

# The Benefits of Drinking Tap Water...



# The Health Benefits of Tap Water...



We are always being told to drink more water but many of us don't appreciate the benefits of drinking adequate amounts of water daily. Almost two thirds of our body is made up of water, so it is not surprising that when we don't drink enough our health and wellbeing start to suffer.

Government guidelines recommend that we should drink at least eight glasses a day and some nutritionists claim that a staggering 80% of us are walking around dehydrated!

This lack of fluid could affect your health and your weight. Find out what the main benefits of water really are:

## It Supports your Heart...



The hardest working muscle in your body is the heart and it needs lots of water to keep it working at its maximum efficiency.

When you get dehydrated your blood gets thicker so the heart has to work even harder; so to help keep your heart healthy it makes sense to be hydrated at all times.

## It Helps with Weight Loss...



If you are trying to lose weight, drinking water can naturally reduce your appetite.

This is because it is easy to confuse thirst with hunger, so people eat when really their body wants them to drink.

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## It Keeps you Regular...



If you suffer from constipation you may have been told to increase your fibre intake.

While increasing your fibre intake can help to improve constipation, you will need to drink more water for the fibre to be digested effectively. Otherwise it could have the opposite effect.

## It Boosts your Energy...



Not drinking enough water makes your brain slow down, and it also slows down your body.

In the body, your muscles consist of around 75% water, your bones about 22% and your blood approximately 83%.

If you are dehydrated, these body parts don't work as well as they should do, resulting in a lack of energy.

## It Stops Headaches and Dizziness...



Don't reach for the pills straight away; a headache could be a sign of dehydration, so drinking water could make it better.

Even tension headaches and dizziness, which can be brought on by fatigue can be cured or eased by drinking water - this is because fatigue is also a sign of dehydration.

## It Makes you Exercise Better...



It's common sense to maintain your body's hydration while exercising by replacing the fluids you lose when you sweat with plenty of water.

However, what might not be so obvious is that your body works better and harder during your workout if you drink water.

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In addition to the many physical benefits of drinking plenty of water, there are also a number of mental, immunological and dermatological benefits, as outlined below.

The mental benefits of drinking water are less well-known, but they are just as important, particularly the improvement to concentration. This knowledge has led to a number of schools allowing pupils to bring water bottles into the classroom where they had previously not been encouraged to do so.

## It Improves Concentration...



As your brain is made up of around 85% water, dehydration can affect your concentration and short-term memory.

Lack of hydration also has a particularly strong effect on your mathematic and arithmetic skills. This is because a lack of water can cause your brain's energy levels to decrease, making problem-solving harder.

## It Fights Infections...



Drinking water can help fight infections all over your body and speed up the recovery process from illness.

This is because it flushes toxins out of the body, and being hydrated significantly reduces your chances of catching a bug. Water is especially good for getting rid of and preventing urine infections and kidney stones. Being well hydrated is also great for allergies and colds because it clears the airways.

## It Clears your Skin...



Most people know that drinking more water can be good for clear skin. If you've got dry skin, drinking water will give it more moisture and will flush toxins out of your body, clearing your skin of any dirt and bacteria.

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## It is Much Cheaper...

With bottled water you are paying for the bottle itself, the labelling and the costs involved in transporting the bottle.

It makes much more financial sense to buy a reusable plastic bottle for a couple of pounds and fill it regularly with tap water.

## It is Kinder to the Environment...

The production and transport of bottled water wastes large amounts of fossil fuels, and the used bottles are a major source of plastic waste.

An estimated 8 million tonnes of plastic enter the world's oceans each year. Over time, plastic bottles break down into small fragments called micro-plastics which are known to be ingested by a variety of marine animals including seabirds, whales and fish.

When out and about, why not take advantage of the Refill scheme ([www.refill.org.uk](http://www.refill.org.uk)) to top up your reusable bottle from various business around the island and save on purchasing new.

## It is Safer...

Guernsey's tap water is tested thousands of times each year to ensure it is of the highest quality. These tests check for tiny amounts of over 200 different chemicals.

However, bottled water is tested for very few chemicals and there is little regulation as to when and how often tests are carried out.

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## It Tastes Just as Good...

Many taste comparisons between tap and bottled water have been carried out over the years. The majority of people cannot tell the difference between the two types of water, while many state a preference for tap water.

Our tap water contains low, safe levels of chlorine to keep it wholesome. If you can taste the chlorine, try placing a covered jug of tap water in the fridge for a few hours before drinking. Replace any leftover water in your fridge every 24 hours.

## The Water in Guernsey is Very Safe...

Guernsey Water takes thousands of samples each year from Water Treatment Works, Service Reservoirs and customer taps. Each sample is tested against a large list of bacteria and chemicals. A sample failure against any of the listed criteria is investigated thoroughly by staff to find the cause and solve the problem.

The permitted levels of chemicals in water is incredibly low in some instances. One way of describing it would be to think of a bag of sugar as being a litre of water. Take one tiny grain of sugar from this bag, and divide it by a thousand - that is the amount of certain chemicals that are allowed for the sample to pass!

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