IS COMPRISED OF 80% WATER**

Water makes up nearly 85 percent of your brain, about 80 percent of your blood and about 70 percent of your lean muscle. (Because there are a lot of tissues that have less water, the average is about 50 percent.).



**3**

### **WATER SOURCE**

It is difficult for the body to get water from any other source than water itself. Soft drinks and [alcohol](https://www.bodybuilding.com/fun/bbinfo.php?page=Alcohol) steal tremendous amounts of water from the body. Other beverages such as coffee and tea are diuretics therefore stealing precious water from the body.

**4**

### **A VITAL ROLE**

Water plays a vital role in nearly every bodily function. Lack of water is the #1 trigger of daytime fatigue. 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.

**5**

### **WATER TRANSPORTS AND METABOLIZES**

Water is essential for proper digestion, nutrient absorption and chemical reactions. The [carbohydrates](https://www.bodybuilding.com/fun/bbinfo.php?page=Carbohydrates) and [proteins](https://www.bodybuilding.com/fun/bbinfo.php?page=Protein) that our bodies use as food are metabolized and transported by water in the bloodstream. No less important is the ability of water to transport waste material out of our bodies.

**6**

### **WATER IS ESSENTIAL**

Water is essential for proper circulation in the body. The levels of oxygen in the bloodstream are greater when the body is well hydrated. The more oxygen the body has readily available the more fat it will burn for energy without the presence of oxygen the body cannot utilize stored fat for energy efficiently. Not only will the body burn more fat when well hydrated but because there are increased oxygen levels you will also have more energy.

**7**

### **REMOVES TOXINS**

Water helps remove toxins from the body, in particular from the digestive tract. Water suppresses the appetite naturally and helps the body metabolize stored fat. [Studies](https://www.bodybuilding.com/fun/southresearch.htm) have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

**8**

### **REGULATES COOLING SYSTEM**

Water regulates the body's cooling system. Sports drinks are useful when consumed after or during vigorous and prolonged exercise in high heat. But most experts agree that water works better than carbohydrates or sugared beverages for moderate exercise. For instance, if you drink 12 ounces of plain water, your body will absorb 8 ounces of it within 15 minutes.



"MOST EXPERTS AGREE THAT WATER WORKS BETTER THAN CARBOHYDRATES OR SUGARED BEVERAGES FOR MODERATE EXERCISE."

If you drink 12 ounces of a 10% sugar solution, less than 1 ounce will be absorbed in the same period. The typical soft drink is a 10 to 12% sugar solution.

**9**

### **CHRONIC CELLULAR DEHYDRATION**

Consistent failure to drink enough water can lead to Chronic Cellular Dehydration. This condition where the body's cell are never quite hydrated enough leave them in a weakened state, vulnerable to attack from disease. It weakens the body's overall immune system and leads to chemical, nutritional and pH imbalances that can cause a host of diseases.

**10**

### **DEHYDRATION CAN HAPPEN IN WINTER**

Dehydration can occur at any time of the year, not only during the summer months when it is hot. The dryness that occurs during winter can dehydrate the body even quicker than when it is hot. When you are dehydrated you tend to eat more.

**General Rule:** Due to the fact that every body is different the rule we often hear about drinking 8-8oz. Of water per day can be misleading. We need to drink half our body weight in ounces of water every day to provide the body with its MINIMUM water replacement requirements. Triple the intake for better results.

## **TOP 10 REASONS TO CONSUME WATER INSTEAD OF SOFT DRINKS!**

**1**

### **SOFT DRINKS STEAL WATER FROM THE BODY**

They work very much like a diuretic which takes away more water than it provides to the body. Just to process the high levels of sugar in soft drinks steals a considerable amount of water from the body.

To replace the water stolen by soft drinks, you need to drink 8-12 glasses of water for every one glass of soft drinks that you consume!

**2**

### **SOFT DRINKS NEVER QUENCH YOUR THIRST**

Soft Drinks never quench your thirst, certainly not your body's need for water. Constantly denying your body an adequate amount can lead to Chronic Cellular Dehydration, a condition that weakens your body at the cellular level. This, in turn, can lead to a weakened immune system and a plethora of diseases.

