

DOCUMENTATION SHEET NO. 1
LESSON NO.1
THE IMPORTANCE OF WATER



Water, or H₂O, as it is chemically called, has an essential role in maintaining life. This is the force that creates and gives life, without water, the particles could not circulate or mix. If we analyze a little the world we live in, we can notice, without having some specialized knowledge, the fact that water really has an important role. Water covers the earth in a proportion of 70%, and in this proportion we also find it in our body. Man, without water can not live more than 3-5 days, in optimal conditions and good health. It occupies an almost basic place in the food pyramid, which means that it is necessary to regularly consume a large amount of water. Doctors recommend consuming at least 2-3 liters of water a day, the human body losing at least 200 ml in the process of breathing, and sweating and diuresis losing the largest amounts, which means that in the absence of consumption of the minimum amount water per day, there is a risk of dehydration. Drinking a glass of water on an empty stomach improves metabolism and prepares the whole body for a new day. We can identify the following functions that water has in the human body:

- Regulates body temperature;
- Ensures skin quality;
- It is a natural lubricant for the joints;
- Helps absorb nutrients;
- Transports nutrients;
- Removes toxins;
- Helps digestion and all chemical reactions;
- It is essential for circulation;
- Humidifies the air we breathe;
- Protects vital organs, creating a protective layer;
- Regulates the level of protons and electrons in cells;
- Protects against cosmic radiation and other types of radiation;
- It is the main carrier of information and light.

We must not forget that plants use water in the process of photosynthesis through which they eliminate oxygen, another vital element. Plants without water, wither and just like animals die. For about 21% of animals, water is also a living environment. At the same time, in salt waters, seas and oceans, algae and phytoplankton extract the amount of CO₂ from surface waters and release O₂, thus maintaining balance in the composition of the Earth's atmosphere. Without life in the seas and oceans, the amount of CO₂ would triple, and in the conditions of a polluted environment, the level and quality of our life would decrease drastically. In the 21st century, the issue of water will become very important, water being a limited resource, and its quality and quantity influence human life. High attention must be paid to this issue, in order to be able to continue life on planet Earth, given that currently over 1 billion people do not have access to drinking water which causes the death of about 5 million people a year.

It is necessary for all of us to learn to take care of this limited and at the same time vital resource and to reduce its pollution and waste.

<https://www.kangen-water.ro/importanta-apei/>