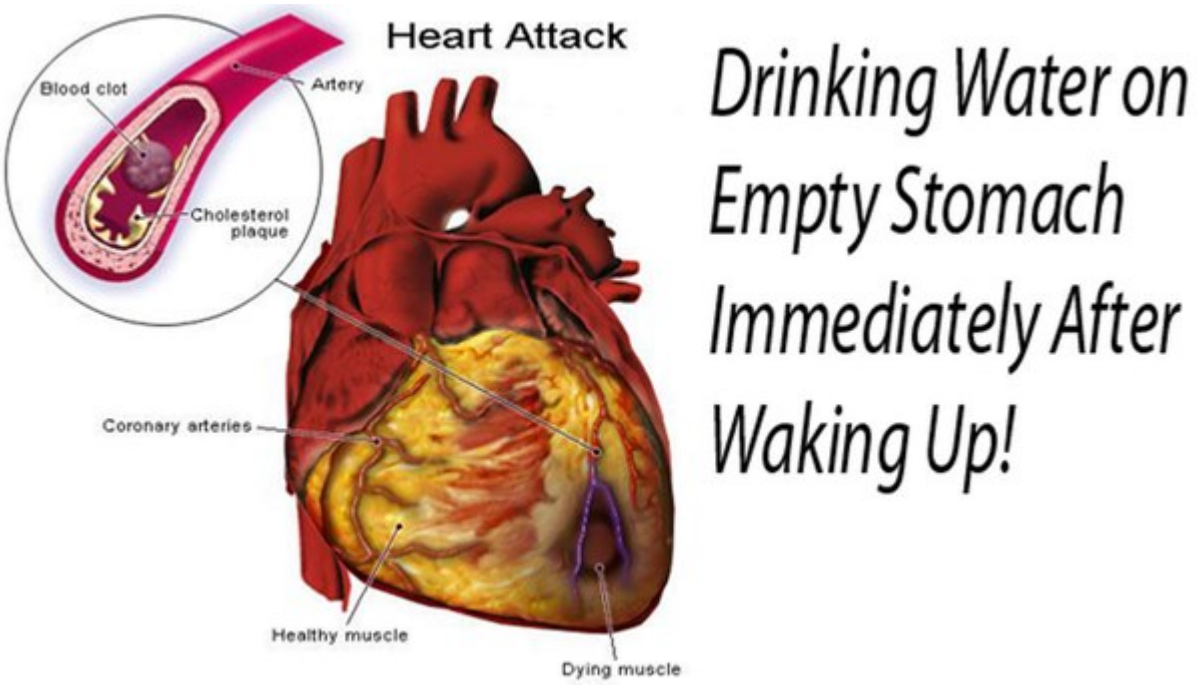
DRINKS & SMOOTHIES

Why You Should Drink Water On An Empty Stomach Immediately After Waking Up

By bestfolkmedicine · 15/08/2018 · 6 min read



Before coffee.

Before breakfast.

Before emails, stress, and the noise of the day.

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There is one simple habit your body may love more than anything:

Drink water immediately after waking up.

It sounds almost too simple. But after 7–8 hours of sleep, your body has gone the whole night without fluids. During that time, you still lose water through breathing, sweating, and normal body

processes. When morning comes, your cells, brain, digestion, kidneys, blood, skin, and lymphatic system all need one thing before anything else: hydration.

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Water is not a trendy supplement. It is not exotic. It does not need a label.

But it is essential. The NIH explains that all cells need water to work, and water is the base of body fluids such as saliva, blood, urine, sweat, and joint fluid.

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Why Morning Water Is So Powerful

When you wake up, your body is transitioning from repair mode into daytime activity.

Your blood pressure changes.
Your digestion starts moving.
Your brain becomes more alert.
Your kidneys begin filtering actively.
Your bowels prepare for elimination.

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A glass of water first thing in the morning gives the body a gentle internal “wake-up signal.”

The CDC says getting enough water every day is important for health, helps prevent dehydration, and supports normal body function.

1. It Helps Rehydrate the Body After Sleep

Even if you did not sweat heavily overnight, your body still loses water.

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You lose moisture with every breath. You lose water through the skin. If the room is warm, if you breathe through your mouth, if you drank alcohol, or if you ate salty foods the night before, you may wake up more dehydrated than you realize.

Morning signs of low hydration can include:

Dry mouth

Headache

Dark urine

Tiredness

Brain fog

Constipation

Low energy

Dizziness when standing

Drinking water on an empty stomach helps replenish what your body lost overnight.

2. It May Wake Up Digestion Gently

Many people notice that drinking water in the morning helps them have a bowel movement.

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This is not magic. It makes sense.

Water supports digestive movement, softens stool, and helps the colon do its job. The CDC notes that dehydration can contribute to constipation, along with unclear thinking, mood changes, overheating, and kidney stones.

From a naturopathic perspective, morning water is one of the gentlest ways to support elimination before food enters the body.

