



ARE YOU DRINKING ENOUGH WATER?

DO YOU KNOW THE FOLLOWING FACTS ABOUT WHY WE SHOULD DRINK OUR 6 – 8 GLASSES A DAY?

1 WATER SURPRESSES THE APPETITE NATURALLY AND HELPS THE BODY METABOLIZE STORED FAT.

Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits. The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped on to the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate on full throttle. As a result it metabolizes less fat. More fat remains stored in the body and weight loss slows down.

2 DRINKING ENOUGH WATER IS THE BEST TREATMENT FOR FLUID RETENTION

When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extracellular cells (outside the cells). This shows up as swollen feet, legs and hands. Diuretics offer temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus the condition quickly returns. The best way to overcome the problem of water retention is to give your body what it needs – plenty of water. Only then will stored water be released. If you have a constant problem with water retention excess salt may be to blame. Your body will tolerate sodium only in certain concentration. The more salt you eat, the more water your body retains to dilute it. But getting rid of unneeded salt is easy – just drink more water. As it's forced through the kidney's it takes away excess sodium.

3 WATER HELPS RID THE BODY OF WASTE

During weight loss, the body has a lot more waste to get rid of – all that metabolized fat must be shed. Again adequate water will flush out the waste.

4 WATER CAN HELP RELIEVE CONSTIPATION

When the body gets too little water, it siphons what it needs from internal sources. The colon is one of the primary source. Result – constipation. But when a person drinks enough water, normal bowel functions usually returns.

5 SO FAR WE'VE DISCOVERED THE FOLLOWING ABOUT WATER AND WEIGHT LOSS

- A The body will not function properly without enough water and can't metabolize stored fat efficiently.
- B. Retained water shows up as excess weight.
- C. To get rid of excess water you must drink more water.
- D. Drinking water is essential to weight loss.

HOW MUCH WATER IS ENOUGH?

On average a person should drink eight 8 fl. oz (approx 3 – 4 pints) glasses per day. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry. Water should preferably be cold – it's absorbed into the system more quickly than warm water. Some evidence suggests that drinking cold water can help burn calories!

WHEN THE BODY GETS THE WATER IT NEEDS TO FUNCTION PROPERLY, IT'S FLUIDS ARE PERFECTLY BALANCED. WHEN THIS HAPPENS YOU COULD HAVE REACHED THE "BREAKTHROUGH POINT".

THIS MEANS:

- A. Fluid retention is alleviated as stored water is lost.
- B. More fat is used as fuel because the liver is free to metabolize stored fat.
- C. Natural thirst returns.
- D. There is a loss of hunger almost overnight.

BEWARE!

If you stop drinking enough water, your body fluids will be thrown out of balance again and you may experience fluid retention, unexplained weight gain and loss of thirst. To remedy the situation you will have to go back and force another "BREAKTHROUGH"