

## Everyone's resolution is to drink more water in 2020

Water is pretty boring, as far as beverages go. It doesn't have a **catchy jingle**, a secret family recipe or even a taste, really. Yet people can't seem to get enough of it. One well-known recommendation suggests drinking eight glasses of water a day; another warns that if you feel thirsty, you're already **dehydrated**.

catchy 引人注目的

jingle 广告词

dehydrated 脱水的; 干燥的

But anxiety about water consumption could also stem from a different, more philosophical source: Hydration is now marketed as a cure for nearly all of life's woes.

Hydration is the mark of a well-adjusted, successful person. On Jan. 1, Twitter flooded with resolutions to drink more water, including from Twitter's brand account. But will more conscious hydration really make for a more productive 2020?

"There's no evidence that a little bit of dehydration really impacts anybody's performance," said Dr. Mitchell Rosner, a kidney specialist at the University of Virginia who studies overhydration in athletes, in a phone interview.

For those of us who spend all day at a desk, Rosner said, it's best to drink only when we feel thirsty. Overhydrating, he said, isn't helping anyone. At best, Rosner said, "You **pee** it out." At worst, it can cause the sodium and electrolyte levels in your body to drop to dangerously low levels. The condition, hyponatremia, can result in hospitalization and death.

pee 尿

If hydration is the goal, it's also worth considering that water may not be the most hydrating beverage out there. A study published in 2015, of 72 male subjects, found that full-fat milk, **skim milk** and orange juice kept people more hydrated than still water did.

skim milk 脱脂牛奶