Try warm water if your digestion feels sluggish. Warm water can feel especially soothing to the stomach and may help the body relax into natural bowel movement rhythm.

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3. It Supports Kidney Function

Your kidneys filter waste from the blood and remove it through urine.

When you are dehydrated, urine becomes more concentrated. Over time, poor hydration may contribute to urinary discomfort and kidney stone risk in some people.

Water does not “detox” your body in a dramatic social-media way. Your kidneys, liver, lungs, lymph, skin, and gut already do that work. But water supports the systems that remove waste naturally.

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Think of morning water as helping your internal rivers flow.

4. It Can Help Clear Morning Brain Fog

The brain is sensitive to hydration.

Even mild dehydration can make some people feel foggy, tired, irritable, or less focused. The CDC warns that dehydration may cause unclear thinking and mood changes.

If you wake up and immediately reach for coffee, you may be stimulating a dehydrated body.

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A better ritual:

Water first.

Coffee later.

This simple order may help you feel calmer, clearer, and less jittery.

5. It May Support Healthy Energy

Sometimes morning fatigue is not just poor sleep.

It can be low hydration.

Water helps maintain blood volume and circulation. It supports nutrient transport, temperature regulation, and cellular function. A hydration review notes that water acts as a transporter of nutrients, helps regulate body temperature, lubricates joints and organs, and supports cell structure.

You may not need a stimulant first thing.

You may need water.

6. It Supports Skin From the Inside

No, drinking one glass of water will not erase wrinkles overnight.

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But hydration matters for skin health. The skin is an organ, and like every organ, it depends on water, minerals, circulation, and nutrients.

If your skin feels dull, dry, tight, or tired in the morning, hydration is one basic place to begin.

For glowing skin, combine morning water with:

Mineral-rich foods
Vitamin C-rich fruits
Healthy fats
Enough protein
Less sugar
Good sleep
Daily movement

Beauty starts with circulation, digestion, and hydration.

7. It May Help Reduce Cravings

Thirst can sometimes feel like hunger.

Many people wake up and immediately want sugar, pastries, or coffee because the body is asking for energy. But sometimes the first need is simply fluid.

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Drinking water before breakfast may help you pause and listen to what your body actually needs.

This does not mean skipping breakfast. It means beginning the day with hydration so your appetite signals are clearer.

8. It Helps Replace Sugary Morning Drinks

One of the easiest health upgrades is replacing sugary drinks with water.

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The CDC states that water has no calories and can help manage body weight when substituted for drinks with calories.

If your morning habit is juice, soda, sweet coffee, energy drinks, or flavored drinks, plain water first can reduce the sugar load before the day even begins.

Small habits repeated daily become powerful.

How Much Water Should You Drink in the Morning?

A good starting point for most people is:

1–2 cups of water after waking.

That is about 250–500 ml.

You do not need to force large amounts. More is not always better. Your total water needs depend on your body size, activity, climate, diet, medications, and health conditions. Mayo Clinic notes that many healthy adults get enough total fluid with about 2.7 liters daily for women and 3.7 liters daily for men from all beverages and foods.

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The National Academies also emphasizes that total water intake includes water from drinking water, other beverages, and foods.

Warm Water or Cold Water?

Both can hydrate you.

But in traditional natural medicine, **warm water** is often preferred in the morning because it feels gentler on the stomach and supports digestion.

Try these options:

Plain warm water
Room-temperature water
Water with lemon

Water with cucumber

Water with mint

Water with a tiny pinch of mineral salt, only if appropriate

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If you have reflux, lemon may irritate symptoms. If you have high blood pressure, kidney disease, or are salt-sensitive, do not add salt unless approved by your clinician.

The Best Morning Hydration Ritual

Here is a simple routine:

Wake up.

Drink 1 glass of water.

Wait 5–10 minutes.

Do gentle stretching or breathing.

Get morning sunlight.

Then have breakfast or coffee.

For extra mineral support, eat a breakfast that includes protein and potassium-rich foods such as eggs, avocado, spinach, yogurt, berries, chia seeds, or oatmeal.

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Who Should Be Careful?

Most people can safely drink water in the morning, but some people need individualized fluid guidance.

Speak with your healthcare provider if you have:

Kidney disease

Heart failure

Low sodium levels

Fluid restriction

Severe liver disease

Certain blood pressure or diuretic medications

A condition that affects fluid balance

Also, do not drink extreme amounts of water quickly. Overhydration is rare but possible and can cause low sodium levels, which can be dangerous.

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Final Thoughts

Drinking water on an empty stomach after waking is one of the simplest wellness habits you can build.

It helps rehydrate the body.

It wakes up digestion.

It supports kidney function.

It may improve clarity and energy.

It supports elimination.

It starts the day with nourishment instead of stimulation.

You do not need a complicated morning detox.

Sometimes the most powerful ritual is a clean glass of water before the world gets your attention.

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Your body worked all night to repair, restore, and reset.

Give it water first.

Read online: https://bestfolkmedicine.com/2018/08/drinking-water-empty-stomach-morning/

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