

Health and beauty

The Importance of Water

More than two thirds of the human body weight is made up of water, without water our body would not function properly and we would die within a matter of days. Can you believe it; our brain is actually made up of 95% of water, blood 82% and lungs 90%! If there is a reduction of even 2% of water within our body then this can be dangerous, it can cause mild dehydration, daytime fatigue (feeling tired and lazy), light headedness, very yellow urine or urinating very little and difficulty on focusing on things.

We should drink at least 8 glasses of water a day as most of it is lost while we sweat, urinate and even breathe! This means that we need to keep topping up our water supply within our body in order for us to stay healthy and take care of our bodies. Water is extremely important in the prevention of disease, for example, drinking sufficient amounts of water can decrease the risk of colon cancer, breast cancer, bladder cancer, blood disorders, digestive problems and many more.

Since water is such an important component to our physiology, it would make sense that the quality of the water should be just as important as the quantity. Drinking water should always be clean and free of contaminants to ensure proper health and wellness. There are 3 main things that water must possess in order for it to be of any benefit to us, as stated in the book 'Heavenly Ornaments' (Bahishti Zewar by Maulana Ashraf Ali Thanwi, page 65) these 3 qualities of beneficial water are taste, colour and smell and upon them depends its purity and cleanliness.

As well as many health benefits, water is also a beauty elixir, yes girls! If you want great looking skin with a natural glow (without any makeup of course) then water is very essential. As well giving you a clear and glowing complexion, water also strengthens the collagen in your skin making you look younger and healthier. Water is also good for your hair and nails, it is amazing how we underestimate how much good a glass of water can do. So next time you reach out for a coke can or some juice, think twice!

Aren't we lucky to be blessed with water! So drink up!!

