

# The benefits of drinking more water

## 02

### **Water transports nutrients and oxygen around the body.**

Removing waste products, controlling body temperature and aiding digestion.

### **Water promotes healthy digestion.**

We need water for our digestion system to function properly. Waste and toxins get flushed out through our sweat and urine, if we don't drink enough water, there is nowhere for the toxins to go and they collect in our bodies.

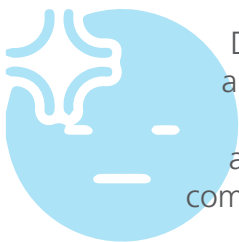
### **Boosts your immune system.**

People who drink a lot of water are less likely to get sick. Water helps fend off the flu, cancer and other health problems like heart attacks.



### **Decreases the chance of headaches.**

Drinking more water is an easy and natural way to avoid or get rid of headaches. Our brains are made mostly of water, so a common symptom of dehydration is headaches and migraines.



### **Helps you lose weight / helps keep you satisfied.**

If you feel hungry or a craving, reach for a glass of water and chug it down! If you feel full, you will be less likely to reach for that easy snack, treat or junk food.



### **Water helps you maintain healthy skin.**

Drinking enough water helps flush out the toxins that clog your pores, reducing skin inflammation and the chance of developing pimples.



### **Improves your mood.**

Have you ever noticed that when you're dehydrated that you are a bit grumpy or moody? Drink more water and you'll be much more pleasant to yourself and to others.



### **Helps prevent Urinary Tract Infections.**

Staying hydrated can help prevent Urinary Tract Infections. Drink enough water so that your urine is clear.



### **Boosts productivity.**

Drinking enough water helps you focus, concentrate and helps you stay fresh and alert. Have you noticed that you feel tired when you're dehydrated?



### **Drinking water saves you MONEY!**

Unless you want some fancy bottled spring water or something with bubbles, in most cases, water is FREE and can save you a few £'s.

