Individuals need a minimum of 1 liter of water per 1,000 calories per day.

Importance of water, are you drinking enough?
75% of Americans are chronically dehydrated.
In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as much as 3%.

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

"A FIVE-ounce cup of coffee will contain from 75 to 155 milligrams (.0026 to .0054 ounces) of caffeine, depending on the type of bean, brewing method and amount of coffee used."