

January 2021

WATER: THE FASHIONABLE BEVERAGE

Not every item on your New Years Resolution List needs to be a monumental undertaking. Here is an easy one that is also really good for your health.

I will drink 6 (8 oz.) glasses of water every day.

One in ten Americans drink zero cups of water per day, according to a study by Dr. Alyson Goodman, a medical epidemiologist for the Centers for Disease Control and Prevention. She suspects that those who don't drink any water (or very little) are getting it from other sources such as food and coffee but warns this may not be enough.

"Many health risks decrease when you drink plain water," says Goodman. Which is why, she says, the results are "mindboggling."



Benefits- Four Reasons to Drink Water

- It balances body fluids. Your body is composed of about 60 percent water and performs vital functions such as protecting your organs and tissues, regulating your body temperature, and carrying nutrients and oxygen to your cells- essentially it keeps your body running like a well-oiled machine.

- It keeps skin looking healthy. Water moisturizes your skin and functions as a protective barrier to prevent excess fluid loss (think free anti-aging cream). It can keep your skin fresh and smooth.

- It boosts the immune system. Those who guzzle water are at a lower risk of getting sick. This crystal-clear concoction helps fight against flu, cancer, and other ailments.

- It can help control calories. While drinking water may not be a weight -loss strategy, per se, substituting it for higher -calorie or sugar-filled beverages can help by removing byproducts of fat, filling you up so you are not snacking. It acts as a natural appetite suppressant and raises your metabolism.

For those of us who do not have the strength or desire to be seen in public with the "fashionable "large bottles of water, check out the petite 16 oz. bottles. It is easy to put one of these bottles in a coat pocket or tote bag or backpack. And it blends into the pictures and plants on your desk at home or work!

May God Bless 'All of Us' with His Peace, Joy, and Good Health in 2021.

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