



IMPORTANCE OF CONSUMING

# WATER



BENEFITS AND FACTS

<https://hcwellness.net>

# IMPORTANCE

## **Why is it important to drink water?**

Water is essential for the proper functioning of our organism and to keep us healthy.

It also cleanses the body and eliminates toxins.

Water is an efficient vehicle for transporting the vitamins and mineral salts that our cells need.

### **CURIOUS FACT**

The percentage of water in the human body of an adult varies between 60-70%, this is a large amount of water, and during the day we lose between 2 to 2.5 liters of water through breathing, sweat, urine and other secretions.

This is why water consumption is necessary to compensate for this loss.



# Benefits of drinking water

- Allows the transport of nutrients to the cells.
- Collaborates in the digestive process, breathing and blood circulation.
- Gives flexibility and elasticity to the tissues.
- Cleans our kidneys of toxic substances.
- Provides essential minerals such as calcium, magnesium and fluorine.
- Contributes to the regulation of body temperature.
- Delays the aging process.



## IMPORTANT FACT

According to the WHO, to stay hydrated, it is necessary to consume 35 ml of water per kilogram of weight per day.

*"Water is the driving force of all nature."  
-Leonardo Da Vinci*