

Daily Water Care for Your Brain



A Brain
Refreshment

Do you have a plant in your house that you keep passing by and with just one look you know how derelict you have been in watering it? Once it gets the water it needs it perks right up. However, if you've waited too long you've got a plant beyond reviving and off it goes to wherever you send your dead plants.

Imagine your female brain being that same plant. Without enough water it also will wilt. You won't be able to see it but you will begin to feel it.

There are many health benefits to drinking more water and you probably already know the daily recommendation is **8 to 10 glasses of water.** That's **over 2 quarts of water daily.**

Any woman staring at a two quart container of water could easily balk at the very idea just based on size alone.

Here are 7 reasons why women say they can't drink that much water.

1. I can't carry that much water around it's too heavy
2. I don't have time to figure out how many smaller bottles it would take
3. No room in my refrigerator, need to space for beer, wine, soda and iced tea
4. Not as tasty as what I prefer to drink
5. Doesn't give the fast brain perk I get from caffeinated beverages
6. Only need it when I make it to the gym to work out
7. You got to be kidding, do you know how many potty breaks I would need to take!

Here are 7 reasons why you should consider drinking more water.

1. Your **brain is approximately 85% water**, and needs the water in order to be a brain
2. Your brain needs fresh water and oxygen to generate the electrical-chemical currents of your **nerves to run your intellect.**
3. The quality of your **short term memory and ability to focus and concentrates drops** with a 2% drop in the water content in your blood
4. Your **work performance drops by 20%** with a 4-5% drop in the water content in your blood
5. You **can't get enough water from beverages that contain water.** Your system has to do double duty – filter the water out and process the beverage ingredients, primarily the caloric sugars
6. You can **reduce fatigue, headaches**, muscle spasms, and back pain caused by dehydration
7. While you can't see your brain, you can see your skin. Water is a natural detoxifier for your skins as well as the rest of your body. So, **if your skin is looking good it also means your brain is looking good.**
8. **(Bonus)** It's also rumored to **enhance sex** (no research data on this but you can check it out for yourself).

One last note, all water is not good water in today's chemical environment. If you are going to water your brain, recommendations from experts suggest water filtered through a carbon block, use glass storage containers and glass drinking containers.

Oh! one last thing. Here's a cure for ladies room visits. I here tell women have started there own local ladies room directories. You might want to ask your friends and compare notes.

By Joyce Hansen