



What happens if I do not drink enough?

The thirst mechanism is so weak in most people that they mistake thirst for hunger. Even mild dehydration can slow down metabolism by as much as 3%. The number one trigger of day time fatigue is lack of water. A 2% drop in body water can trigger fuzzy short term memory and difficulties with concentration. One glass of water shut down midnight hunger pangs in almost 100% of dieters in a Washington study.

Fluid retention

Drinking enough water is the best treatment for fluid retention. When the body gets less water it perceives it as a threat to survival and begins to hold on to every drop. Water is stored in extra cellular spaces, (outside the cells) and shows up as swollen feet, hands and legs.

Medicine called diuretics offer a temporary solution to water retention, they force out stored water along with some essential nutrients. The body again perceives a threat and will replace any of the lost water as quickly as possible. It can be a vicious circle.

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. The body is only able to tolerate sodium in certain concentration. The more salt you eat the more water your body retains to dilute it. Getting rid of unneeded salt is easy, just drink more water; as the water goes through the kidneys it takes away the excess sodium.

Water and weight loss

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

Water suppresses the appetite naturally and helps the body metabolise stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can reduce fat deposits.

This is because the kidneys can't function properly without enough water. When they don't work properly some of their load is dumped onto the liver.

One of the livers main functions is to metabolise stored fat into usable energy for the body. If the liver has to do some of the kidneys work, it cannot work to its full potential. As a result it metabolises less fat. More fat will then remain in the body

How much water should I drink?

The amount of water your body needs will depend on your weight. The overweight person needs more water than the thin person. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism it follows that an overweight person needs to drink more. On average a person should drink eight 8 ounce glasses of water a day. That is about 4 pints or 2 litres. The over weight person needs one additional glass for every 25 pounds of excess weight they are carrying. The amount that you drink should be increased if you exercise briskly or if the weather is hot and dry. Water should be cold as it is absorbed into the system more quickly than warm water.

The benefits of water

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

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preventing dehydration.

It also helps to prevent sagging skin that often is associated with weight loss.

Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

Water helps the body to get rid of waste. During weight loss the body has a lot more waste to get rid of, all of the metabolised fat needs to be shed. Again adequate water helps flush out the waste.

Water can help to relieve constipation. When the body gets too little water it siphons what it needs from internal sources. The bowel is the primary source and this results in constipation. When a person drinks enough water normal bowel function should return.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can reduce the risk of breast and bladder cancer.

When the body gets the water that it needs to function optimally, its fluids are perfectly balanced. This means that:

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 metabolise stored fat.