

Water will become 'poison' if taken at 5 times later

Drinking water daily is a necessary task for the human body. However, it is not always good and beneficial to drink water. Here are 5 times you should not drink water if you do not want water to become toxic.

Providing enough water for the body every day helps our body to stay healthy and maintain all the necessary activities during the day.

As we know, 70% of our human body is water, and water is the source of nutrients distributed throughout the body like: 65-75% body weight, 50% fat weight, 50% weight bone mass. Our bodies can fast for a few weeks, even a few months can still exist if we provide enough water for the body. As such, our bodies need to be supplied with enough water.

So, every day we are often encouraged to drink 2 liters of water a day (equivalent to 8 cups of water) to ensure adequate water for the body to survive and grow healthily. Not only that water also supports the body to eliminate toxins outside, helping the body to be purified.

Many people believe that water has many benefits, so drink plenty of water every day. But in fact, not having to drink as much is good and healthy, sometimes it works in the opposite way to harm your own health. Besides, drinking water also needs the right time, right way, otherwise it will become "poison" that makes you have many health problems.



Here are 5 times that you absolutely should not drink water, if you do not want water to become "poison".

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

2. What if you drink water as soon as you wake up?

1. When the body has been supplied with enough water



This situation can rarely happen. However, if you drink too much water, it will be harmful to your health. Because when the body is supplied with too much water, it overloads the kidneys, and the blood concentration in the blood will be lowered dramatically, causing the body to fall into hyponatremia.

"When excess water in the body, can cause nausea, vomiting, convulsions and even lead to coma and if not treated promptly, it can be fatal within hours. When not fatal sodium blood can also be harmful to the liver, kidney, heart, or pituitary, "said Dr. Taz Bhatia, a combined medical expert at Emory University (USA).

2. When urine appears pale yellow



Many people still wonder and do not know how to know if they are excess or lack of water for their body to enhance or reduce water. So the following tips will help you identify when you're missing that water.

When urinating, do not flush, but watch what color your urine is under your toilet, the color of your urine will tell you if you have had enough water.

If your urine is as transparent as water, then signal your body to have excess water and cut down on the amount of water you load into your body, not drinking more.

If the urine is light yellow, then your body has enough water and you should not drink more water.

If your urine is dark yellow, your body is suffering from severe water shortages, so you should provide more water for your body. However, this dark yellow color can also be caused by taking a medicine or a certain food such as tea or coffee so urine also has this dark color.

3. When eating too much



For those who want to lose weight, it is often advisable to drink a cup of water before eating rice to reduce body satiety and reduce the amount of calories you will consume during meals, making you eat less.

But for the same reason, you drink too much water before or during a meal too much, which makes your stomach uncomfortable.

"Drinking too much water after eating it also makes the digestive part feel uncomfortable," Dr. Bhatia said.

4. After exercising



After intense exercise, our bodies often lose a significant amount of potassium and sodium due to the amount of sweat secreted during exercise. If the amount of sweat produced is too much during the training, then after rehearsing, need to supply the amount of water previously lost. However, filtered water cannot do that well.

Instead of drinking unhealthy carbonated soft drinks or energy drinks, drink fresh coconut water. Not only does this water balance the electrolyte for the body, it also increases the amount of natural vitamins and minerals like

potassium, magnesium, sodium and vitamin C.

5. When it is not filtered water



Currently there are many types of soft drinks or energy drinks, which are advertised attractively. Therefore, children and young people love these drinks.

However, these drinks are completely unhealthy, they will make you thirstier and the sugars in these drinks can make you gain weight. So you should only drink plain water and keep away from the above water.

If you get bored when you have to drink odorless, water-free water, make some water at home, use fruits like lemon, cucumber, watermelon, strawberry, herb . to mixing with water or making juice or smoothies will be very attractive.

Time to drink water

If you are lazy to drink water, you only need to remember to drink at 4 "golden", very good times for health: 1 cup of water after waking up, 1 cup of water before eating 1 hour, 1 cup of water before and after showering, 1 cup of small water before sleeping.

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