

# Weight loss and dehydration essay

[Literature](#)



**ASSIGN  
BUSTER**

Americans actually drink six ounces of water every day, while said they do not drink water at all. Started drinking six to eight glasses of water for two years now. I became so much healthier and more positive from drinking water. Drinking water helps maintain balance body fluids in your body.

There are many aspects of water including the different types of water, weight loss, & dehydration. First off, water is the healthiest supplied beverage known to mankind. You can consume spring water and purified water. A recommendation of purified is higher than spring water. Purified is clean and filtered water for consumption. Spring water, on the other hand, is water from a spring. Sparkling water is naturally carbonated, but most types of water are good for consumption of the human body.

Second, weight loss is one important factor in consuming water. Burning calories create toxins, and water plays a big role in flushing them out of your body. This generation exercising plays a big role in today's activity for teenagers. Most teenagers do not know that water is a big factor in working out. Water helps maintain muscle tone by assisting muscles in their ability to interact, and it polishes your joints.

Another suggestion is dieting, you need the proper diet in order to get the beach body you want. Drinking water helps you feel full, and you will begin to be satisfied with less food. Lastly, dehydration is a big part in your everyday life.

Americans everyday consume caffeinated drinks such as sodas and coffee. Caffeinated drinks often make you have headaches and sometimes causes insomnia. Too much caffeinated drinks can also link to a kidney stone which

is a kidney failure. Water is the only hydrated beverage that is healthy for your body and kidneys. Our bodies s constantly losing water, because it needs fluid like substance to operate with your digestive system and brain. Consuming water helps you stay hydrated and keeps your body moving smoothly and nourishes your brain flow. In conclusion, the variety types of water, ecstatic changes in weight loss, & dehydration with the body are many aspects to the consumption of water that is needed in your everyday life. You will change, physically and mentally, after drinking only water.