



UNIDOS  
CONTRA  
LA DIABETES

Release Date: November 17, 2019  
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## **FACT SHEET: Why Drink Water?**

1. Water is the main source of energy---it is the “cash flow” of the body.
2. Water helps reduce the risk of heart attacks and strokes.
3. Water prevents clogging of arteries in the heart and the brain.
4. Water gives us power and electrical energy for all brain functions, most particularly thinking.
5. Water can help prevent attention deficit disorder in children and adults.
6. Water is a better pick-me-up than any other beverage in the world---and it has no side effects.
7. Water helps reduce stress, anxiety, and depression.
8. Water restores normal sleep rhythms.
9. Water helps reduce fatigue---it gives us the energy of youth.
10. Water makes the skin smoother and helps decrease the effects of aging.
11. Water gives luster and shine to the eyes.
12. Drinking water separates the sensations of thirst and hunger.
13. To lose weight, water is the best way to go---drink water on time and lose weight without much dieting. Also, you will not eat excessively when you feel hungry but are in fact only thirsty for water.
14. Water integrates mind and body functions. It increases ability to realize goals and purpose.
15. Water helps reverse addictive urges, including those for caffeine, alcohol, and some drugs.

Source: Batmanghelidj, M.D., Fereydoon. Water for Health, for Healing, for Life: You're Not Sick, You're Thirsty! (Wellness Central, New York 2003), pp. 32-35.

**UCD Mission:** *The goal of Unidos Contra la Diabetes is to reduce the number of new cases of type II diabetes in 5 years, resulting in a 10 percent reduction in the prevalence of diabetes by 2030. UCD is committed to doing this by integrating primary and behavioral health for people at-risk for diabetes in our community, with a particular emphasis on meeting the needs of low-income and underserved populations. ([www.ucdrqv.org](http://www.ucdrqv.org))*

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