

water

How 8 glasses a day helps keep the fat away.

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Water suppresses the appetite 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 actually reduce fat deposits.

Here's why. The kidneys cannot function properly without enough water. When they do not work to capacity some of the load is dumped onto the liver. One of the liver's primary functions is to metabolise stored fat into useable energy for the body. If the liver has to do some of the kidney's work, it cannot work at full throttle.

As a result it metabolises less fat: more fat remains stored in the body and weight loss stops.



Water helps rid the body of wastes

During weight loss, the body has a lot more waste to get rid of; all the metabolised 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 is needed from internal sources. The colon is one primary source. The result is constipation, but when a person drinks enough water, normal bowel functions returns. On average, we should drink eight glasses of water every day. However, an overweight person needs one additional glass for every 10 kilos of excess weight. The amount that you drink should be increased if you exercise or if the weather is hot and dry.