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TWO LITERS OF WATER A DAY: MYTH OR ADVICE?

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Relevance. There is an opinion that in order to be healthy it is necessary to drink two liters of water every day. Many of us willingly believe it. But no one really knows where the eight-glasses idea comes from. Water is your body's main chemical component. It plays an important role in our body taking part in almost all vital processes. Water provides the medium in which all the body's chemical reactions take place. It helps regulate our body temperature through sweating. Our body depends on water to survive. Every cell, tissue and organ in our body needs water to work properly. Any wrong interactions with cells and tissues may be fatal. During its long life humanity has gradually got rid of some diseases but gained some new ones, such as diabetes, cancer, obesity. Every year new scientific reports on water are being published. Nevertheless, scientists again and again repeat that this widely spread substance is not studied up to the end.

Aim: to study the importance of water as a chemical substance in the human organism; to find out whether it is good or bad to drink a lot of water; to calculate our personal daily water needs.

Materials and methods. Medical and scientific sources, including foreign websites, were studied; medical students were questioned on their water drinking habits and on the rules they follow to be healthy.

Results and discussion. Most of us spend our days constantly dehydrated to some degree. Nearly all of our systems do not function as well without a proper water intake. Even mild dehydration can drain our energy and make us feel tired. On the other hand, overhydration can lead to water intoxication. This occurs when the amount of salt and other electrolytes in our body becomes too diluted. We have analyzed advantages and disadvantages of drinking much water. The study has shown that many young people drink a lot of water without knowing its influence on the body, just because it is in fashion nowadays. But the rule of eight glasses a day is rather popular with our students. It is important to understand that the daily water intake should be strictly individual. It may depend on the person's age, height, weight and gender. This quantity may be changed according to our physical activity, lifestyle, food we eat and beverages we drink.

Conclusion. Water is not only one of the most widely spread substances, but also a substance we cannot live without. We have to drink enough water each day to provide a proper body functioning. Water helps a person to improve digestion, regulate weight, saturate the body with liquid, maintain water-salt balance, and keep young. To drink enough water a day should become everyone's rule on the way to healthy living. However, do not get obsessed with it. Everything should be considered and used properly and in moderation.