

## Drinking Water...For Weight Loss



For many of us we eat right, exercise right but still can't get rid of that last bit of body fat. Did you know that it's possible that it's due to not drinking enough water?

Most of us don't drink enough water on a daily basis, so don't feel like you are the only one. What you need to know is why drinking more water will help you lose weight faster and for life.

To see what we are doing to our bodies by not drinking enough water, we need to bypass the dry skin, cracked lips, dull skin and hair and go inside down to our liver and kidneys.

Our liver is designed to convert stored fat into energy (also known as metabolism) and while the liver has many other functions, this would be one of its main jobs.

So if we are not drinking enough water our kidneys are unable to work 100% as they require water to flush them out. This means that our liver needs to pick up the slack and function for the kidneys to flush all the toxins out, which means it has less time to work on converting stored fat into energy.

Our body requires roughly about 2L per day to flush out the toxins and for most of us, when we increase our water intake, we tend to need to come and go from the bathroom all day long. However this only lasts for a couple of days, but for most of us the inconvenience of those toilet trips makes us stop at this point, when really what our body is doing at every toilet trip is flushing out all the toxins that we have been storing in our bodies from antibiotics, sugars, fats, caffeine etc. Your body is designed to get rid of any excess toxins that it doesn't need to store. This can also help to get rid of excess water or 'water retention' in ankles, hips, tummy and thighs.

Water is our natural detox and when it has got rid of all the stored toxins our body starts to function normally (a new normal for most of us).

## **Water and Beauty**

Water and beauty comes hand in hand as drinking plenty of water will flush out impurities in your skin, which will leave a clear and glowing complexion, it will look younger and water helps improve muscle tone so to get rid of sad saggy skin, just keep drinking water!

I know when I haven't drunk enough water myself because I start having breakouts on my face and body and it is only when my body has completely detoxed (normally takes 2-3 days of 2L water or more) that my skin starts to look healthy again.

### **I have to drink how much?**

It is suggested that we drink about 2L per day for the average adult, however if you are overweight you will need to add an extra 240ml for every 11.4kg of excess weight. This number is taken from the weight you should be for your height (weight Vs height).

You should also increase your water intake if you live in a hot climate or do intensive exercise.

The problem with needing 2L of water every day is that we panic towards the end of the day that we haven't drunk enough and so we try to fit the 2L within the space of a few short hours...this can lead to bloating and a sloshy tummy.

We should be regularly sipping at water throughout the day, making sure that at break times breakfast/morning tea/lunch/afternoon tea/dinner we drink at least 1 full glass of water (about 250ml).

DON'T GO THIRSTY – it's too late by this stage; if you feel thirsty you are already dehydrated!

### **But I don't like the taste of water**

While water is not always the tastiest, you can try a couple of different options:

- Lemon or lime slices in a water jug with ice (some people find it easier to drink ice cold water than room temperature)
- Flavoured water – check your labels to make sure you are not ingesting sugars or other ingredients that are toxic to our bodies

It is recommended that you stop drinking water about three hours before going to bed...or you will suffer the wake up calls!

When you drink all the water that your body needs, you will start to notice that you will have a decrease in your appetite, which will obviously lead to some form of weight loss.

So next time you look at your empty glass, fill it up and keep sipping and reap the results.

Yours' in women's health and fitness,

Katrina

P.S. In the writing of this article, I have managed to drink 1L of water (over about 2 hours)...guess where I need to head?