# Study: Drink Water to Slow Aging and Extend a Disease-Free Life...

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According to a study by the National Institutes of Health, published in the journal eBioMedicine, adults who consume adequate fluid appear to be healthier, develop fewer chronic diseases such as heart and lung disease, and live longer than those who do not consume adequate fluid. The study analyzed serum sodium levels, meaning the sodium concentration in blood serum. It increases when fluid intake decreases. The 30-year data collection from 11,255 adults began in 1987, when participants were in their 40s or 50s; the average age of participants at the final assessment during the study period was 76 years.

View the study results

It's good.
**to be truu.**