Drinking Plenty of Water Can Reduce Your Risk of Heart Disease

Getting adequate water intake daily may protect your heart. According to the American Journal of Epidemiology, people who have low intakes of water tend to be dehydrated. This can affect the bloods (thickness), hematocrit, and fibrinogen levels, increasing the risk of a heart attack.
Results of the Study

Men who drank more water (5 or more glasses per day) had less than half as many heart attacks as men who had low intakes (2 glasses per day or less). Women had similar findings. Drinking more water reduced the risk of heart disease by 54% in men and 41% in women. Other fluids, such as coffee and soda, offered no protective effects.

Good News for You.

Here is a simple way to improve your health and reduce your risk of heart disease - simply drink more water, at least five or more glasses daily and preferably six to ten glasses. Water can also reduce the risk for bladder cancer, help prevent headaches, and reduce constipation. It's a simple remedy with great benefits and no side effects!

Drink up -- water that is.