

Forum:[Hack Forums](#)

Thread: [Benefits of drinking hot water](#)

Bob the Builder - September 19, 2020, 8:03 am

There are many benefits, but I mentioning some of them are as follow:

- 1-weight loss
 - 2-good for heart
 - 3-good for the digestive system
- If anyone else knows, please let mention here

Poet - September 19, 2020, 8:14 am

Can you just drink tea instead?

Bear - September 19, 2020, 8:16 am

Just drink green tea and room temp water. Hot water maybe before you go to bed.

Bob the Builder - September 19, 2020, 8:27 am

(Sep 19, 2020 08:14 AM)0xBlack Wrote: [\[CITE\]](#) Can you just drink tea instead?

There is a side effect in drinking tea like poor sleep, nausea, pregnancy complication and heartburn.

(Sep 19, 2020 08:16 AM)Bear Wrote: [\[CITE\]](#) Just drink green tea and room temp water. Hot water maybe before you go to bed.

drinking much green tea cause stomach upset and constipation. By the way, room temperature water is also good

Yanix - September 19, 2020, 8:39 am

(Sep 19, 2020 08:03 AM)farazhussain2015 Wrote: [\[CITE\]](#) There are many benefits, but I mentioning some of them are as follow:

- 1-weight loss
 - 2-good for heart
 - 3-good for the digestive system
- If anyone else knows, please let mention here

Yeah better than cold water but most of us are still drinking cold water, soda and cold beverages for refreshing.

ethellooking - September 19, 2020, 10:15 pm

The main benefit is that you can get rid of harmful toxins in your body by taking a warm bath. It also helps to prevent colds and flu

Bob the Builder - September 20, 2020, 7:17 am

(Sep 19, 2020 10:15 PM)ethellooking Wrote: [\[CITE\]](#) The main benefit is that you can get rid of harmful toxins in your body by taking a warm bath. It also helps to prevent colds and flu

Agree, because hot water kills a lot of germs, that's a good idea

Starks - October 4, 2020, 8:28 am

Hot water improves digestion and is friendly to your heart.

OnePiece - October 4, 2020, 11:51 pm

Hot water in the morning is the best. It should be the only thing you drink in the morning when you wake up an hour or more before you eat. It helps with metabolism, and flushes toxins out of the body.

(Sep 19, 2020 08:14 AM)0xBlack Wrote: [\[CITE\]](#) Can you just drink tea instead?
Drinking tea isn't a problem but drinking too much of it won't be good. It's better to drink water without any mixture especially in the mornings as it kickstarts your day.

Bob the Builder - October 6, 2020, 10:37 pm

(Oct 4, 2020 08:28 AM)Starks Wrote: [\[CITE\]](#) Hot water improves digestion and is friendly to your heart.

Yes, drinking hot water is especially effective for activating the digestive system.

Starks - October 6, 2020, 10:39 pm

(Oct 6, 2020 10:37 PM)farazhussain2015 Wrote: [\[CITE\]](#) Yes, drinking hot water is especially effective for activating the digestive system.

Sure. And the body doesn't have to struggle with warming it up before it absorbs it as is usually the case with cold water.

fernquaker - October 6, 2020, 10:42 pm

In my opinion, drinking hot water melts something in your stomach. It is like a detoxifier. But that is just my theory, I'm not a professional doctor in anyway, you should consult your doctor to know more about the benefits of hot water.

AmineB - October 7, 2020, 7:35 am

Hot water dilates blood vessels in the gut, which helps with digestion. This boost is most notable when hot water is consumed at the beginning of the day. Drinking hot water after a meal emulsifies fats, which also aids digestion.

Bob the Builder - October 7, 2020, 10:06 pm

(Oct 7, 2020 07:35 AM)AmineB Wrote: [\[CITE\]](#) Hot water dilates blood vessels in the gut, which helps with digestion. This boost is most notable when hot water is consumed at the beginning of the day. Drinking hot water after a meal emulsifies fats, which also aids digestion.

Drinking a glass of water when you wake up in the morning it helps to rehydrate the body.

MavenGradle - October 7, 2020, 10:20 pm

What scientific evidence do you have to back up your statements about drinking hot water? Just curious.

Starks - October 7, 2020, 11:03 pm

(Sep 19, 2020 08:14 AM)0xBlack Wrote: [\[CITE\]](#) Can you just drink tea instead?

I don't think so. Tea can never replace water. Water is essential in one's body. Drinking it warm or hot makes it even better.

Bob the Builder - October 8, 2020, 6:49 pm

(Oct 7, 2020 11:03 PM)Starks Wrote: [\[CITE\]](#) I don't think so. Tea can never replace water. Water is essential in one's body. Drinking it warm or hot makes it even better.

Yes, the finding disproves the idea that regular tea drinking can is as good for keeping you hydrated as a litre of water.

jack sparrow - January 11, 2021, 11:25 am

in my knowledge these are the benefit of warm water
1-weight loss

- 2-nasal congestion
- 3-circulation
- 4-dental health
- 5-digestion
- 6-muscle relief
- 7-mood
- 8-toxins
- 9-achalasia
- 10-constipation