

7050 - Importance of Drinking Water Everyday



The body is made up of about 70% water. Water plays a vital role in nearly every bodily process. Water is essential for proper digestion and circulation, numerous chemical reactions, nutrient absorption, waste elimination and flexibility of blood vessels. It also regulates body temperature and benefits the skin by acting as an internal moisturizer. As if that's not enough, water is also an important catalyst in losing weight!

Water Consumption and 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 the kidneys 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.
- If the liver has to do some of the kidney's work, it can't operate efficiently.
- As a result, it metabolizes less fat, so more fat remains stored in the body, and weight loss stops.



How much water do you need?

Depending on gender, body size and activity level, the average is about eight glasses per day. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink should also be increased if you exercise or if the weather is hot and dry.

What happens when you don't get enough water?

When the body is not getting the amount of water it needs, it perceives this as a threat to survival and begins to hold on to every drop. Water is then stored in extra cellular spaces (outside the cells) and shows up as swollen feet, legs, hands, with the feeling of being 'bloated'. **The best way to overcome the problem of water retention is to give the body what it needs - PLENTY OF WATER. Only then will the stored water be released.** If you have a constant problem 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. But getting rid of un-needed salt is easy - just drink more water. As it's forced through the kidneys, it takes away excess sodium.

Tips for increasing your water intake!

- ✓ Have a big glass of water at every transitional point of the day: when you first get up, just before leaving the house, when you sit down to work, etc.
- ✓ When you have juice (apple, grape, or orange) fill half the glass with water.
- ✓ When you have a junk-food craving, down a glass of water immediately. You feel full quickly and avoid the calories, and it lets time pass until the craving fades.
- ✓ Substitute a cup of hot water with a drop of honey for tea or coffee.
- ✓ Freeze little bits of peeled lemons, limes, and oranges and use them in place of ice cubes - it's refreshing and helps get in a serving or two of fruit.
- ✓ After each trip to the restroom, drink an eight-ounce glass to replenish your system.
- ✓ Don't allow yourself a diet pop until you've had two to four glasses of water. You will find that you won't want the pop anymore or that just half a can is enough.
- ✓ Drink two full glasses at each meal - one before and one after. Also, drink one glass before each snack so you don't eat as much.
- ✓ Carry a small refillable water bottle at all times and drink during downtime.

