

# 7 great things will happen if in 1 month, you only drink filtered water

Have you ever imagined, a month without beer, wine, soft drinks, but only drinking water, will something happen?

The human body - including each molecule, cell, tissue and organ - relies on water to survive and function. Water, which not only affects each process in our bodies, is also a major factor in maintaining good health.

Water acts as a reactant, lubricant (especially at the contact point of the connectors, synovial fluid and envelope membranes, creating flexibility at the ends of bone and cartilage, pleura, diaphragm, mouth. .), regulating temperature, protecting skin, balancing fluid, losing weight, improving muscle activity and many other benefits.

So what happens if you only drink filtered water for 30 days? Here are some great things compiled by Lifehack page.

*Note : During these 30 days, you only use filtered water as the main drink, do not drink alcohol, beer, soft drinks or any other drink. In addition, you do not need to change your diet or increase / decrease the frequency of exercise.*



## 1. Increase creativity and efficiency of learning and working

According to Frontiers in Human Neuroscience, if you only drink filtered water in a month, your brain will react faster. The reason for this is because the brain needs a large amount of oxygen to function effectively and water is one of the great factors to enhance brain power.

Not only that, drinking plenty of water every day but not beer, wine or soft drinks will help you think, focus, be smart and reflex faster than problems. According to calculations, drinking more than 2 liters of water a day will help improve awareness by about 30%.

## **2. The likelihood of you aging more slowly than others**

Drinking plenty of filtered water will help to slow down the aging process because the skin is better moisturized, smooth, plump, fresh and without many wrinkles. At the same time, muscle tone is also improved.

In an article published in the Daily Mail Journal, a 42-year-old woman applied a 1-month drinking water filter without any other drink and received surprising results: many people her evaluation is about 10 years younger. In fact, her initial intention to drink plenty of water was just to reduce long-term headache and poor digestion. *"I can't believe the difference in my face. I feel like I've become another woman. The dark circles around my eyes are gone. My skin is also soft and everything is very good. great just because I have increased drinking water "*.

## **3. Improve the immune system**

The Slovaks have a proverb that says: *"pure water is the first and most important human medicine."*



This is not exaggeration. Water acts as a catalyst for the recovery of functions in the body. Water helps improve the activity of the liver and kidneys, especially eliminating toxins and salts in the blood.

Health and fitness magazine FullFitSure claims drinking enough water will help balance PH levels in the body, boosting the immune system to help avoid the risk of kidney stones and other dangerous diseases, and help prevent the phenomenon headache and stress.

## 4. You have a healthier heart

Besides these benefits, water also helps us to have a healthy heart, reducing the risk of heart attack by preventing blood clots and hypertension.

Drinking an hour of water before going to bed is said to help reduce the risk of heart disease and stroke. In particular, this habit also makes the process of oxygen-rich blood flow into organs easier. A study conducted over a 6-year period published in the American Journal of Epidemiology (American Journal of Epidemiology) also found that people who drink more than 5 glasses of water a day will reduce the risk of death from heart disease by 41%. compared to those who only drink about 2 cups.



## 5. Your bones are stronger

Adequate water supply to the body will help regenerate cartilage layers in shock absorbers, making the joints more smooth, avoiding the risk of excessive muscle strain.

## 6. Lose weight effectively

In 1 month of drinking water only, the body's organs will be eliminated toxic substances and "waste products", so you will feel less hungry and look much slimmer.

## 7. Enhance metabolism

Many studies show that drinking plenty of water every day will help your metabolism process more effectively, regardless of your diet. Even up to 24% if you drink a glass of water after waking up in the morning, according to Health Fitness Revolution.

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