

Water is the New Black

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We all know the old standbys: cut out juice and soda, drink eight glasses of water per day, etc. But to what point and purpose? Why all the hype around H₂O? After all, there's got to be a better reason to consume water than simply "it's good for you." Well, there certainly is. Like your favourite pair of jeans or your little black dress, water should be one of your staples to help you look and feel fantastic. We're told from a very young age that our bodies are made up of 60% water. What we aren't told about however, are the various purposes those bodily fluids serve. Water helps us digest food, absorb and transport nutrients to various parts of our body, circulate blood, and maintain hydration. Water can aid in weight loss, clear skin, healthy hair, and overall energy levels. It's a one-stop shop for all of your health and beauty needs. Still, chugging a tasteless liquid all day doesn't appeal to everyone. So here are some suggestions to help you get creative with your water intake:

Water Bottles

Gone are the days of the plastic water bottle. You can purchase them in stainless steel, glass, even foldable options. They come in all sizes and colours, with cool designs and inspirational sayings. Find a water bottle that appeals to you, and you'll be even more enthused every time you drink up. Turn your thirst quencher into a part of your personal style!

Tea

One of the world's oldest and most popular beverages is just hot, flavoured water! Tea comes in all types of varieties and flavours, some with added health properties based on the composition of the leaves. Try pairing old staples for new flavours such as mint and chamomile, earl grey and lemongrass, and numerous combinations of fruit teas. Hot or iced, day or night, tea is a great way to add more water to your diet.

Fruit

Blend fruits into smoothies, slice them up and eat them at your desk, or serve them as a side with breakfast or dessert. Another option is to toss some fruit into your bottle of water to add some flavor. Grapes, oranges, grapefruit, coconut, all will jazz up your water. As an alternative, add a splash of fruit juice to some sparkling water as an alternative to soda.

Moisturizer

There are other way to increase your water intake. Look for moisturizers with high water content. These will help control oil production for those with oily skin, and give dry skin extra moisture. A quick dab morning and night will have you looking your best!

Use these tips to integrate more fluid into your diet, and join the water revolution!