

Why a New Attention on Drinking Water?

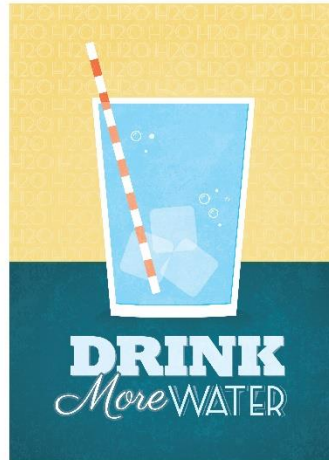


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Water is an essential natural beverage for sustaining life. The human body can survive without food for more than three weeks but cannot survive without water for more than three days. Drinking water is, therefore, an inherent need of all living beings. The medical and healthcare professionals over the past 15-20 years have emphasized the need for drinking more water. The logical reason behind this advice is that water is increasingly getting replaced by the sugar-containing beverages amongst the city dwellers of all ages. Excessive consumption of sugary drinks including fruit juices contributes to obesity and its related diseases such as type 2 diabetes, metabolic syndrome, PCOS (Polycystic ovarian syndrome of young females), high blood pressure, heart disease, and cancer. The simple logic behind drinking more water is that replacing sugary beverages with water will prevent and reverse obesity and its many related diseases. A scientific study in children showed that promoting drinking water in schools over sugary drinks reduced the risk of overweight and obesity. Drinking generous amounts of water currently has become the universal prescription by the dieticians and the nutritionists.