

**REVIEWED**

Drinking Water

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Dehydration is linked to premature aging and illness, according to a study—Tips to stay hydrated

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Reviewed

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If one of your goals for 2023 is to be healthier, then drinking water may just be the key to your success. A study published earlier this month in eBioMedicine linked dehydration to illness and premature aging. The study examined the effects of increased amounts of serum sodium, which changes based on fluid intake and water loss. By examining 11,225 adults, it was determined that individuals with higher levels of sodium were more likely to develop chronic illnesses and show advanced signs of aging.

More research is needed to tell if hydration can prevent disease and stave off aging, but drinking more water is seldom a bad idea and, at the very least, dehydration should be avoided. Here are several ways you can fight off dehydration.

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Drink plenty of water

The most straightforward way to keep hydrated is to make sure you're drinking plenty of fluid throughout the day. The healthiest fluid you can drink is water, as it's free from calorie-dense sugars. Drinking when you're thirsty is one way to fight dehydration. However, by the time you feel thirsty, you're actually already dehydrated, so it's best to take swigs of water

throughout the day to keep thirst at bay. The U.S. National Academies of Sciences, Engineering, and Medicine recommends that men drink 15.5 cups of fluid a day and women drink 11.5 cups of fluid a day. It should be noted that people should drink more if they're exercising and expelling liquid frequently via sweat. The best way to have regular access to water throughout the day is by carrying a refillable water bottle so that you can drink from it regularly. Out of all the water bottles we've tested, our favorite is the Brita BB11 Premium Filtering Water Bottle, which keeps water cool for 24 hours, filters odors and opens with one hand.

If you're home and want even colder water throughout the day, Brita's still got you covered with their Everyday 10-Cup Pitcher, the best filtered pitcher we've tested. It filters quickly, boasts a simple design and supports different kinds of filters.

\$27 from Amazon

\$28.39 from Amazon

Limit your salt and alcohol intake

Excess salt is a major culprit behind dehydration. While salt can help our bodies to function and is extremely helpful after workouts to replenish lost electrolytes, too much salt forces your body to extract water from its cells which can lead to dizziness, nausea, fatigue and diarrhea, all of which are hallmark signs of dehydration. Alcohol is another driving factor behind dehydration, as it makes your body expel water at a fast rate. If you're prioritizing your hydration, it's best to monitor your salt and alcohol intake, while making sure you're drinking copious amounts of water throughout the day.

Upgrade your water

Drinking more water can be easier said than done. For those who find the plainness of water unappealing, there are ways to add a bit more excitement to H₂O while keeping it healthy. One option is to use calorie-free flavor enhancers. With just a spritz of one, your water will be taking a one-way trip to flavor town. If you like the fizzy kick of soda, you can also use a carbonator like the Aarke Carbonator Pro. This wonder machine operates without the need for batteries or electricity and sports a dishwasher-safe glass bottle, making it an eco-friendly addition to your kitchen.

For an even simpler option, you can opt for powder packets that you simply pour into your water to enhance the flavor. The TRUE LIME water enhancer by True Citrus is a fan-favorite with over 66,000 glowing reviews on Amazon.

\$349 from Aarke

\$6.48 from Amazon

Stave off sweat

One of the many ways that your body loses water is by sweating. While this is a natural and healthy process, if the ratio of water expulsion to water intake is too great, you become dehydrated. There are two ways to prevent this: by drinking more water than you expel and by keeping yourself from expelling too much water. This can be done by keeping your house sufficiently cool with the aid of a fan or an air conditioner. The best fan we've tested is the Vornado 660, which has the best speed at a distance that we've tested and intuitive controls. If you're looking for an air conditioner, you can't do better than the Whynter Elite ARC-122DS, which offers remarkable cooling for its price point.

\$91.45 from Amazon

\$379.02 from Amazon

Use a humidifier

A humidifier is another way to fight dehydration, as it keeps the air around you filled with moisture. Your home will feel more comfortable and your skin will stay silky smooth, which is particularly helpful during the dryness of winter. If you're in the market for a new humidifier, we recommend picking up the Levoit Classic 300S, the best humidifier we've tested. It boasts an impressive 1.59-gallon capacity, a high output of vapor and quiet performance.

\$89 from Amazon

Drink juices, smoothies and teas

If you're still struggling to find a way to hydrate that best suits you, there are endless ways to get your fill. Consider making a thirst-quenching drink with the natural sugars of fruits, either in the form of juice or a smoothie. To make a juice blend, we recommend using the Omega J8006HDS, the best juicer we've tested. It can make a large volume of juice at once, it's simple to use and easy to store.

\$422 from Amazon

For making smoothies, you'll want our favorite blender, the Cuisinart Hurricane CBT-1500P1. It makes smoothies quickly, evenly crushes ice and it has intuitive controls. Tea is another option to keep you hydrated. We recommend using the best kettle we've tested, Susteas Stovetop Whistling Tea Kettle. It heats quickly and safely, plus—it's absolutely gorgeous.

\$200 from Amazon

\$41 from Amazon

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