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Drinking water often helps us to live longer – 5th January 2023

Level 0

Water is the source of life. We cannot live without it. Water helps us to live longer. People who drink lots of water are healthier. They get fewer health problems and old-age illnesses, like heart and lung disease. They live longer than people who do not drink a lot. Drinking water makes us look younger.

Researchers looked at 11,000 people over 30 years. The people went to hospital five times or more - three times in their 50s, and twice in their 70s, 80s and 90s. Water may slow down ageing and help us to live a longer, disease-free life. Half of us do not drink enough. An adult needs over 1.5 litres of water every day.

Level 1

Water is the source of all life. No plant, animal or human can live without it. Researchers say water is important for us to live longer. They say people who drink a lot of water every day are healthier. They live longer than people who do not drink a lot of water. People who drink a lot get fewer health problems and old-age illnesses, like heart and lung disease. Adults who do not drink enough water are more likely to die younger, and to get old quicker.

Researchers looked at data from 11,000 hospital patients over 30 years. The patients had visited a hospital at least five times - three times in their 50s, and twice aged between 70 and 90. A researcher said: "Proper [water drinking] may slow down ageing and prolong a disease-free life." People should drink more water, juice, and fruit and vegetables with water in them. Half of people worldwide do not drink enough. An adult needs over 1.5 litres of water every day.

Level 2

We know that water is the source of life. No plant, animal or human can survive without it. A new study says it is important for our health and to live longer. Researchers from the USA say people who drink a lot of water every day are healthier and live longer than those who do not. They said people who stay well hydrated develop fewer serious health problems and old-age illnesses, like heart and lung disease. They added that adults who do not drink enough water are more likely to die younger. These adults are also more likely to get old quicker.

Researchers looked at data from 11,000 hospital patients over a 30-year period. The patients had visited a hospital at least five times - three times when they were in their 50s, and twice when they were aged between 70 and 90. The lead researcher said: "The results suggest that proper hydration may slow down ageing and prolong a disease-free life." She said people should drink more fluids, like water and juice, and fruit and vegetables with lots of water in them. She added that half of people worldwide do not drink enough. The average adult needs at least 1.5 litres of water every day.

Level 3

We all know that water is the source of life on Earth. No plant, insect, animal or human can survive without it. A new study highlights how important it is to our health and to living longer. The study is from the National Institutes of Health in the USA. Researchers found that people who drank a lot of water every day were healthier and lived longer than those who didn't. The research team said people who stay well hydrated developed fewer serious health problems and age-related illnesses, like heart and lung disease. They added that adults who did not drink enough water were more likely to die at a younger age. These adults were also more likely to show signs of ageing.

The researchers looked at health data from 11,255 adults over a 30-year period. They analyzed the information of patients who had visited a hospital at least five times. The first three times were when the patients were in their 50s, and the last two times were when they were aged between 70 and 90. Dr Natalia Dmitrieva, lead researcher of the study, said: "The results suggest that proper hydration may slow down ageing and prolong a disease-free life." She encouraged people to drink more fluids, like water and juice, and fruit and vegetables with a high water content. She added that half of people worldwide do not drink enough. The average adult needs to drink at least 1.5 litres of water every day.