

BEYOND HYDRATION:

HOW WATER IMPROVES YOUR OVERALL HEALTH

Article from Culligan.com



You've probably heard that you should drink a certain amount of glasses of water each day. But do you know why it's so important to drink plenty of water? Have you really thought about the health benefits of drinking water? Not only does water help you stay hydrated throughout the day, it also helps promote healthy hair and healthy skin.

You should strive to drink more water in order to increase energy levels and output. Water is also a great immune system booster because it aids in maintaining a healthy balance of body fluids, helps flush out toxins, and promotes better kidney functions. Additionally, water helps promote healthy, glowing, younger looking skin and strengthen your nails.

Water Fuels Your Workouts

Water can also increase the durability and stamina of your workouts by helping you stay hydrated during and after your exercise routines. Water and proper hydration aids in muscle recovery and helps energize muscles for safer, more effective workouts.

Offers A Heathy Alternative To Medicine

No one likes a nagging headache, it can ruin your mood and create its own stress. Looking for a safe, non-chemical natural headache remedy? Water just might do the trick. If your headache is a result of dehydration, water and rest can help relieve the pain and stress and help improve your mood.

Natural Weight Loss Remedy

Water is a great tool in your weight loss and weight control efforts. While it's definitely not an overnight remedy, it can help boost a safe weight loss program. Water can also help you eat less because oftentimes we mistake thirst for hunger. Drinking a full glass of water prior to eating a meal can help you feel full, resulting in you eating smaller portions. Also, replacing calorie-rich drinks – like soda or juice – with water will help you reduce your calorie intake.

How We Can Help Improve Your Health

There are numerous ways that water can help you get heathy. But while it's important to drink plenty of water on a daily basis, it's even more important that you drink pure and clean water. Call us today to schedule a water quality test. We can perform simple tests in your home or more complex tests in our certified lab. These valuable tests can show you contaminants that may be affecting the quality, safety, and taste of your water. Let us help improve your overall health with pure-tasting and cleaner drinking water.

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