

5 AMAZING REASONS TO DRINK MORE WATER!

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

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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 plug 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.



#1 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.



#4 Soothes muscle strains

If you work out rigorously or are an [athlete](#), the simplest way to soothe muscle strains is by soaking in a cold bath. It relaxes your muscles and rids them of tension.



#5 Keeps the seasonal flu at bay

A recent study suggests that people who gargle with plain or salted water multiple times a day are 1/3rd less likely to catch a cold as compared to people who don't. If you have a stable immunity, researchers believe that plain old gargling is good at cutting down your risk of suffering from upper respiratory tract diseases by a significant margin.

So drink up!

TAGS

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