



# Pour me a glass

**For a liquid that is both colorless and tasteless, water is the healthiest and possibly the most talked about liquid of the century.**

So, pour me a glass of water.

On a very good day, I probably drink [6-8 cups of water](#) as recommended by the NHS and I never have it plain or at room temperature. Personally, I prefer to drink warm, lemon infused water because the act makes me feel like I am at a restaurant and not locked up in my room all day.

However, my relationship with water hasn't always been great. At age 16, I was constantly dehydrated and [constipated](#), my constipation got so bad that sometimes I feared having to use the toilet. This fear made me rethink the way I viewed water.

In order to really convince myself that increasing my water intake had numerous benefits, I did some research and found a bunch of amazing facts. Nonetheless, in this blog I'll be focusing on three facts that completely changed my life.

## Water prevents constipation

This was a bitter-sweet fact to come to terms with. Yes, I knew I experienced constipation because of my low water intake, but I didn't know why. Well, it turns out water encourages movement in the digestive system, especially in our large intestine which is also known as the colon.

The figure below can be a bit daunting, but I'll explain how this relates to constipation.

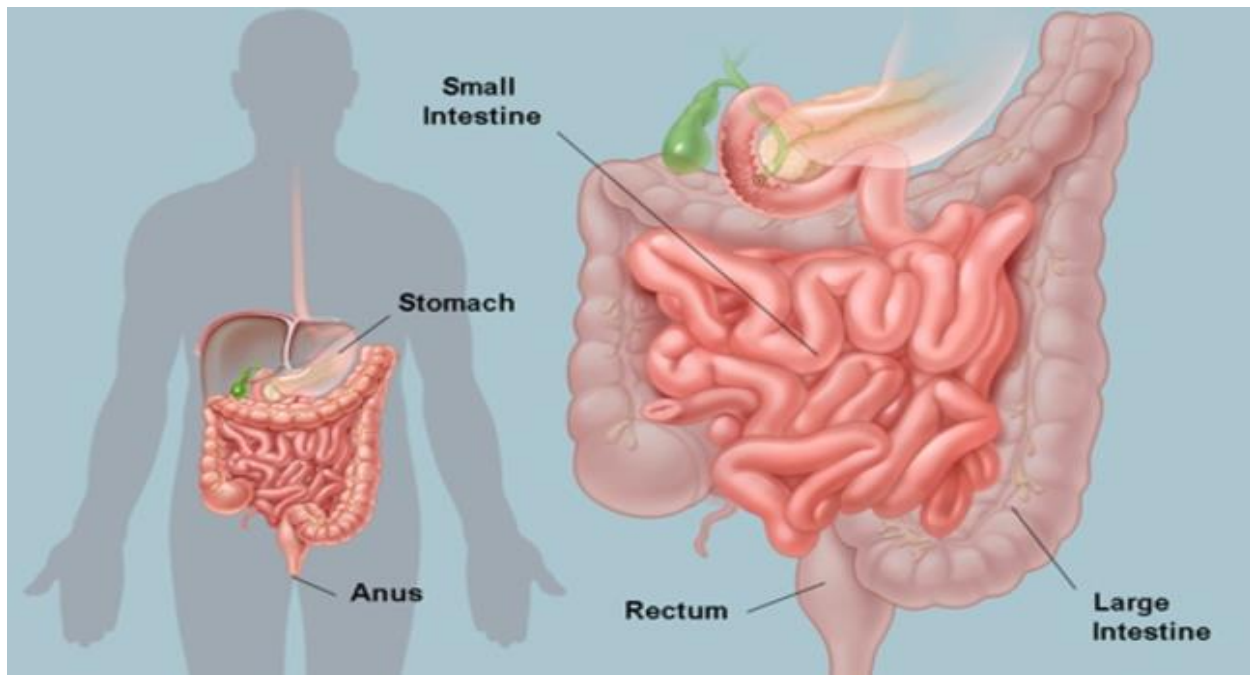


Image by [WebMD, LLC](#)

Firstly, food moves from the stomach to the small intestine and then into the large intestine where water is absorbed from waste products, such as undigested food. After this occurs, the waste product which was in a liquid state is converted to a solid product known as stool. Next, the stool is moved from the rectum into the anus when we feel the urge to use the toilet.

However, when our water intake is low, the waste product moves too slowly through the large intestine and this results in a lot of water being absorbed. Hence, when stool is moved into the rectum and finally passed out through the anus, it is really hard and dry.

After learning this fact, my water intake increased drastically.

## Water boosts skin health

The skin is the largest organ in the body and I find this fact crazy, but it is true.



Image by [Rebecca Balcárcel](#)

[Researchers at the Charité – Universitätsmedizin Berlin](#), one of Europe's largest university hospitals found that an increase in water intake, especially among people who consume low amounts of water, increases hydration in the outermost layer of the skin. Sadly, it doesn't alleviate the symptoms of dry skin.

I can personally attest to this fact because prior to consuming more water, my skin always looked dull even though my skin was always moisturized. But when my water intake increased, the appearance of my skin also improved. Suddenly, I had glowing and healthy-looking skin.

## Water improves your mood



Image by [iStockphoto.com/Bartosz Hadyniak](#)

Have you noticed that when you rehydrate after being dehydrated for a while, you suddenly feel so satisfied and good about yourself?. This is however subjective, but [studies have shown](#) the act of drinking water increases the levels of dopamine in the brain, thereby improving your mood. Dopamine is a chemical which is released in the brain as part of the reward system, it contributes to feelings of pleasure and satisfaction.

Sadly, this benefit is not only limited to water, but generally all beverages. However, water is more hydrating.

**In conclusion**, [more benefits](#) are attributed to water, but I hope the three benefits listed above change how you view water and improve your water intake. To ease the transition, I'd advise you start off your journey by slowly spicing things up. For example, infuse your water with fruits, lemon or mint. Basically, have fun with it.

**Now get up and pour yourself a glass of water!**

*Blog by Joy Edegware*

## Sources

[Water, drinks and your health](#)

[How your brain tells you to look for water](#)

[Does dietary fluid intake affect skin hydration in healthy humans?](#)

[Your Digestive System & How it Works](#)

[What is Constipation](#)

[Benefits of drinking water](#)