

Water and Weightloss

HEALTH BENEFITS OF WATER

How 8 Glasses A Day Keeps Fat Away

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Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take for granted, water may be the only true "magic potion" for permanent weight loss.

Water suppresses 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.

Here's why:

The kidneys can't function properly without enough water.

When they don't work to capacity, some of their load is dumped onto 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 at full throttle. As a result, it metabolizes less fat more fat remains stored in the body and weight loss stops.

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 extra cellular spaces (outside the cell). This shows up as swollen feet, legs and hands.

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. The overweight person needs more water than a thin one. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism, it follows that the over weight person needs more water.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration.

It also helps to prevent the sagging skin that usually follows weight loss -- shrinking cells are buoyed by water which plumps the skin and leaves it clear, healthy and resilient.

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 helps flush out the waste.

Water can help relieve constipation.

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

How much water is enough?

On the average, a person should drink 8-ounce glasses every day. That's about 2 quarts. 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 actually help burn calories.

To utilize water most efficiently during weight loss, follow this schedule:

Morning: 1 quart consumed over a 30-minute period.

Noon: 1 quart consumed over a 30-minute period.

Evening: 1 quart consumed between five and six o'clock.

When the body gets the water it needs to function optimally, it's fluids are perfectly balanced. When this happens, you have reached the "breakthrough point."

What does this mean?

- * Endocrine-gland function improves.
- * Fluid retention is alleviated as stored water is lost.
- * More fat is used as fuel because the liver is free to metabolize stored fat.
- * Natural thirst returns.
- * There is a loss of hunger almost over night.

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'll have to go back and force another "breakthrough."