

Wow!

by: Aimee Schmitt

Aimee Schmitt, a writer and motivational speaker, and author of "The Ultimate Swim Log & Goal Planner", is also a former All-American swimmer at Stanford University.

75% of Americans are chronically dehydrated.
(Likely applies to half of the world population).

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even **MILD** dehydration will slow down one's metabolism by 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.