

# WATER IS LIFE

'Water is life', we have often heard this phrase from our friends, teachers, grandparents, etc. Every individual who quotes this phrase to you is well aware of the importance of water. So, why not you?

- Water is the main constituent of the human body
- Water hydrates our brain cells
- It lubricates our skin and all the body tissues
- Helps in digestion and metabolic functions performed throughout the body
- Eliminates toxins from the body
- Provides pliability to our muscles and joints
- Water generates energy in the body
- Oxygenates blood and lungs
- It set consistency of blood and arterial pressure
- Regulates body temperature
- Prevents loss of calcium
- Helps in transporting nutrients
- Help our organs to absorb nutrients efficiently
- Forms saliva (saliva preforms main role in speech and digestion)
- Water acts as a shock absorber for brain and spinal cord
- Keeps mucosal membranes moist
- Water is required by cells to grow, reproduce and survive
- Boosts kidney activity
- Prevents constipation
- Reduces anger, stress and depression
- Makes your skin clear and fresh

*We can sum it up in a phrase, "water is life". Do drink it now!*