



DRINK WATER(S)



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

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DIGITAL VERSION

BENEFITS OF DRINKING WATER IN SUMMER

• Drinking moderate amount of water in summer carries several health benefits for individuals. Our body carries 70% water thus needs an adequate quantity of it to function properly.

1. Helps weight loss

Water is an effective appetite suppressant. So, consuming water cuts down hunger and reduces need for extra meals. That results in considerable weight and keeps one fit and healthy during summer.

2. Combats dehydration

Water is a wonderful drug in dealing with dehydration. 7-8 glasses of water intake a day regulate body temperature and replace the essential electrolytes lost, due to excessive sweating.

3. Improves mental health

For mental health, mental creativity and mental productivity, water plays a vital role. Consuming sufficient amount of water liquefies brain blood that makes the brain more efficient, creative and productive. You think better and thus work better. It also combats sudden mental stroke during summer and cures headache as well.

4. Deals with digestive problems

Drinking good quantity of water flushes toxins and poisons

out of the body. It regulates digestion, avoiding constipation, acidity and stomach cramps.

5. Makes heart healthy

More the heart pumps water, more it becomes strong and protects against heart attacks. Thus, drinking water makes the heart healthy. It also increases blood flow to the heart, enhancing its health.

6. Imparts beauty

Drinking adequate amount of water rejuvenates skin. It keeps skin hydrated, making it radiant & glow. It also combats acne and aging.

7. Imparts energy in body

When the body exhausts, water works like an energy drink. It boosts energy in the body, fighting against fatigue, dizziness, sluggishness, lethargy and heat-related illness.

8. Cures cramps and sprains

Drinking moderate amount of water, a day lubricates muscles and joints that is a cure against cramps and sprains.

9. Protects against various diseases

Water deals with various diseases such as giddiness, bloating, belching, obesity, anemia, cough, irregular menstruation and urogenital diseases.



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