

# Health

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Water: An Overlooked Essential Nutrient Water is a crucial element in our bodies which contributes to a large percentage of our body's weight. Lack of inadequate water may lead to dehydration. Water is essential for the body functions this is because every organ on the body depends on water (Council, 2003). To avoid dehydration, one is recommended consume a lot of water or water substitutes such as PowerAde and Gatorade (Council, 2003). Gatorade is an energy drink that was created to help in the replenishing of electrolytes that are lost after an exercise or a heavy task. PowerAde is an energy type of drink. PowerAde's salt concentration is much lower compared to Gatorade's hence making it inferior to Gatorade (Council, 2003). The main, nature and more direct source of hydration is water. It is the best form of hydration during, after and before exercise. Water is inexpensive and readily available for consumption compared to Gatorade and PowerAde (Council, 2003).

The pros of water are endless. This is because every part of the body must rely on water and all the body parts contain traces of water (council 32).

Water assists in weight loss because after consumptions the body utilizes fats to achieve energy needed by the body because the water does not have any calories (Council, 2003).

The cons present in the consumption of water is that, when one consumes untreated water. This may cause to water borne diseases which includes, cholera, typhoid, amoeba and many more others (Council, 2003).

For the body to function properly, water is an essential element. Lack of water intake may lead to dehydration which may lead to improper functioning of the body or even death (Council, 2003).

Reference

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Council, N. R. (2003). Nutrient Requirements of Nonhuman Primates. United states: National Academies Press.(print)