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# Unlocking Health Benefits: Drink More Water Daily!

## Description

It is widely acknowledged that maintaining proper hydration is crucial for human health. A recent study delves deeper into the specific advantages of consuming ample water, revealing a myriad of benefits that may not be commonly known.

Researchers at the University of California, San Francisco (UCSF) conducted a comprehensive review of 18 previous studies with an average of 48 participants. The majority of these studies demonstrated the benefits of high water intake.

Past research on the benefits of consuming large quantities of water, such as exceeding eight glasses a day, has yielded varying results due to factors like gender, age, and surroundings. However, this recent review highlights that the merits of drinking ample water go beyond just quenching thirst.

 Drinking water

Water drinking recommendations vary between countries. ([Johnny McClung/Unsplash](#))

Urologist Benjamin Breyer from UCSF stated, "While the amount of rigorous research is limited, certain areas did show statistically significant benefits. This study is pioneering in its broad assessment of the impacts of water consumption on clinical outcomes."

Although not all studies conclusively proved the benefits of increased water intake, certain advantages were highlighted, including a reduced risk of kidney stones, weight loss aid, migraine prevention, and management of conditions such as diabetes and low blood pressure.

While causation was not definitively established, the research indicates the diverse health areas where higher water consumption can be advantageous. Additionally, inadequate water intake leading to dehydration has been correlated with higher mortality rates and a heightened risk of chronic diseases.

According to the World Health Organization, adult men are recommended to consume around 3.2 liters (roughly 14 cups) of water daily, while women should aim for 2.7 liters (11 cups). These guidelines may vary based on individual factors. Consultation with healthcare professionals is advised to determine personalized dietary adjustments based on individual needs.

The study has been published in [JAMA Network Open](#).

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## Vocabulary List:

1. **Hydration** /haɪ'dreɪ.ʃən/ (noun): The process of maintaining fluid balance in the body.
2. **Myriad** /'mɪr.i.əd/ (noun): A countless or extremely great number.
3. **Causation** /kɔ:'zeɪ.ʃən/ (noun): The action of causing something; the relationship between cause and effect.



4. **Dehydration** /,diː.haɪ'dreɪ.jən/ (noun): A condition resulting from excessive loss of water from the body.
5. **Consultation** /,kən.səl'teɪ.jən/ (noun): The action or process of formally consulting or discussing.
6. **Comprehensive** /,kɒmp.rɪ'hɛn.sɪv/ (adjective): Including all or nearly all elements or aspects of something.

## Comprehension Questions

### Multiple Choice

1. What did researchers at UCSF conduct a review of in a recent study?  
Option: Previous water consumption studies  
Option: Health benefits of different beverages  
Option: Nutritional habits of various age groups  
Option: The effects of climate change on hydration
2. What benefits did the majority of studies reviewed by UCSF show for high water intake?  
Option: Increased risk of kidney stones  
Option: Prevention of dehydration  
Option: Reduced risk of certain health conditions  
Option: No significant benefits
3. According to the World Health Organization, how much water should adult men consume daily?  
Option: 1.5 liters  
Option: 2.7 liters  
Option: 3.2 liters  
Option: 4.5 liters
4. What did urologist Benjamin Breyer state about the recent study on water consumption benefits?  
Option: The study has no scientific basis  
Option: There are statistically significant benefits in certain areas  
Option: The study is inconclusive  
Option: High water intake has no impact on health outcomes
5. What health conditions were mentioned as being managed by increased water intake?  
Option: Hypertension and asthma  
Option: Migraines and cancer  
Option: Diabetes and low blood pressure  
Option: Osteoporosis and arthritis



6. What has inadequate water intake been correlated with?

- Option: Lower mortality rates
- Option: Improved immune function
- Option: Higher mortality rates and chronic diseases
- Option: Decreased risk of heart disease

### True-False

7. The recent study on water consumption benefits highlighted that drinking ample water only helps in quenching thirst.

8. Increased water intake has been shown to reduce the risk of kidney stones.

9. Consultation with healthcare professionals is unnecessary when determining personalized dietary adjustments based on individual needs.

10. Past research on the benefits of exceeding eight glasses of water a day has been consistent across different age groups.

11. The recent study on water consumption benefits proved conclusively that higher water intake causes weight loss.

12. The World Health Organization recommends that women should aim for 3.2 liters (11 cups) of water daily.

### Gap-Fill

13. Adult women are recommended to consume around 2.7 liters ( \_\_\_\_\_ cups) of water daily.

14. According to the recent study, inadequate water intake can lead to higher mortality rates and a heightened risk of \_\_\_\_\_ diseases.

