

# Water Anyone?

We all know that water is important, but I've never seen it written down like this before.

75% of Americans are chronically dehydrated.  
(This likely applies to half of the world population)

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down metabolism as much as 3%.

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily, decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

Do you need to know the exact amount of water that you should drink each day for your body weight? Click this link for the formula [http://www.quickfasting.com/plenty\\_from\\_both\\_ends.html](http://www.quickfasting.com/plenty_from_both_ends.html)

Inspiration is great, but one of the greatest inspirations is feeling good.

