

The 12 great benefits of drinking warm water may not be known

Here are 12 great benefits of drinking warm water you may not know.

Most of us know that water is really needed to sustain our bodies. Perhaps we have all been told by doctors that drinking 8 glasses of water a day is best for the body. However, what many people don't know is that warm water and hot water have some great benefits of their own that when you drink cold water you don't have it. Here are 12 great benefits of drinking warm water you may not know.

1. Lose weight



Warm water is great for maintaining effective metabolism, which you need if you're trying to lose a few pounds. The best way to do this is to start each day by drinking a glass of **warm lemonade in the morning** . Moreover, warm water will help break down fatty tissue (or fat) in your body.

2. Help the nose and throat not get clogged

Drinking warm water is a great natural **remedy for colds, coughs and sore throat** . Warm water will help dissolve sputum and remove it from respiration. Therefore, it can help to solve the problem of sore throat and

stuffy nose throat.

3. Reduce dysmenorrhea



Hot water also works **to help reduce stomach pain during menstruation** . The heat of the water helps soothe and lighten the abdominal muscles, helping to treat menstrual cramps.

4. Solve toxins in the body

Warm water is a great way to help detoxify your body. When drinking warm water, your body temperature starts to rise and release sweat to help detoxify and cleanse your body properly. To achieve optimal results, add a slice of lemon before drinking.

5. Prevent premature aging



The toxin makes the age of the skin faster, which is one of the reasons why you should remove toxins from your body. Drinking warm water will help you **regulate skin cells, increase skin elasticity and reduce the effects of harmful free radicals** . Therefore, your damaged skin will become smoother.

6. Prevent acne and pimples

Warm water will help **clean the deep within your body** and eliminate the main causes of acne.

7. Make hair strong and shiny



Drinking warm water will also help your hair soft and shiny. Warm water will energize the nerves in your hairline and make them work effectively. This is **helpful for obtaining natural, healthy and shiny hair** .

8. Stimulate hair growth

By stimulating the growth of hair roots, warm water also helps speed up hair growth and help hair grow faster.

9. Prevent dandruff



Drinking warm water will keep your scalp hydrated to help prevent dry scalp or dandruff.

10. Enhance blood circulation and promote a healthy nervous system

Another important benefit of drinking warm water is to **enhance blood circulation** , which is important for muscles and neurological activity. Moreover, it will keep your nervous system healthy by breaking down fat deposits around it.

11. Good for digestion



Warm water has special benefits for the digestive system. Studies have shown that drinking cold water during or after a meal can freeze oil in consumed food. This leads to fat accumulation in the intestinal tract and can eventually lead to bowel cancer. However, if instead of drinking cold water, drink a glass of hot water will help you avoid this problem. In addition, warm water is **beneficial for the digestive tract** when taken after each meal.

12. Good for intestines, avoid constipation

Another benefit of drinking warm water regularly in the morning will help the **intestines to be healthy, rhythmic and less painful**. Dehydration can lead to chronic constipation problems. Because stool is accumulated inside the intestine, the bowel movement becomes slower. So, you should drink a cup of warm water every morning when your stomach is still hungry. It will decompose any leftover food and make their

movements light, less painful when passing through the intestines.

Refer to some more articles:

1. What if you drink water as soon as you wake up?
2. 7 great things will happen if in 1 month, you only drink filtered water
3. What happens when you drink coconut water continuously for a week?

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