Link: escardio.org

https://www.escardio.org/The-ESC/Press-Office/Press-releases/Drinking-sufficient-water-could-prevent-
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https://www.escardio.org/The-ESC/Press-Office/Press-releases/Drinking-sufficient-water-could-prevent-
Hier ein Artikelbeitrag über diese Studie in deutscher Sprache: https://www.gelbe-liste.de/kardiologie/wasserzufuhr-herzinsuffizienz

As early as May 1, 2002, the American Journal of Epidemiology, Volume 155, Issue 9, Pages 827-833, published a health study titled: "Water, Other Fluids, and Fatal Coronary Heart Disease" with a similar finding. In 8,280 male and 12,017 female participants aged 38 to 100 years, the relationship between fatal coronary heart disease and the intake of water and other fluids besides water was examined. Result: High daily water intake (five or more glasses) had a positive effect on the risk of fatal coronary heart disease compared to low intake (two or fewer glasses) in both men and women. https://academic.oup.com/aje/article/155/9/827/58224

When the fluid content of the blood decreases, for example through heavy sweating, diarrhea or insufficient fluid intake, the proportion of solid components in the blood increases and the blood becomes more viscous. In colloquial terms, one also says that the blood is "too thick". Since it no longer flows as quickly through the blood vessels, there is a risk that a blood clot (thrombus) forms, which clogs the vessel. The heart must exert more force to pump the thicker blood through the body. The best way to supply your body is immediately with ideal, cell-available water, with a conductivity far below 120 microsiemens (Prof Dr. Vincent). If you want to know the positive effect on your blood in detail afterward and verify it with your own eyes, you can have it checked with the help of a dark field examination! Should you have reason to worry about thrombosis or blood clots, you can have your blood tested for the D-dimer value and then know exactly whether your concern is justified or if everything is in order.

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It's good.
to be truu.