



SWOSU Sayre Student Anthology

Volume 1

Issue 2 Sayre Student Anthology 2012

Article 25

February 2019

got water?

Ben Tignor

Follow this and additional works at: https://dc.swosu.edu/sayre_student_anthology

Recommended Citation

Tignor, Ben (2019) "got water?," *SWOSU Sayre Student Anthology*: Vol. 1 : Iss. 2 , Article 25.

Available at: https://dc.swosu.edu/sayre_student_anthology/vol1/iss2/25

This Article is brought to you for free and open access by the Monographs at SWOSU Digital Commons. It has been accepted for inclusion in SWOSU Sayre Student Anthology by an authorized editor of SWOSU Digital Commons. An ADA compliant document is available upon request. For more information, please contact phillip.fitzsimmons@swosu.edu.

got water?

By Ben Tignor

How much water should a person drink a day to stay healthy? Well, water is a very essential part of a person's diet (Clinic). The human body is mostly comprised of water. Water is essential for diet, health, and beauty. You should consume a proper amount of water per day to stay healthy. According to health experts, an average person should consume eight, 8-ounce glasses of water per day (Clinic). Without water, the body gets dehydrated, which means the body is lacking the amount of water it needs to function properly. Finally, water is very beneficial to the body; it's basically the gas that keeps the car moving.

Water is very crucial to a person's diet. According to an online source, 57% of the human body is water (Helberg). Without water, the body wouldn't be able to perform its normal functions, such as cell reproduction. It would also enable a person's organs to function properly. As you can already tell, water is a key point to everyday living.

Without water, the body gets dehydrated. Dehydration can easily turn into a serious medical condition, and people are often hospitalized because of it. Like they always say 8 glasses a day keeps the doctor away. Water is obviously an important chemical in the human body, and should always be paid attention to, or else suffer the consequences of dehydration. Drinking at least eight, 8-ounce glasses of water each day will keep the mind and body sharp.

Finally, water can also be very beneficial to the body. Stated previously, water is an essential chemical to the human body. Water can help a person look younger and a lot healthier. For example, water has zero calories, which means it promotes weight loss. In today's society, weight loss seems to be the number one topic. Water will help suppress a person's appetite too. Believe it or not, water also helps reduce the risk of cancer. Cancer is rapidly growing cells, and water is the chemical that helps monitor the speed of growth.

At last, water is especially valuable to the body. Without water, the human body will slowly die and begin to look downtrodden. Water will keep anybody going, and will keep them looking healthy. In conclusion, we should all knock back as much water per day as we can.

Works Cited

- Clinic, Mayo. Water: "How Much Should You Drink Every Day?" [Mayo Clinic.com](http://MayoClinic.com). Web. 12 October 2011.
- Helberg, Barbara Anne. "Percentages of Water and Its Uses in the Human Body." [Hub Pages](http://HubPages.com). Web. 11 November 2011.

