

8 Glasses Of Water A Day Helps 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 an increase in water intake can actually reduce fat deposits.

Here's why... The kidneys cannot 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 cannot operate at full throttle. As a result, it metabolizes less fat. Since more fat remains stored in the body, 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 every drop. Water is stored in extra cellulite spaces (outside the cells). This shows up as swollen feet, legs, and hands.

An overweight person needs more water than a thin person does. Larger people have larger metabolic loads. Since water is the key to fat metabolism, it follows that the overweight person needs more water.

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. The result? Constipation. When a person drinks enough water, normal bowel function usually returns.

Here are some remarkable truths about water:

*The body will not function properly without enough water, nor can it metabolize stored fat efficiently.

- *Retained water shows up as excess weight.
- *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 2 quarts. However, the overweight person needs an additional glass for every 25 pounds of excess weight. The amount of water you drink should also be increased if you exercise briskly or if the weather is hot and dry.

Drinking water should preferably be cool - it is absorbed into the system more quickly than warm or cold water. Some evidence suggests that drinking cool water can actually help burn calories.