

Water Facts

Do you ever feel a little sluggish mentally, like your brain feels fuzzy and your thoughts aren't as clear as usual?

Did you know that you could just be dehydrated?

The simple fact of life is that your brain and your body needs water, and lots of it, to function at their best.



Here are just a few facts about water that might surprise you:

- Your brain is about 75% water and your body is made up of around 60 -70% water.
- Your brain needs plenty of water for the electrical impulses (ie. your thoughts) to flow freely.
- Your brain needs water to remember new information that you've learned. You actually get "smarter" when you're well hydrated.
- Water is especially important before you take a test or when you're under stress because your brain uses 50% more water than normal to compensate for your stressful situation.
- 75% of Americans are chronically dehydrated!
- In fact, in the U.S., lack of water is the number one reason people get tired during the day.
- Decreasing the amount of water you drink by just 2% will make your brain feel fuzzy and give you problems with short-term memory.
- You can live about a month without food, but only a week without water.
- There are tons of health benefits to drinking lots of water: it protects your organs and tissues; removes waste; carries important nutrients to