

Drinking Water = Healthy Skin

Drinking water is essential for the health of our bodies and for the health of our skin.

Water helps rid the body of waste by flushing out toxins through perspiration and urination, it maintains the health and proper function of all of our organs, aids in weight loss, helps our muscles stay toned and plays a crucial role in supporting our skin.

Just by looking at a person's face, you can tell by the condition of the skin if he or she is maintaining a healthy diet, getting plenty of regular exercise and drinking enough water. Our skin reflects our inner radiance and regardless of the many cleansers and creams we may use, if we don't drink enough water – it will show.

Moisture is responsible for the skin's luster. It grows dull if the body gets dehydrated. Superficial dehydration is a common concern for many people, even for those with oily skin. You can have an oily based skin with large pores while having dehydrated cells on the surface. When these dry flakes begin to build up and are not exfoliated regularly or re-hydrated, they block the pores that are trying to excrete oil. These blocked pores can create acne, including pimples, pustules, blackheads and whiteheads. Acne, dark under eye circles, puffiness and dull dehydrated skin can all be alleviated with the proper daily intake of water.

It is recommended that the average person drink a minimum of eight glasses of water a day. Alcohol, coffee, tea, and caffeine-containing beverages do not count as water. In fact, for every cup of coffee or caffeinated beverage you drink per day, it is said that you should drink an additional glass and a half of water.

According to F. Batmanghelidj, M.D., author of "Your Body's Many Cries for Water," the best times to drink water are: one and a half glasses before each meal and two and a half hours after each meal. This being the very minimum amount of water your body needs. For the sake of not shortchanging your body, two or more glasses of water should be taken around your heaviest meal or before going to bed.

If you are concerned that increasing your water intake will cause your body to retain water, don't be. Drinking more water will actually help rid your body of any fluid retention. When you don't give yourself

enough water each day, your body holds on to the little it has for survival, causing you to feel bloated. When you increase your intake, your body will release the stored water and normalize your system.

Start your new water regime off gradually. If you only drink three glasses per day now, increase the amount you drink by an extra glass every day or two until you reach your eight to ten glasses per day goal. If you're not crazy about the taste, add some slices of fresh lemon, lime or cucumber to your water to give it some flavor.

Get into a daily routine of exercise, healthy eating, and drinking your recommended eight glasses of water, to restore the glow and balance to your skin. Remember that good health equals beautiful skin.
Information provided by ECLIPZE HAIR DESIGN & DAY SPA.