

# EIGHT LITTLE KNOWN FACTS ABOUT WATER

We all know that water is important, but you've never seen it written down like this before.



1. 75% of Americans are chronically dehydrated. (Likely applies to half world population)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

