Water is the basic necessity for the functioning of all life forms that exist on earth. It is a non-renewable resource. Importance of Water Essay However, despite its vast abundance, water is very much limited. Thus, the lack of sufficient water or consumption of contaminated water can cause serious health problems for humans. Therefore, the amount and quality of water which we consume is essential for our physical health plus fitness. This universal solvent is one of the major resources we have on this planet. In addition, we need to realize the fact that although there is an abundance of water, not all of it is safe to consume.

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