

HOW 8 GLASSES A DAY KEEP FAT AWAY

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 it 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.

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.

So far we’ve discovered some remarkable truths about water and weight loss:

- The body will not function properly without enough water and can’t metabolize stored fat efficiently.
- To get rid of excess water you must drink more water.
- Drinking water is essential to weight loss.

How much water is enough? On the average, a person should drink eight (8) ounce glasses every day. That’s about two quarts. However, the overweight person needs one additional glass for every twenty-five pounds of excess weight. The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry.

When the body gets water it needs to function optimally, its 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 overnight.

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."

So here is a challenge to everyone this week- look at how much water you currently drink. Starting today add one cup daily until you can get up to eight cups. The best way I do this is by carrying around a 2 litre bottle of water so I know that I need to get through that bottle and do not have to worry about counting cups.

This does not include coffee or tea- herbal teas are okay. In fact for every cup of coffee you should add another cup of water! If you have any questions please email me at cathy.morenzie@sympatico.ca

Happy Drinking!!!!!!

Some points taken from an article by Donald S. Robertson, M.D., M.Sc.