

November Goals to Healthy Eating

Eating healthy is easier than you might think. By making small changes like these over time, and taking them one at a time, not trying to rush into all of them at once, the changes are more likely to stick.

Goal 4: Drink More Water

There are plenty of health benefits of drinking water. The best way to start a day is with prayer, the Word of God and a glass of water with lemon or lime. About 70% of our body is made up of water, which is involved in every bodily function; from this we can understand how important water is for us.

Weight Loss – A glass of water contains no calories and drinking it before a meal will mean your stomach will be a bit full, so you should eat less.

Healthy Heart – Studies show those who drink enough water throughout the day are less likely to have a heart attack.

Healthy Skin – Drinking enough water throughout the day is just sufficient for having natural glowing skin. For long term skin benefits, keep drinking water regularly.

Pain Relief – Water is said to help people with joint pain. When the body is properly hydrated, muscles are more elastic and get less strain and prevent joint pain.

Remove Toxins – Water removes toxins from the body and keeps it nice and clean.

Kidney Health – Our kidneys require enough water to keep filtering the liquid waste from our body.

Headache Solution – Dehydration is often the cause of headaches. Drinking enough water throughout the day can help keep the headache away. Also if you get a headache, drinking water may help get rid of it faster.

Brain Energy – Lack of water to the brain can cause numerous symptoms including problems with focus, memory, brain fatigue and brain fog.

How much water do you need? The basic equation for determining this is by dividing your body weight in half. So, if you weigh 200 pounds, you would need 100 ounces of water per day. You might need more if you live in a warm or dry climate, as well as if you exercise often. Add lemon or lime if needed for flavor.