

1. Jesus said that He is **"living water"**. Everyone who drinks physical water will thirst again, but the one who believes in Jesus will never thirst spiritually. He is the water from heaven to quench the thirsty soul. [see John 4:10-14] **Without PHYSICAL water, we will die physically**
2. Water is absolutely essential to the human body’s survival. A person can live for about a month without food, but only about a week without water.
3. Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
4. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
5. Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.
6. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
7. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.
8. Water can prevent and alleviate headaches.
9. Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
10. Water aids in the digestion process and prevents constipation.
11. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.



1. **Determine how much water you need.** You've probably heard the "8 by 8" rule - drink eight 8-ounce glasses of water per day (2 quarts, 1.8 liters) - but the amount of water a person needs varies depending on his or her weight, activity level and climate. Another way to determine your specific recommended water intake is to divide your weight (in pounds) by two. The resulting number is the number of ounces of water you need each day. For example, if you weigh 150 lbs., strive to drink 75 ounces of water daily. For those who use the Metric system, divide your weight (in kilograms) by 30 (ex. somebody weighing 70 kg is going to need 2.3 liters per day). Keep in mind that these recommended intake numbers are controversial and some experts believe they are a gross exaggeration. See "warnings" below for more information.
2. **Measure your daily intake of water.** Do this for a few days. If you find that you're drinking less than the recommended quantity, try some of the following tips.
3. **Carry water with you everywhere** put it in a bottle or other container.
4. **Keep a glass or cup of water next to you** whenever you'll be sitting down for a long time, such as when you're at your desk at work. Drink from it regularly as you're working.
5. **Try wearing a digital watch that beeps at the beginning of each hour.** Use that as a reminder to pour yourself a glass of water. Vow to drink that water before the next beep. If you drink only one small (6 ounce or 180 ml) cup per hour, you'll have consumed 48 ounces (1.4 liters) by the end of an 8-hour workday.
6. **Get a water purification system.** [Purified water](http://www.wikihow.com/Purify-Water) tastes very good and may help make drinking water more appealing to you. Be aware, though, that as you grow accustomed to purified water, you may find that tap water leaves a bad taste in your mouth, even though it may be better for your teeth.[[1]](http://www.wikihow.com/Drink-More-Water-Every-Day#_note-0) Keep in mind that fluoride, found in small quantities in [tap water,](http://www.wikihow.com/Make-Your-Tap-Water-Taste-Better) is necessary for strong, healthy [teeth.](http://www.wikihow.com/Brush-Your-Teeth) [[2]](http://www.wikihow.com/Drink-More-Water-Every-Day#_note-1) Fortunately, all toothpaste contains fluoride, so if you brush twice daily you won't need fluoridated water.
7. **Add** [lemons](http://www.wikihow.com/Shower-With-a-Lemon) **or** [**limes**](http://www.wikihow.com/Make-Key-Lime-Pie) **to your water.** This makes it taste better and makes you want to drink more of it. Be careful not to make it too sour; just a splash of sourness should do the trick. Cucumber slices can also be added to a glass of water. Some [mint](http://www.wikihow.com/Make-Sweet-Mint-Sauce) leaves can be added to a pitcher of water which should be allowed to sit overnight. These are cheap alternatives to the bottled flavored water. If you do choose bottled flavored water, check the ingredients, as these are likely closer in form to lemon- or limeade than they are to water. **“Beyonce Water” – Cucumber & Lemon**
8. **Eat water rich foods**, such as fruits like [watermelon](http://www.wikihow.com/Select-a-Watermelon), which is 92% water by weight. Blend up some seedless fresh watermelon flesh with some [ice](http://www.wikihow.com/Make-Ice-Cubes-with-an-Ice-Tray) and place a few sprigs of mint (optional) - one of the most refreshing drinks, especially for the summertime. Cranberry juice is also another option, and has a bitter taste. Patients suffering from urinary infection caused by insufficient intake of water should drink cranberry juice and eat watermelon if not plain water everyday. A tomato is 95% water. An [egg](http://www.wikihow.com/Break-an-Egg) is about 74% water.
9. **Keep water cold if it tastes better for you.** Keep a pitcher of water in the refrigerator at home. Add ice or freeze water in a sports bottle before taking it with you, it will eventually melt and stay cold. Bear in mind that cold water takes energy for your body to regulate the temperature, and does burn some calories. Room temperature water is better if you're dehydrated. Your body can absorb the room temperature water immediately, instead of the body having to raise the temperature of the water first in order to process it.
10. Climate can drastically change how much water you need. On hot days that require you to be outside, **you should drink more water to counteract the fluids you lose when you sweat.** This not only keeps your body hydrated, it can prevent heat-related illness. Just as important (but often overlooked) is consuming enough fluids in cold & wet conditions. The human body works much more efficiently (including heating and cooling) when properly hydrated. Inadequate water intake affects the brain's function first, which can become very dangerous (especially in extreme conditions).