



Interesting Water Facts

We all know water is important, but have you ever seen its importance described like this:

- **75%** of people are chronically dehydrated
- In **37%** of people, the thirst mechanism is so weak that it is often mistaken for **hunger**
- Even **MILD** dehydration will slow down one's metabolism as much as 3%
- **One glass** of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study
- Lack of water is the **#1 trigger** of daytime fatigue
- Preliminary research indicates that **8-10 glasses** of water a day could significantly **ease back and joint pain** for up to 80% of sufferers
- 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
- Drinking 5 glasses of water daily **decreases the risk of** colon cancer by 45 %, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer

So, make sure you get your water in today!!

For more information contact Core Solutions Physiotherapy and Wellness at 905-584-6747