

The Importance of Water

If there really is a secret magic potion for helping with weight loss, it's WATER! Water may be the single most important thing you can do to help you lose weight for a variety of reasons:



- Suppresses the appetite
- Helps metabolize stored fat
- Relieves fluid retention - The best way to overcome the problem of water retention is to give your body what it wants and needs - plenty of water. Only then will stored water be released.
- Helps flush the body of waste
- Helps all the organs functions properly
- Helps maintain muscle tone by improving contraction and preventing dehydration
- Prevents sagging skin that accompanies weight loss

Overweight and larger people need more water than thinner and smaller people. Larger people have larger metabolic loads than smaller people. There is more distance to fluids to circulate, and their organs are larger thus requiring more fluids. Water is very important for fat metabolism, so it only makes sense that overweight and larger people need more water.

You total water intake from food per day, on average, is roughly 4 cups, so this is clearly not enough since the minimum requirement for water daily is 8 to 10 cups (overweight people should add about 1-2 cups for every 25 pounds of extra weight)!