
WONDEROPOLIS INQUIRY PROJECT

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How Can Water Be Good and Bad For You?

Have you ever wondered...

- How can water be good and bad for you?
- How much water does the body really need?
- When is water too much of a good thing?

Did you know?

Have you ever wonder how water can be good and bad for you ? It is good because your body is made of 60% of water so more water is great for your body.

Sometimes water can be bad for you. A Californian woman died last year from drinking too much water in a contest to win a Nintendo Wii. Every 20 seconds a child dies from a water related illness. Too much water can cause water intoxication. Water intoxication is when your body can't process the excess liquids. This can cause death or serious health illness. Too much water can cause hyponatremia. This condition cause sodium levels to drop and all the cells in your body to swell. This can be fatal because brain cells expand and press on the skull.

According to health experts you are supposed to drink 6-8 glasses of water a day if you don't you could get either sick or even die. You will die by never drinking water. Your body is made of 60% water therefore lack water could cause death. Your body begs for water when all you drink is caffeine. The amount of water a body needs depends on your weight , age, exercise, etc. A better measurement of the amount of water you need is to divide your weight by two and that answer is the number ounces of water you need.

Failure to drink too much water leads to dehydration and too much water cause serious problems too.

Wonder words to know and use:

- hyponatremia
- dehydration