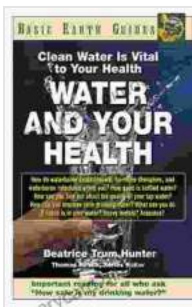


# Clean Water Is Vital To Your Health: Basic Earth Guides

Water is the most important nutrient for human life. It makes up about 60% of our body weight and is essential for every bodily function, from regulating body temperature to transporting nutrients and oxygen to cells. Drinking enough water can help improve your mood, boost your energy levels, and reduce your risk of developing chronic diseases.



## Water and Your Health: Clean Water Is Vital to Your Health (Basic Earth Guides) by Beatrice Trum Hunter

★★★★★ 5 out of 5

Language : English  
File size : 2772 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 122 pages



## The Benefits of Drinking Clean Water

Drinking clean water has many benefits for your health, including:

- **Regulates body temperature:** Water helps regulate body temperature by sweating. When you sweat, your body releases heat into the environment, which helps cool you down.

- **Lubricates joints:** Water helps lubricate joints, which helps reduce pain and stiffness.
- **Transports nutrients and oxygen to cells:** Water transports nutrients and oxygen to cells throughout the body. This helps cells function properly and stay healthy.
- **Improves mood:** Drinking enough water can help improve your mood by reducing stress and anxiety.
- **Boosts energy levels:** Drinking enough water can help boost your energy levels by reducing fatigue and muscle cramps.
- **Reduces risk of chronic diseases:** Drinking enough water can help reduce your risk of developing chronic diseases, such as heart disease, stroke, diabetes, and cancer.

## **How Much Water Should You Drink?**

The amount of water you need to drink each day depends on a number of factors, including your age, activity level, and climate. However, a good rule of thumb is to drink eight glasses of water per day.

If you are exercising or spending time in a hot climate, you may need to drink more water. You should also drink more water if you are pregnant or breastfeeding.

## **How to Get Clean Water**

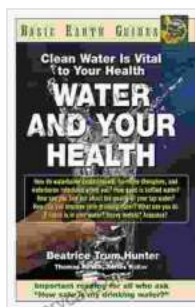
The best way to get clean water is to drink from a municipal water supply. Municipal water supplies are treated to remove impurities and are safe to drink.

If you do not have access to a municipal water supply, you can boil water to make it safe to drink. Boiling water kills bacteria and other microorganisms that can cause illness.

You can also Free Download bottled water. However, bottled water is more expensive than tap water and may not be as safe. Some bottled water companies use tap water and add minerals to it. Others use water from springs or wells that may not be treated.

Drinking clean water is essential for good health. It helps regulate body temperature, lubricates joints, and transports nutrients and oxygen to cells. Drinking enough water can help improve your mood, boost your energy levels, and reduce your risk of developing chronic diseases.

Be sure to drink plenty of clean water each day to stay healthy and hydrated.



## Water and Your Health: Clean Water Is Vital to Your Health (Basic Earth Guides) by Beatrice Trum Hunter

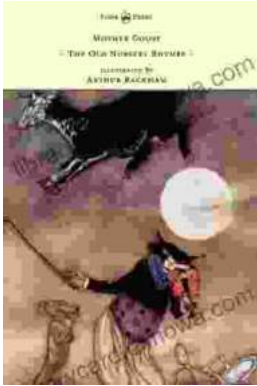
★★★★★ 5 out of 5

Language : English  
File size : 2772 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 122 pages

FREE

DOWNLOAD E-BOOK





## **Mother Goose The Old Nursery Rhymes Illustrated By Arthur Rackham**

A Journey Through the Enchanted Gardens of Childhood In the tapestry of childhood memories, the enchanting melodies and whimsical tales of Mother Goose hold a cherished...



## **Unleash the Power of Imagination: Exploring the Enchanting World of Dogrun, by Arthur Nersesian**

A Literary Adventure into the Realm of Dreams In the realm of literary imagination, where dreams take flight and the impossible becomes...