



## Why Drinking Water Really is the Key to Weight Loss

**Please don't roll your eyes!** The brew for losing that excess body fat is all around you. It covers two thirds of our planet. If you eat right and exercise at the intensity, frequency and duration proper for you, but still can't get rid of a little paunch here and there, you're probably just not drinking enough water.

There are many forms of metabolism going on in your body right now, but the one everyone is talking about is the metabolism of fat. This is actually something that the liver does when it converts stored fat to energy. The liver has other functions, but this is one of its main jobs.

Unfortunately, another of the liver's duties is to pick up the slack for the kidneys, which need plenty of water to work properly. If the kidneys are water-deprived, the liver has to do their work along with its own, lowering its total productivity. It then can't metabolize fat as quickly or efficiently as it could when the kidneys were pulling their own weight. If you allow this to happen, not only are you being unfair to your liver, but you're also setting yourself up to store fat.

**"Eight glasses a day? Are you kidding me?!"** It's really not that much. Eight 8-ounce glasses amount to about two quarts of water. This is okay for the average person, but if you're overweight, you should drink another eight ounces for every 25 pounds of excess weight you carry. You should also up this if you live in a hot climate or exercise very intensely.

This water consumption should be spread out throughout the day. It's not healthy at all to drink too much water at one time. Try to pick three or four times a day when you can have a big glass of water, and then sip in between. Don't let yourself get thirsty. If you feel thirsty, you're already becoming dehydrated. Drink when you're not thirsty yet.

Do you think water is yucky? Drinking other fluids will certainly help hydrate your body, but the extra calories, sugar, additives and whatever else aren't what you need. Try a slice of lemon or lime in the glass, or if you really think you hate water, try a flavored water. Just make sure you read the labels. Remember that you're going to be consuming a lot of this fluid.

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