HOME

11 Reasons Why Dehydration Is Making You Sick and Fat

By bestfolkmedicine · 14/07/2018 · 3 min read



Dehydration or lack of water in the body can lead to adverse side effects like tiredness, headaches, as well as problems with the skin, kidneys, bladder, and digestion. The most common symptom of dehydration is thirst.

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To prevent this from happening, make sure you sip enough water throughout the day. Moreover, instead of reaching for coffee after you wake up, drink two glasses of water. This is a far better way to increase the levels of energy and regulate the blood pressure. If you cannot start the day without coffee, make sure you drink a glass of water afterwards.

What Drinks to Avoid?

Sugary drinks, tea, and soda drinks cannot hydrate the body as well as water can. What's more, sugar and salt cause the body to waste water in order to eliminate these substances from the body. Water is a better solution because it speeds up the metabolism and prolongs the satiety, which is highly beneficial for people who want to lose weight.

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Dehydration Makes You Sick and Increases Your Weight

Tiredness

Since water is needed for energy, lack of it slows down the enzymatic activity and causes tiredness and sluggishness.

Allergies and asthma

With the aim to preserve water, dehydration clogs the airways. What's more, when the body starts losing water; the histamine production elevates.

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High levels of bad cholesterol

When the body does not have enough water; it starts producing more cholesterol to prevent loss of water on a cellular level.

Kidney and bladder issues

When you do not drink enough water, the buildup of toxins in the body is much higher. This is the perfect surrounding for bacteria to spread. As a result, the kidneys and bladder become more susceptible to infections, inflammation, and ache.

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Constipation

The colon is the first organ from which the body will pull out water in order to supply fluids for the many bodily processes. Lack of water in the colon slows down the movement of waste through the intestine and thus, causes constipation.

Stiff and painful joints

The joint cartilage is mostly water. And, when you do not have enough water in your body, the cartilage weakens and the likelihood of stiffness and ache is higher.

Weight gain

Dehydration causes the cells to lack energy and as a result, your appetite increases because you need an energy boost. However, what you need is water, not food, and you overeat and gain weight.

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Premature aging

When you are chronically deprived of water; the skin will start to wrinkle much earlier.

Digestive problems

Lack of water makes the body more prone to ulcers, acid reflux, and gastritis.

Skin problems

When you do not intake enough water, the body's ability to cleanse itself is impeded; this can result in psoriasis, dermatitis, discoloration, and wrinkles.

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Hypertension

When the body is not supplied with enough water, the blood thickens and this causes an increase in the blood pressure.

Water and Weight Loss

Research points out that drinking 16 oz. of water before meals and reducing the intake of calories can encourage weight loss. This is especially the case with cold water which is known to speed up the metabolism and burn surplus calories. According to estimates, increasing water intake by half a liter on a daily basis will contribute to an additional burn of 17,400 calories which will result in loss of 5 pounds within a 12-month period.

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