

The Healing Power of Water

Our bodies are 60 percent water. It's the main ingredient of our blood, which keeps our brain, heart, kidneys, and other organs functioning. How much do we need? Generally, men should aim for roughly 16 eight-ounce cups a day and women 11, though you may need a little more or less depending on your size, your activity level, and the weather. Just remember, water found in foods and all beverages counts toward the total. —Catherine Roberts

Prevent a Headache

Dehydration can trigger headaches—and drinking up can sometimes help cure one.

Pamper Your Ticker

Good hydration increases the volume of blood in your arteries, which means fewer heartbeats to transport blood around your body, so it's less taxing on the heart muscle itself.

Curb Appetite

Drinking water before a meal can make you feel full without any calories and help prevent overeating.

Boost Your Mood

Experts aren't exactly sure why, but research suggests that people who are well-hydrated tend to be in better moods.

Keep Your Cool

Staying hydrated helps you sweat more, which is essential for cooling down your body on hot days or after exercise, and can help you avoid heat stroke, too.

Fight a Fever

When you're sick with, say, the flu, drinking plenty of water can limit the rise of your body temperature, when taken in conjunction with fever-reducing medication.

Healthy Flush

Ample water helps ensure that your digestive tract has enough fluid to effectively eliminate waste.

Up Your Game

Hydrated runners tend to be faster than dehydrated ones, and feel better afterward, too, possibly because they eliminate lactic acid more quickly.