

# Health Tip Of The Month: Drink 8 Glasses of Water Daily



You probably know the human body is about 66% water. But did you know that our muscles are 70-75% water? Our lungs are 90% water? And our brains are actually 95% water? It's easy to see why water and hydration play such a crucial role in a healthful lifestyle.

- Water carries nutrients and oxygen to all cells in the body.
- Water helps convert food into energy.
- Water protects and cushions vital organs.
- Water lubricates joints.
- Water regulates body temperature.
- Water moistens oxygen for breathing.
- Water can help decrease premenstrual bloating.
- The body can last up to six weeks without food, but only a week without water.
- Dry, itchy skin or headaches may be signs of dehydration.
- When you're asleep you lose as much or more water as when you're awake.
- You need as much water in cold weather as in warm weather.
- Drinking soda is actually counterproductive. Any caffeinated beverage is dehydrating.