



## Why 8 Glasses a Day?

**Incredible as it may seem, water is quite possibly the most important catalyst in *losing weight and keeping it off*. Although most of us take it for granted, water may be the only "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 intake of water 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, and 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 for survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs and hands.

Diuretics offer a 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 constant problems with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system retains to dilute it.

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

Water helps to maintain proper muscle tone by giving the muscles the natural ability to contract, and by preventing dehydration. It also helps to prevent the sagging of 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 of 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. Results? Constipation. But, when a person drinks enough water, normal bowel function usually returns.

So far, we've discussed some remarkable truths about water.

- THE BODY WILL NOT FUNCTION PROPERLY WITHOUT ENOUGH WATER AND CANNOT PROPERLY METABOLIZE STORED FAT EFFICIENTLY.
- RETAINED WATER SHOWS UP AS EXCESS WEIGHT.
- TO GET RID OF EXCESS WATER, YOU MUST DRINK MORE WATER.
- DRINKING WATER IS ESSENTIAL TO WEIGHT LOSS.

How much water is enough? On average, a person should drink eight 8-ounce glasses each day. That's about two quarts. However, the overweight person needs one additional glass of water for every 25 pounds of excess weight. The amount you drink should be increased if you exercise briskly or if the weather is hot and dry.

Water should be preferable cold - its absorbed into the system more quickly than warm water. And some evidence suggests that drinking cold water can help burn calories.

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

### **EVERY 1/2 HOUR:**

Drink 4 ounces of pure water... OR

### **EVERY HOUR:**

Drink 8 ounces of pure water

### **UNTIL YOU HAVE DRUNK THREE QUARTS OF PURE WATER.**

When the body gets the water it needs to function, 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.
- NATURAL THIRST RETURN.
- 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, unexpected weight gain and loss of thirst. To remedy the situation, you'll have to go back and force another breakthrough.