

## BEAUTY

Your skin is the largest organ in your body. Skin contains a lot of water,<sup>1</sup> and each day your body loses water that needs to be replaced.<sup>2</sup> Not drinking enough water makes skin dry, tight and flaky. Overtime, dry skin has less resilience and is more prone to developing wrinkles.<sup>1,2</sup>

Your hair and nails need water to grow. Each organ in your body needs water to survive and function properly. When you're adequately hydrated, the hair, nail and skin cells on your body receive the adequate nutrients they need to grow. Keep in mind that women need to stay hydrated while breastfeeding. Women of an unhealthy weight who do not drink enough water can also begin to lose weight by drinking at least eight 8 ounce glasses of water each day.



It takes 30 days for new skin cells to reach the top layer of skin.<sup>4</sup> Drinking more water for the next 30 days will help your skin look and feel supple, less dry, and less oily.

Your drink of choice is important! Some liquids, such as alcohol, soda and coffee,<sup>5</sup> can cause dehydration. Water is the best choice to hydrate your skin!

### WHAT YOU CAN DO:

- Drink at least eight, 8 ounce glasses of water each day to help rid the body of skin toxins<sup>2</sup>
- Eat meals rich in fruits and vegetables
- Wear sunscreen with SPF 15 or higher and reapply every 2 hours, more often if you're sweating or jumping in and out of the water<sup>6</sup>

### TIPS OF THE WEEK

- Drinking water helps keep skin hydrated, preventing dryness and wrinkles.
- Hair and nails need water to grow.
- Your skin changes during pregnancy; drinking water can help restore your skin's healthy look.

### WHAT TO EXPECT:

Your skin produces oil – the less hydrated you are, the more oil your body produces.<sup>3</sup> When you are properly hydrated, the body signals to your brain to produce less oil.<sup>3</sup>

## RECIPE OF THE WEEK

### WATERMELON, MINT & LIME WATER<sup>7</sup>

- 6 cups of water
- 1 cup of watermelon chunks
- Handful of mint leaves
- 1 thinly sliced limes



#### Directions:

1. Add all ingredients into a large pitcher
2. Using a wooden spoon, gently mash ingredients and mix
3. For best results, let it sit in refrigerator overnight or for a couple hours before drinking.

## RESOURCES:

### CHOOSE HEALTH LA

[choosehealthla.com](http://choosehealthla.com)

### 6 REASONS TO DRINK MORE WATER

[webmd.com/diet/features/6-reasons-to-drink-water](http://webmd.com/diet/features/6-reasons-to-drink-water)

### WATER: HOW MUCH SHOULD YOU DRINK EVERY DAY?

[mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256](http://mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256)

### CDC: HEALTHY WATER

[cdc.gov/healthywater/](http://cdc.gov/healthywater/)

### CDC: WATER & NUTRITION

[cdc.gov/healthywater/drinking/nutrition/index.html](http://cdc.gov/healthywater/drinking/nutrition/index.html)

### WATER: MEETING YOUR FLUID NEEDS

[cdc.gov/nutrition/everyone/basics/water.html](http://cdc.gov/nutrition/everyone/basics/water.html)

## APPS:

### DRINKING WATER

[play.google.com/store/apps/details?id=chickpin.water](http://play.google.com/store/apps/details?id=chickpin.water)

### WATER YOUR BODY

[play.google.com/store/apps/details?id=com.northpark.drinkwater](http://play.google.com/store/apps/details?id=com.northpark.drinkwater)

### WATERLOGGED

[itunes.apple.com/us/app/waterlogged-drink-more-water/id352199775?mt=8](http://itunes.apple.com/us/app/waterlogged-drink-more-water/id352199775?mt=8)

### DAILY WATER REMINDER & COUNTER

[itunes.apple.com/us/app/daily-water-free-water-reminder/id466387763?mt=8](http://itunes.apple.com/us/app/daily-water-free-water-reminder/id466387763?mt=8)

## BLOGS:

### DRINK TAP

[drinktap.org](http://drinktap.org)

### 11 ADVANTAGES OF DRINKING WATER

[blogs.tribune.com.pk/story/13945/11-advantages-of-drinking-water/](http://blogs.tribune.com.pk/story/13945/11-advantages-of-drinking-water/)

## RESOURCES

1. Zelman KM (2008). 6 Reasons to drink water. WebMD. Retrieved from <http://www.webmd.com/diet/features/6-reasons-to-drink-water?page=2>
2. UW Health. The benefits of drinking water for your skin. Retrieved from <http://www.uwhealth.org/madison-plastic-surgery/the-benefits-of-drinking-water-for-your-skin/26334>
3. Sakuma TH & Maibach HI. Oily skin: an overview. *Skin Pharmacol Physiol* 2012;25:227-235.
4. Health. 7 ways you're aging your skin. Retrieved from [http://www.health.com/health/gallery/0,,20402986\\_6,00.html](http://www.health.com/health/gallery/0,,20402986_6,00.html)
5. Sawka MN, et al. Position stand: exercise and fluid replacement. *Med Sci Sports Exerc* 2007;39:377-390.
6. U.S. Food and Drug Administration. Sheds light on sunscreens. FDA Consumer Information, May 2012.
7. Sunny with a chance of sprinkles blog (2013). A recipe to help you drink more water. Retrieved from <http://www.sunnywithachanceofsprinkles.com/2013/06/a-recipe-to-help-you-drink-more-water.html>