

THE BENEFITS OF DRINKING WATER

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Skin cells are made up of water. Without water, our organs (including your skin) cannot function properly. When your skin is not getting sufficient amount of water, it will turn dry, flaky, and dull.

Unfortunately, we are not plants and do not revive almost instantly when drinking water. Water is ingested and will reach all the other organs before it reaches the skin. Therefore, it is important to make sure you are drinking enough water to satisfy your body's needs. Dr. Susan Stuart is a board certified La Jolla, California dermatologist who tells us what drinking water can do for our skin:

Make You Look Younger

Drinking water is a natural, simple and cheap anti-aging secret. Dr. Stuart says, "Water replenishes skin tissue, which keeps it from drying out. Dry skin causes less elasticity, making the skin more prone to wrinkles. A lack of hydration in skin will also result in more redness and dark spots. So remember to stay hydrated to keep those wrinkles from appearing sooner than later."

Reduce Acne & Breakouts

A major benefit of drinking water is that it flushes out toxins from the body. Toxins in our bodies can cause our pores to clog and our skin to become dull and oily. This can lead to a breakout of pimples, white and black heads, and blemishes. Dr. Stuart adds that, "While water is not the cure to all acne problems, it can sure help. The elimination of toxins and waste products can in fact result in healthier clearer skin."

Drinking Water: The Aid to a Better Workout and Building Muscle
Franci Cohen is a Manhattan certified trainer and nutritionist. She always encourages her clients to drink more water.

As Franci Cohen explains, it is important to stay hydrated before, during and after your workout for many reasons. When you exercise, you can lose a significant amount of fluid from increased perspiration and respiration, which can greatly compromise you body's electrolyte balance. It is important that you drink enough water to replace that lost fluid, so that your body can continue to function at its best. Being properly hydrated can also result in a better workout. It will help avoid muscle cramps, nausea and dizziness."

Water Builds Stronger Muscles and Joints

Water acts as a lubricant for your muscles, joints and vital organs. When exercising, you are adding weight and stress to your body. Without the proper fluid intake, you can really harm your joints. Water gives this protective fluid your joints need for optimum performance and added life.

Cohen points out that, “Water is the healthiest and cheapest energy drink out there.”

How Much Water Should You Be Drinking?

The amount of water you should drink before and during your workout varies depending on your weight, the type of workout you are doing and the climate. Franci recommends starting with 8 to 16 ounces of water before your workout. Then consume a glass of water for each 20 to 30 minutes during your workout.

If you are working out in a mild climate, you can lose about 4 to 8 cups of water through sweating depending on the intensity of your workout.

If you are working out in a hotter and humid climate, you can sweat a lot more and therefore dehydrate quicker. The loss of fluid during exercise will result in fatigue as well a decrease in your performance. Franci stresses that, “ Also, if you do not drink water after exercise, your performance the following days will suffer.”