HEALTHY TIPS

15 Warning Signs Your Body Immediately Needs more Water!

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Water is pivotal for maintaining good health and often times; we hear a lot of experts saying that we need to drink more water. But do we really know why? Are there any side effects if we fail to drink the needed amount of water? Let us learn more…

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The average male body is consisted of 60 percent water while that of a woman is 55 percent water. So, this is a clear indicator of the importance of water consumption. Moreover, we need daily amount of water because we waste it all the time by existing, but also through sweating, urination, etc.

What Is the Recommended Daily Amount of Water?

Even though the recommendations tend to vary from study to study, as seen on Forkly, the average is 8 glasses of water per day to keep us going and to lubricate the cells and energize the muscles so that we have sufficient energy to go on with our daily tasks. If you do not consume the necessary amount of water on the daily, you will begin to experience specific symptoms. Check them out below.

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15 Signs that You Need more Water

1. **Headaches**

The body is not the only part of us that is largely made of water, so is the brain, i.e. 80 percent. When one is dehydrated, the water levels around the brain tissue reduce, which may further lead to brain shrinkage and headaches. Also, when you do not drink enough water, the blood flow and the oxygen transportation to the brain will diminish. So, before you reach for a painkiller, try and drink two or three glasses of water first to address the headache.

2. **Dry skin, eyes, and mouth**

Having a dry mouth is a symptom of dehydrated body and you should drink some water right away. Also, having dry skin and eyes may also indicate dehydration, among other things. When you up your intake of water, you will avert wrinkles and acne outbreaks and you will have a healthier skin.

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3. **Low energy**

Lethargy and tiredness are known signs of low levels of energy. One potential cause for this lack of energy could be dehydration. Namely, when the body has insufficient amounts of water, it will begin to store its energy by lowering the blood flow, resulting in a smaller amount of oxygen being transferred to the muscles and consequently, poor energy.

4. **Dark urine**

You have probably heard or read that the lighter the urine color is, the better and vice versa. When you are properly hydrated, your urine will be light in color because water is assisting the kidneys in expelling toxins in waste. So, if you have been noticing darker urine, it is high time to up your water intake.

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5. **Muscle cramps**

When there is not enough water in the body, the body now needs to “delegate” where the existing amount of water should go and the circulatory system is considered to be superior to the muscles so it will receive the stored water. However, when the muscles are deprived of water, they become highly sensitive and this may trigger muscle spasms.

6. **Disorientation**

Feeling confused, lacking focus, and feeling dizzy are common symptoms of dehydration. The loss of fluids, including water, may disrupt the electrolyte balance. The electrolytes are necessary for a healthy body and mind. Hence, disorientation is frequently a sign that you need to elevate your water intake.

7. **Pain in the joints**

Cartilage is the lining of the joints and it is 60 percent water. So, for healthy joints, one needs to drink enough water. Water lubricates the cartilage and protects the joints. If it lacks water, it will deflate and the cushion support for the joints will lower and consequently, you will experience pain, stiffness, and inflammation in the joints.

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8. **Feeling hungry all the time**

Sometimes, the brain may be sending signals that you are hungry, when you are in fact just thirsty. So, the next time you feel hunger, make sure you drink a glass of water first to see whether you were really hungry or whether you just needed some water.

9. **Reduction in muscle mass**

Since the muscles are 70 percent water, drinking sufficient amounts of it is essential if you want to maintain your muscle mass. When the body lacks water, water is pulled out of the muscles into the blood to keep the blood flow going and balance the blood pressure. Chronic dehydration may deprive the muscles and reduce their mass.

10. **Digestive problems**

Dehydration can lower the strength and the level of mucus in the stomach, which may further trigger damage in the insides of the body through heartburn and indigestion. Constipation is also a sign of poor hydration and the insufficient lubrication in the intestines.

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11. **Bad breath**

Chronic bad breath can be caused by low amount of water in the body, among other things. The insufficient levels of water can decrease the production of saliva which plays a pivotal role in managing the microorganisms living in the mouth. When its levels are low, there is more space for bad bacteria and yeast to grow and contribute to bad breath.

12. **Mood swings**

Lack of water can cause mood swings due to the disrupted hormonal balance and you will also feel more irritated.

13. **Poor concentration and memory**

Insufficient water levels are known to minimize the blood flow to the brain, which depletes the brain from the much needed nutrients and oxygen which it requires to function optimally.

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14. **Not being able to lose weight**

Since dehydration can worsen the digestion and decrease the energy levels, it can therefore prevent you from losing weight. Namely, the body needs water to dissolve stored fat and if you do not notice any positive results, even if you regularly exercise, you might need to boost your water intake.

15. **Craving food**

Similarly to most organs in the body, the liver also requires sufficient amount of water to function optimally. Namely, it needs water to break down fat cells and it uses the stored energy to keep the body going while regulating the blood-glucose levels. But, when we do not drink enough water, the liver is prevented from functioning adequately and may cause us to crave food, especially unhealthy ones, for example, sweets and salty foods.

Sources:

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