

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

Help your body avoid getting sick by drinking water right after you wake up and make sure your body provides enough water all day!

Japanese women are famous for their slender, healthy and toned bodies. In particular, genetic factors certainly play an important role, but besides, the habit of drinking water in the morning also helps them to be healthier. That's a simple way that most Japanese women drink water as soon as they wake up.



Currently, the habit of drinking water as soon as it is awake is "ingrained" in Japanese culture. In fact, this habit is just a form of water treatment scientifically proven to help overcome some **body disorders** . Unlike the United States and Western countries, the population in Japan does not suffer from many disorders such as **obesity** and **diabetes** . So this is the reason we should learn their healthy lifestyle.



Why is drinking water so important?

70% of our bodies are made from water, so water is really necessary to keep our body alert, healthy and function properly. When the body's water needs are not fully met, it can cause negative immediate and long-term health consequences.

Prolonged dehydration can lead to **rheumatoid arthritis** , migraine, angina, colitis, digestive disorders, high blood pressure, obesity, **hemorrhoids** , breast cancer, tuberculosis, Kidney stones, **sinusitis** and uterine cancer.

Help your body prevent these conditions by drinking water immediately after waking up and making sure your body provides enough water all day.



How to drink water reasonably?

This is a proven method of coping with physical disorders, menstrual disorders and eye-related diseases. In addition, you will feel like you are "energized" all day long after adhering to drinking water according to this method.

Drink about **4 times 160ml of** water immediately after waking, before brushing your teeth and when your **stomach is still hungry** .

Do not eat anything for 45 minutes afterwards.

Drink water at least 30 minutes before eating, but do not drink it for 2 hours after breakfast, lunch and dinner.

If you are new to drinking 4 glasses of water when your stomach is still empty, you can start drinking a glass of water or drinking as much as possible. After that, it is possible to gradually increase the amount of water in the body until it reaches the desired level of 640ml.

When to expect results:

1. For patients with **diabetes** or high blood pressure: results after **30 days** .
2. For people with **constipation** and **gastritis** : there are results after **10 days** .
3. For **TB patients** : results after **90 days** .



8 main benefits of drinking water when hungry:

1. Helps remove toxins from the body

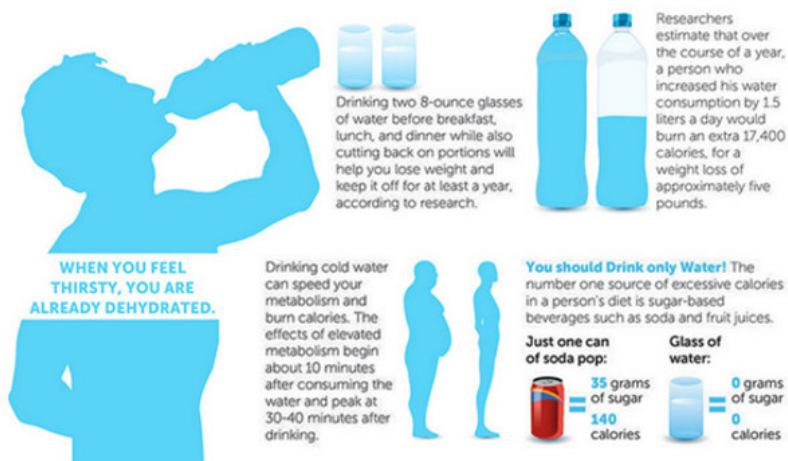
When drinking water, water will automatically promote bowel movements. At night, your body automatically adjusts and removes all toxins from your body. When **drinking water in the morning** when you just wake up, it will help **eliminate all the toxins in your body** , help your body feel refreshed and healthy. Drinking plenty of

water helps your body increase production of **muscle cells and new blood cells**.

2. Enhance metabolism

Drinking water at an empty stomach can **increase your metabolic rate** by at least 24%. This is very important for people who are on a strict diet. Increasing metabolic rate means improving the digestive system. You can maintain a simple daily diet, if you digest faster. Drinking water immediately after waking helps **purify the colon**, making it easier to **absorb nutrients**.

3. Help lose weight healthily



Drink water in the morning as soon as you wake up, the body will **eliminate all toxins** and **help improve the digestive system**. You will feel less hungry and reduce your appetite. This helps prevent weight gain from overeating.

4. Reduce heartburn and indigestion

Indigestion is due to an **increase in stomach acid content**. You have heartburn when acid backs up in the esophagus. Drinking water when hungry causes this acid to be pushed down and diluted, so this disorder will also be resolved. In addition, this provides a great start to the stomach to prepare for the next breakfast.

5. Improve skin

Dehydration causes the appearance of **premature wrinkles** and deep **pores** in the skin. In one study, it was found that drinking 500ml of water when hungry **increased blood circulation** in the skin and brightened the skin. In addition, drinking plenty of water during the day helps your body release toxins, which will help your skin look brighter.

6. Helps hair smooth and healthy shine



Dehydration can seriously affect hair growth. Drinking plenty of water helps nourish your hair from the inside out. Because water makes up nearly a quarter of the weight of a hair, if the body **absorbs water not enough**, it can make hair fibers **brittle and slimmer** . You should drink plenty of water every day, especially drinking water when hungry can improve hair quality most effectively.

7. Prevent kidney stones and bladder infections

Drinking water immediately after waking is very important in preventing **kidney stones** and **bladder infections** . There is a fact that drinking hungry water dilutes the stomach acid, thus helping to prevent kidney stones from forming. The more you drink (to a healthy limit), the more likely you will avoid bladder infections caused by toxins.

8. Enhance the immune system



Drinking water when hungry helps **to eliminate and balance the lymphatic system** , leading to **increased immune system** . A healthy immune system will help you stay safe from a variety of diseases and prevent frequent illnesses.

As you can see, the above is all about drinking water as soon as you wake up. So undoubtedly, drinking water immediately after waking is a simple way to help you stay healthy without spending money, right?

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