

How to drink water? See advice from experts!

Do you know how to drink water properly? Below are instructions from experts, helping you to improve your health and prevent disease due to improper drinking habits.

1. 14 body signs show that you are not really as healthy as you think
2. 6 warning signs of a heart attack in women should not be ignored
3. 10 drinks before going to bed help reduce belly fat quickly

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Usually the human body contains about 50-70% water. Therefore, we need to continuously replenish water to ensure the body can perform all activities and functions well. **Drinking water is good for health but not everyone knows how to add water to the body properly** . Experts have come up with some essential guidelines to help improve health and prevent all illnesses due to improper drinking habits. Invite you to consult!

Drink water properly



1. Drink water while sitting better drinking water while standing.
2. Drink slowly, take small sips and avoid swallowing a large amount of water in one breath.
3. It is best to drink warm water, avoid cold ice.
4. It's best to drink water when you feel thirsty. Pay attention to listening to the body's thirst signals throughout the day, you will definitely provide the right amount of water your body needs.
5. You should stop drinking water after you feel thirsty, because this is a signal from your body to stop adding more water.



6. Can urine color indicate whether the body's hydration is hindered? If the body is healthy, urine is quite clear and resembles straw. If dark yellow urine indicates signs of dehydration.
7. Dry, cracked lips also show that you provide insufficient water to your body.
8. Usually the minimum distance between food and water should be between 1.5 and 2.5 hours. This time period may vary according to different geographical locations, because the body's ability to digest food depends on external factors such as temperature.
9. Although this may sound quite contradictory, the best time to drink water is to drink while eating instead of drinking water before or after eating.

10. If you really feel thirsty, you can drink fresh fruit juice after breakfast, buttermilk (*skim milk*) after lunch and drink milk after dinner. Although they contain most water, they have completely different properties and are good for the digestive system.

See also: Why do we often feel thirsty before going to sleep?

11. Ushapan - Drink water when you wake up. This will help your body stay healthy, while eliminating many diseases and disorders such as headache, blood pressure, anemia, obesity, arthritis .

Why should not drink water after eating?



The special thing you need to remember is that **you should not drink water after eating** , because it can kill the energy that the digestive system needs to process food. If you drink water after a meal, food will stay inside your body longer, which can cause it to rot inside your body instead of being digested, leading to the formation of toxic gas and acid problems.

Having fun!

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