



5 AMAZING REASONS TO DRINK MORE WATER!

Apart from the usual, here are some more surprising ways in which water helps you

WRITTEN BY SHIRLEY MISTRY ON NOVEMBER 16, 2015







We often take drinking water for granted, and it is only when you bite into an especially hot chilli or after a long walk in the sun that you feverishly glug an alarming amount of water. But water helps your body in a lot more ways than simply quenching your thirst or putting off a gastronomic fire.



Take a look at 5 surprising ways in which it does your health a world of good.



#I Helps with migraines

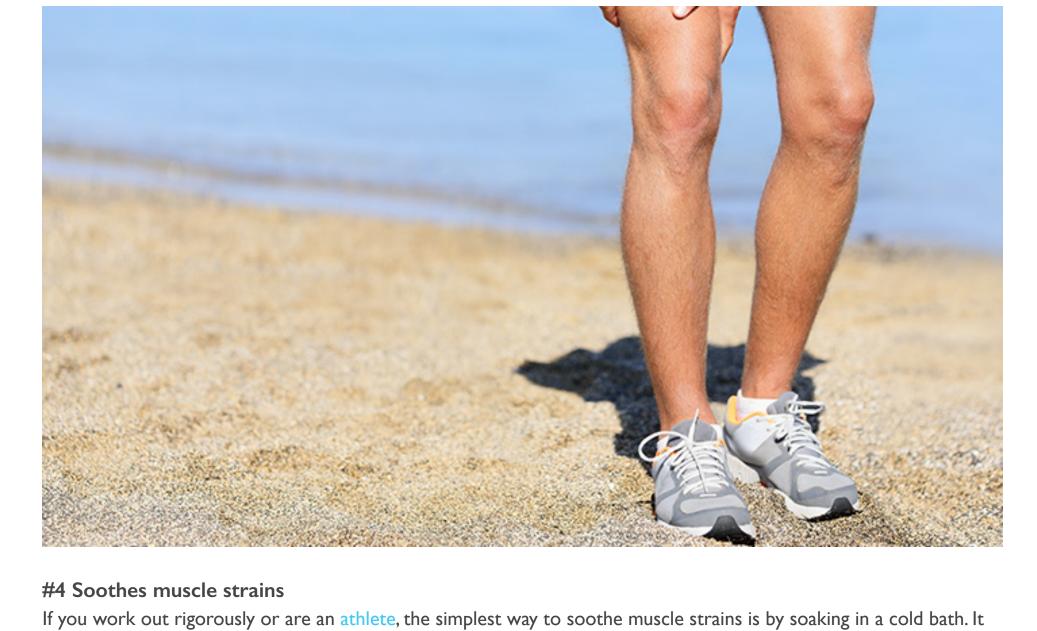
If you find that you suffer from a headache almost every day, drink more water. It was found that participants in a study who consumed roughly 2 cups of water while suffering from a headache experienced total relief in a span of 30 minutes! Researchers believe that drinking lots of water through the course of the day is the best way to stop headaches from occurring altogether.

#2 Sharpens memory and focus

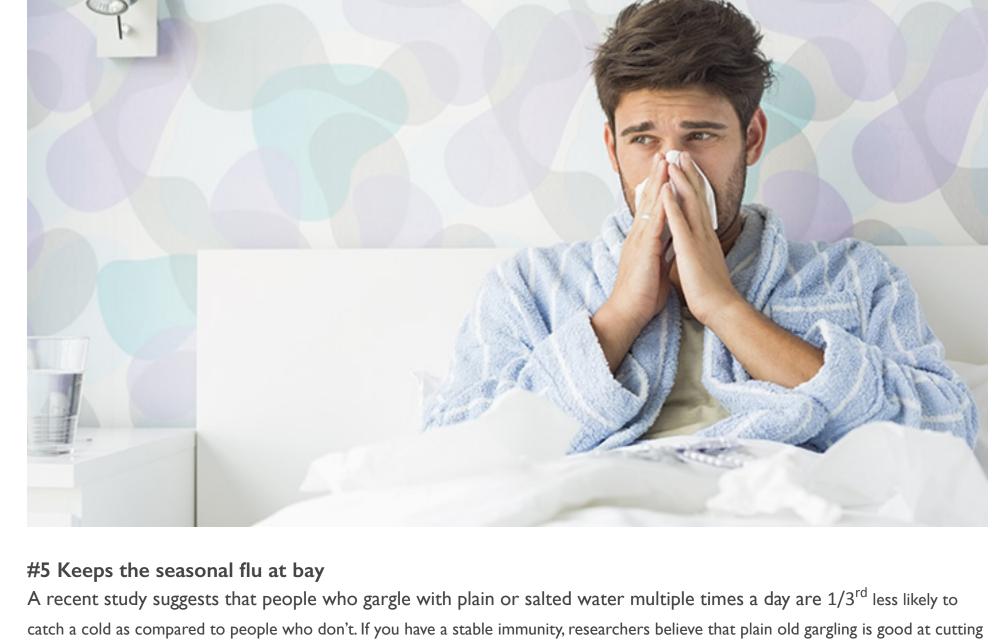
Mild dehydration is known to contribute to poor focus, lack of attention and failing motor skills. To ensure you're at the top of your game, sip on water throughout the day, especially if you're having a particularly chaotic week, where you might neglect hydration.

#3 Makes you feel less lonely

This one doesn't involve consuming water, but soaking in it instead. A warm bath mimics comforting, warming physical touch and gives you a sense of emotional well-being. Warm water also triggers the production of oxytocin, a hormone that helps you unwind and creates a sense of bonding with others.



relaxes your muscles and rids them of tension.



down your risk of suffering from upper respiratory tract diseases by a significant margin.

So drink up!

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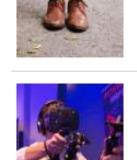
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