



# **PHF ELITE SCHOOLS**

**EDUCATION SKILLS FOR ALL**

**Making Learning Easier**

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## **Side Effects of Drinking Hot Water**

While there are several benefits of drinking hot water, it also has some potential side effects, which include:

Burns or scalds if the water is too hot

Dehydration if consumed in excess

Discomfort or pain if drinking hot water aggravates existing digestive issues such as acid reflux or gastritis

Increased risk of dental erosion if the water is too hot and consumed frequently

Reduced absorption of certain nutrients if consumed too close to meals