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**KEEP
CALM
SCHOOL
IS ALMOST
OVER**

Happy 
Mother's
Day



Special points of interest:

- **What Happens to the Body When You Stop Drinking Water Part II**
- **The Health Benefits of Water**
- **Manager's Corner**

*If you have a water
emergency after-
hours, weekends or
on holidays, please
call us at
870.633.1571*



Timothy Love 5/15

Nancy Goff 5/30

ASK ABOUT E-BILLING: Get
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Alive With Pride

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What Happens To The Body When You Stop Drinking Water Part II

By Bianca Mendez

No water, big problem.

Ever notice how we recommend drinking more water in basically every article on weight loss, health, and fitness? We'd hate to sound like a broken record, but water is imperative for your health. Since our bodies are made from about 65 percent water, it's necessary to guzzle it like you're crazy so that your system functions properly. From stopping belly bloat to warding off

diseases, getting enough water is one of the most important things you can do. Continuing the discussion on what happens to the body when one doesn't drink enough water.

9. Your Skin Worsens; water helps to plump up your skin, so you should be able to imagine what dehydration will do! When you don't drink enough water, the collagen begins to crack and bind together, causing fine lines and wrinkles to get more noticed. We

rely on water to keep our insides sufficiently hydrated, too. So when you ditch it, expect your mouth, skin, and everything else to feel drier than normal.

10. Your Workout Performance Suffers Your body cannot efficiently convert carbs into energy without ample water. And according to the *Journal Physiology of Sport and Exercise*, you can't deliver essential amino acids to muscle tissue without adequate water. Not only will your workout sessions suffer but insuf-

The Health Benefits of Water

Medically Reviewed
by [Sanjai Sinha, MD](#)

Did you know that your body weight is approximately 60 percent water? Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's im-

portant to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, including the climate you live in, how physically active you are, and whether you're experiencing an illness or have any other health problems.

**Water Protects Your
Tissues, Spinal Cord,
and Joints**

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. Keeping your body hydrated helps it retain optimum levels of moisture in these sensitive areas, as well as in the blood, bones, and the brain. In addition, water helps protect the spinal cord, and it acts as a lubri-

What Happens To The Body When You Stop Drinking Water Part II cont.

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efficient liquids in your body will also hold back the breakdown of fat.

11. You Have More Bathroom Troubles
Can't poop? Your bathroom schedule is well maintained when your colon absorbs up to five liters of water per day, making it easier to go to the bathroom. But when your body realizes that water is MIA from your system, it absorbs more—which makes it harder to expel waste says Nitin Kumar, gastroenterologist.

12. Your Kidneys Will Function Poorly

In order for your kidneys to work properly, you need water to dilute the blood. Without enough water, your kidneys have to work overtime to filter out the blood says Kumar and severe dehydration can also lead to failure or worse—kidney stones!

13. And So Will Your Heart
Well, this is scary! "When you're dehydrated, your heart has to work harder to maintain blood flow when you stand up," says Kumar. "If you're

sufficiently dehydrated and your heart is not up to this task, the insufficient blood flow to your brain can result in fainting, stable erections.

14 You Stop Crying
A lack of water will stop your tears (but only physically, not emotionally!). "Tear production is decreased when a person is dehydrated from not drinking water. The body tries to create a homeostasis or keeping fluid balance in check. When there is a decreased amount of fluid intake, the body stores the

water to hydrate vital organs first,"

15 Your Urine Changes Color
Ever want to know how well -hydrated are you? **Check** your urine When you don't drink enough water, your urine color will turn into a darker yellow. If you're severely dehydrated, you might not even go the bathroom at all

The Health Benefits of Water cont.

cant and cushion for your joints.

Water Helps Your Body Remove Waste

Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. Water can also keep you from getting constipated by softening your stools and helping move the food you've eaten through your intestinal tract.

Water Aids in Digestion

Digestion starts with saliva, the basis of which is water. Proper digestion makes minerals and nutrients more accessible to the body. Water is also necessary to help you digest soluble fiber. With the help of water, this fiber dissolves easily and benefits your bowel health by

making well-formed, soft stools that are easy to pass.

Water Prevents You From Becoming Dehydrated

Your body loses fluids when you engage in vigorous exercise, sweat in high heat, or come down with a fever or contract an illness that causes vomiting or diarrhea. If you're losing fluids for any of these reasons, it's important to increase your fluid intake so that you can restore your body's nat-

ural hydration levels. Your doctor may also recommend that you drink more fluids to help treat other health conditions, like bladder infections and urinary tract stones.

How Much Water Do You Need?

If you're not sure about your hydration level look at your urine. If it's clear, you're in good shape. If it's dark, you're probably dehydrated.

Arkansas One Call



Know what's below.
Call before you dig.

