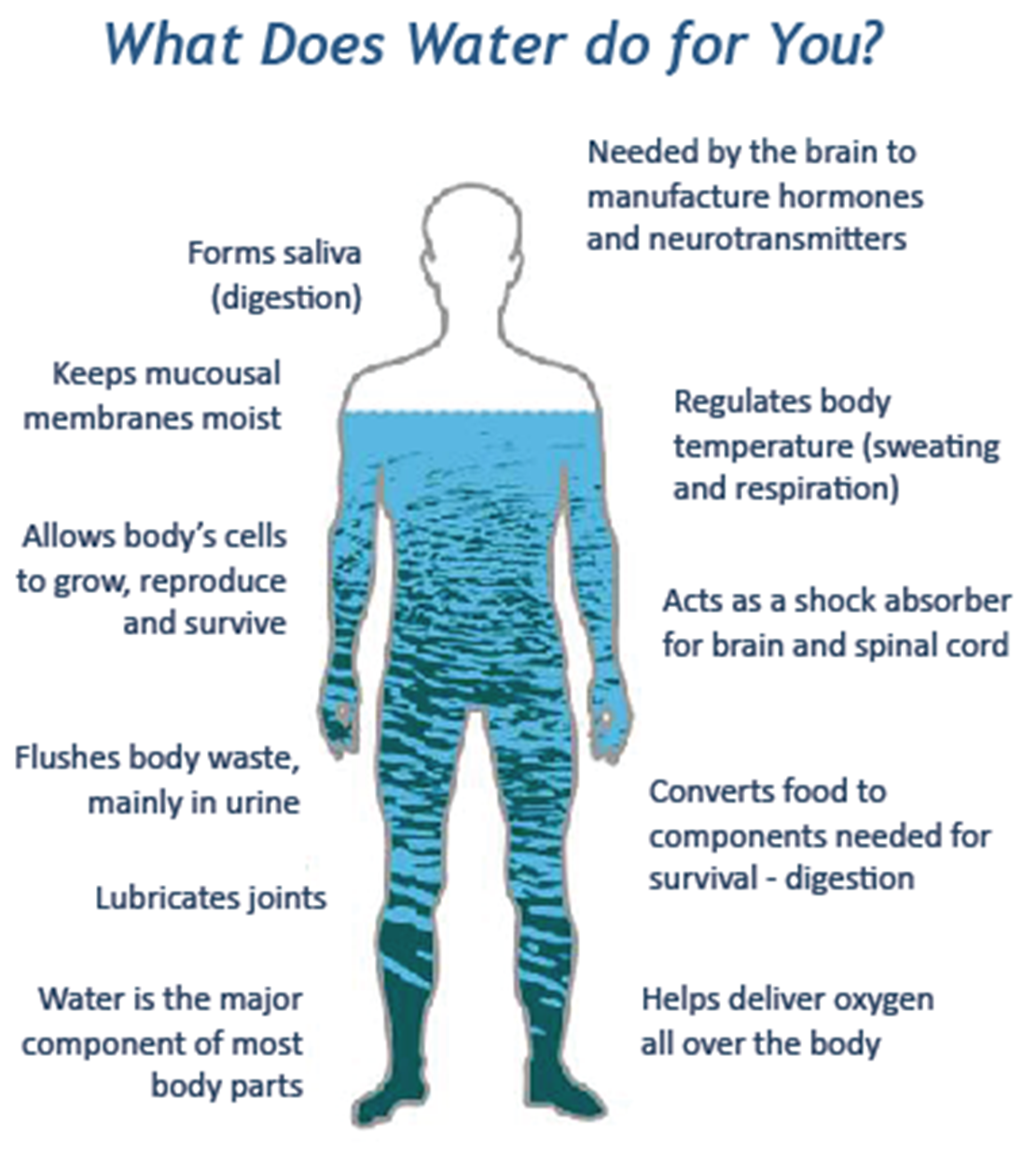
[Go to NHS Choices homepage](http://www.nhs.uk/)

**Water and drinks**

**Your body needs water or other fluids to work properly and to avoid dehydration.**

****Water makes up about two-thirds of the weight of a healthy body