

9 Great Reasons to Drink Water

1. Hydration

While pregnant or breastfeeding, a woman's water requirements are higher than usual and that is why water is needed to form amniotic fluid that surrounds the baby, supports the increase in blood plasma volume and produces breast milk, reports. Hence being well-hydrated may help alleviate some pregnancy related conditions.

2. Energy

Being dehydrated can sap your energy and make you feel tired

3. Headache cure

Headaches are simply a matter of not drinking enough water

4. Healthy Skin

Clear up your skin and gives you a healthy glow

5. Better exercise

Being dehydrated can severely hamper your athletic activities

6. Digestive problems

Water can help cure stomach acid problems

7. Cleansing

Water is used by the body to help flush out toxins and waste