



From H to O

Description

World Kidney Day on 13 March is a reminder of an underrated, yet crucial part of our daily routine – drinking water!

Our kidneys are like the superstars of detoxification, filtering out waste and balancing fluids in our bodies. To perform these vital tasks, they need one essential ingredient: water. Drinking enough water helps our kidneys flush out toxins effectively, keeps our blood pressure in check and is involved in every major body function. It's not just a thirst quencher – it's quite literally a lifesaver!



H2O did you know

A fine vintage: Like with wine, there is such a thing as a “water sommelier” – someone who has a deep knowledge and appreciation for different types of water, their taste and mineral content.

Water remembers: There is a theory in homeopathy that water can retain a “memory” of substances that were dissolved in it, even after they are removed.

You can't drink it all: About 97% of Earth's water is saltwater in the oceans. About 3% is fresh water, and two-thirds of that is trapped in glaciers and ice caps. That means only 1% of water can be

accessed for drinking.

Hot water freezes fastest: This counterintuitive phenomenon is known as the Mpemba effect. Under certain conditions, hot water can freeze faster than cold water.

Hot and cold: Known as the triple point, this is a condition where water can exist in three states at the same time – gas, liquid and solid. It occurs at a very specific pressure and 0.01°Celsius.

Water is sticky: Water molecules are attracted to each other, giving it a high surface tension. This stickiness allows insects such as water striders to walk on water without sinking. It's also why water forms droplets.

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do day? much _____

How much water do you drink each day?

- None – don't like the taste.
- I alternate it with other drinks.
- I get my 8 glasses every day!

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