

Drink water according to scientific methods to treat constipation, obesity or colds

Water accounts for 70% of the body. Drinking water is also a daily activity. But are you sure you are drinking the right water, especially if you have a cold, constipation, fat or vomiting?

1. What if your body does not drink water?
2. 5 dangerous diseases can be identified through daily drinking
3. If you lack human water, how long will you live?

Water is a very important thing, not only for the human body but also for animals and plants on earth. Our human body is 70% water. Drinking water daily is an extremely healthy habit.

The process of exchanging, metabolizing or excreting substances from the body to the outside requires the body to be provided with the necessary amount of water. Therefore, drinking water is extremely necessary. However, drinking water also needs to be scientific and proper, especially when the body is showing signs of the disease.

Each different disease will have a different method of drinking water. Here are the most common situations of the body and how to drink water appropriately.

1. When you have a cold: Simply drink more water



When the body has a cold, this is when the body needs to provide more water than normal. So you can drink lots of water or vitamin C-rich juices at this time. It will help your body recover faster.

Also, if you have a fever, the mechanism of self-cooling to protect yourself will make sweating a lot, breathing faster, metabolism or metabolism also increase rapidly, so more water is needed. During these times, drinking plenty of water not only helps the body excrete the body better and also regulates the body's temperature, eliminating toxins outside.

2. Constipation: Should take large sips of water



The cause of constipation is often due to lack of water and eating less green vegetables, causing the intestinal wall and excretory organs to not discharge enough secretions to the outside. When this is the case, try drinking large sips of water. When providing enough water to the intestinal tract, water stimulates intestinal motility, promoting excretion in the body.

As for oriental medicine, the cause of constipation is the lack of fluids in the body. When you drink water, it also means that the liquid is quickly added to the body, thereby stimulating the bowel motility and promoting the secretion process.

3. Being obese: Drink a glass of water before and after meals



For those who are obese, can drink a small glass of water before and after eating for about 30 minutes to create a false stomach in the stomach, helping you to limit your diet. Drinking water after half-hour meal makes digestion easier.

4. Vomiting: Dilute salt water should be taken



When eating unhealthy or toxic foods, the body will show a 'vomiting' mechanism to help flush out this toxin. To avoid severe vomiting or diarrhea leading to dehydration, you can drink a little salt water to supplement your physical strength, limiting your weakened body condition.

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