15. Medical consultation is advised to determine personalized dietary adjustments based on individual \_\_\_\_\_.

16. Urologist Benjamin Breyer stated that while not all studies conclusively proved the benefits of increased water intake, certain advantages were highlighted, including a reduced risk of kidney stones and prevention



of \_\_\_\_\_.

17. According to the guidelines, adult men should consume 3.2 liters (roughly \_\_\_\_\_ cups) of water daily.

18. The study conducted by researchers at UCSF was published in \_\_\_\_\_ Network Open.

## Answer

**Multiple Choice:** 1. Previous water consumption studies 2. Reduced risk of certain health conditions 3. 3.2 liters 4. There are statistically significant benefits in certain areas 5. Diabetes and low blood pressure 6. Higher mortality rates and chronic diseases

**True-False:** 7. False 8. True 9. False 10. False 11. False 12. False

**Gap-Fill:** 13. 11 14. chronic 15. needs 16. migraines 17. 14 18. JAMA

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. What is the ability to recover from setbacks and adapt to challenges?

- Option: Mend
- Option: Resilience
- Option: Fatigue
- Option: Crystalline

2. Which word describes a fact or situation that is observed to exist or happen?

- Option: Transformative
- Option: Phenomenon
- Option: Exacerbate
- Option: Solace

3. What term refers to extreme tiredness resulting from mental or physical exertion?

- Option: Aggravate
- Option: Fatigue
- Option: Mindfulness
- Option: Resilience

4. What word means comfort or consolation in a time of distress or sadness?



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- Option: Resilience  
Option: Nourishment  
Option: Solace  
Option: Prevalence
5. Which term describes a person significantly overweight?  
Option: Obese  
Option: Prevalence  
Option: Meticulously  
Option: Utilization
6. What adjective relates to mental processes such as perception memory and problem-solving?  
Option: Trajectory  
Option: Cognitive  
Option: Hydration  
Option: Myriad
7. Which adverb means in a way that shows great attention to detail?  
Option: Causation  
Option: Dehydration  
Option: Meticulously  
Option: Consultation
8. What term means a countless or extremely great number?  
Option: Comprehensive  
Option: Dismemberment  
Option: Cannibalism  
Option: Myriad
9. What concept refers to the denial of someone's human qualities or rights?  
Option: Cannibalism  
Option: Dehumanization  
Option: Vendettas  
Option: Extravagant
10. Which term describes something lacking restraint in spending money or using resources?  
Option: Gruesome  
Option: Extravagant  
Option: Vendettas  
Option: Dismemberment



**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Experiencing a challenging situation can be \_\_\_\_\_ leading to personal growth.
12. Lack of sleep can worsen or \_\_\_\_\_ existing health issues.
13. Proper \_\_\_\_\_ is essential for overall health and cognitive function.
14. Efficient \_\_\_\_\_ of available resources is crucial for sustainable development.
15. A balanced diet ensures the body receives adequate \_\_\_\_\_ for optimal functioning.
16. The artist's work reflected the \_\_\_\_\_ clarity of a perfect diamond.
17. It is advisable to seek \_\_\_\_\_ with a healthcare professional before starting a new exercise regimen.
18. A \_\_\_\_\_ study of the issue revealed various underlying factors.
19. Feuds and \_\_\_\_\_ can lead to long-standing conflicts between families or groups.
20. The company's positive financial \_\_\_\_\_ continued for several quarters.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The athlete's ability to bounce back from a career-threatening injury showcased true .
22. After the conflict efforts to relationships within the community were successful.
23. Practicing daily meditation promotes a state of focused awareness known as .
24. A study on the of mental health disorders revealed alarming statistics.
25. Understanding the root of a problem is crucial for effective solutions.
26. Severe can lead to serious health complications if left untreated.
27. The horror movie depicted scenes of violent unsettling the audience.



28. The survival story involved desperate acts of in extreme conditions.

29. The crime scene investigation revealed details that shocked even seasoned detectives.

30. Failure to address the issue promptly may only serve to the problems faced by the community.

## Answer

**Multiple Choice:** 1. Resilience 2. Phenomenon 3. Fatigue 4. Solace 5. Obese 6. Cognitive 7. Meticulously 8. Myriad 9. Dehumanization 10. Extravagant

**Gap-Fill:** 11. Transformative 12. Aggravate 13. Hydration 14. Utilization 15. Nourishment 16. Crystalline 17. Consultation 18. Comprehensive 19. Vendettas 20. Trajectory

**Matching sentence:** 1. Resilience 2. Mend 3. Mindfulness 4. Prevalence 5. Causation 6. Dehydration 7. Dismemberment 8. Cannibalism 9. Gruesome 10. Exacerbate

## CATEGORY

1. Health - LEVEL5

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