**3**

### **ELEVATED LEVELS OF PHOSPHATES**

The elevated levels of phosphates in soft drinks leach vital minerals from your body. Soft Drinks are made with purified water that also leach vital minerals from your body. A severe lack of minerals can lead to Heart Disease (lack of [magnesium](https://www.bodybuilding.com/store/mag.html)), Osteoporosis (lack of [calcium](https://www.bodybuilding.com/store/calcium.html)) and many other diseases. Most vitamins can not perform their function in the body without the presence of minerals.

**4**

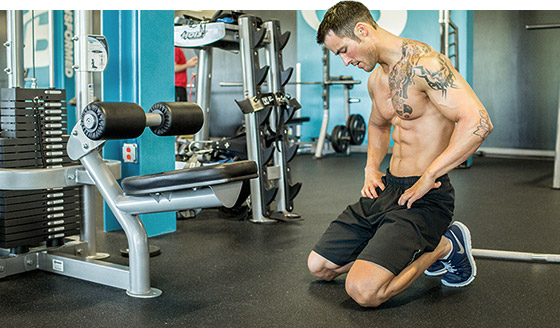
### **SOFT DRINKS CAN REMOVE RUST**

Soft Drinks can remove rust from a car bumper or other metal surfaces. Imagine what it's doing to your digestive tract as well as the rest of your body.

**5**

### **THE SUGAR CRASH**

The high amounts of sugar in Soft Drinks causes your pancreas to produce an abundance of insulin, which leads to a "sugar crash". Chronic elevation and depletion of sugar and insulin can lead to diabetes and other imbalance related diseases. This is particularly disruptive to growing children which can lead to life-long health problems.



"THE HIGH AMOUNTS OF SUGAR IN SOFT DRINKS CAUSES YOUR PANCREAS TO PRODUCE AN ABUNDANCE OF INSULIN, WHICH LEADS TO A 'SUGAR CRASH'."

**6**

### **CREATES POOR DIGESTION**

Soft Drinks severely interfere with digestion. [Caffeine](https://www.bodybuilding.com/store/caffeine.html) and high amounts of sugar virtually shut down the digestive process. That means your body is essentially taking in NO nutrients from the food you may have just eaten, even that eaten hours earlier.

Consumed with french-fries which can take WEEKS to digest, there is arguably nothing worse a person can put in their body.

**7**

### **DIET SOFT DRINKS CONTAIN ASPARTAME**

Diet soft drinks contain Aspartame, which has been linked to depression, insomnia, neurological disease and a plethora of other illness. The FDA has received more than 10,000 consumer complaints about Aspartame, that's 80% of all complaints about food additives.

**8**

### **SOFT DRINKS ARE EXTREMELY ACIDIC**

Soft Drinks are EXTREMELY acidic, so much so that they can eat through the liner of an aluminum can and leach aluminum from the can if it sits on the shelf too long. Alzheimer patients who have been autopsied ALL have high levels of aluminum in their brains. Heavy metals in the body can lead to many neurological and other diseases.

**9**

### **AND MORE ACIDIC**

Soft Drinks are EXTREMELY acidic: The human body naturally exists at a pH of about 7.0. Soft Drinks have a pH of about 2.5, which means you are putting something into your body that is hundred of thousands of times more acidic that your body is!

Diseases flourish in an acidic environment. Soft Drinks and other acidic food deposit acid waste in the body which accumulates over time in the joints and around the organs.

For example, the Body pH of cancer or arthritis patients are always low. The sicker the person, the lower the Body pH.

**10**

### **THE WORSE THING**

Soft Drinks are the WORSE THING you can possibly put in your body. Don't even think of taking a sip of a Soft Drink when you are sick with a cold, flu or something worse. It will only make it that much harder for your body to fight the illness.

#### ABOUT THE AUTHOR

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Clark Bartram is Amerca's most trusted fitness professional. You can't pick up a magazine without finding Clark.

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