

Why do We Need to Drink Water in the Morning, it is said that drinking about 7 to 8 glasses of water daily is important for your health. 70% of the human body content is water, and so water plays an important role in the proper functioning of your body. The human brain cells contain about 85% of water. 75% of muscles is water. Bones also contain about 25% water 82% of blood consists of water. It is also helpful to consume foods that contain lots of water. Lets see some of the amazing health benefits of drinking water in the morning here on this page.



### **Advantages of Drinking water in the morning**

It is a long known secret that drinking water as soon as you get up, i.e. before eating anything, is a good way to purify your internal system. One of the most important results of undergoing this treatment is colon cleansing, which enables better absorption of nutrients from various foods. When there is production of haematopoiesis, better known as "new blood", you will have immense body restorative effects and you can even be cured of existing ailments. Drinking water in the morning makes your skin glow. Water is known to purge toxins from your blood, and as a result you get glowing skin. It also renew cells as it increases the rate at which new muscle and blood cells are produced. When you drink water first thing in the morning on a daily basis, you help balance your body's lymph system. Lymph glands found in your lymph system fight infections helping you to perform your daily activities.

### **Health Benefits of Drinking Water in the Morning**

- Balance the lymph system.
- Helps to Lose weight.
- Purify the colon.
- Cures illnesses and diseases.
- Helps to halt Premature Aging.
- Creates a healthier skin.
- It improves Blood Circulation and gives a glow to the skin.
- Cleanses the stomach and aids natural processes.
- Aids in shedding excess weight.
- Helps to improve digestion and stops bloating.