

# Water: Essential for Melting Away the Fat

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Water is essential for life, our bodies depend on it, 55 to 75% of the average adults body is comprised of water. If you do not drink enough to maintain your body's fluid balance, you will impair every aspect of it physiological function including digestion, blood circulation, regulating body temperature, cushioning joints and protecting tissues and organs. It is undeniable that water is integral for the body to function properly but it is also a necessary component to a healthy and successful weight loss program.

Water is a key factor in weight loss and has a direct effect on your bodies metabolism. One of the liver's main jobs is to metabolize the stored fat in our bodies to be burned for energy. However the liver also assists the kidney's when they are not able to carry out their duties in cases such as dehydration. When this occurs the liver steps in to assist and is therefore not available to breakdown fat as efficiently.

Another aspect of water's role in weight loss is actually twofold. Water contains no calories so you can drink it to suppress your hunger at zero cost. Drinking adequate amounts of water throughout the day helps to keep you feeling full and are therefore less likely to overeat. The other component is that generally people can not distinguish between the brain asking for food or simple asking for water. If you think you are feeling hungry have a couple glasses of water and wait ten to fifteen minutes and then reevaluate.

When consuming liquids it is important to remember that they are not all created equal. Caffeinated beverages and alcohol both have a stimulating effect on the adrenal glands and therefore act as diuretics, causing a loss of water in your body. Juices and flavored drinks tend to contain large amounts of sugar thus calories. There are many alternatives on the market today you just need to take care and look at the ingredients before you make a decision. Simply adding a wedge of citrus fruit is an easy alternative. As you continue to incorporate water into your daily diet you will find that you will begin to crave it.

The general rule of thumb is to try for approximately eight glasses of water per day, however it should be noted that it is not always the same for different individuals. For instance if you have take into account such things as your daily activities or exercise habits as well as the temperature. If you are playing out side on a hot day with your kids you will require a much higher level of water consumption to maintain a balance in your body. It is also recommended that for every 25lbs you are overweight you should add one glass to the recommended daily amount.

When you start out incorporating water into your diet you may find you are going to the bathroom every five minutes, this will level out after a few days. If it does not then you may have to adjust your intake accordingly. A easy to check indicator to see if you are getting enough liquid in your diet is to simply check the color of your urine, if it is yellow you are not getting enough, it should be almost colorless. These are all just guide lines, use your judgment and do not get frustrated with the process of adding water into your daily life style, the benefits are endless.

Christine Erickson writes articles relating to women's health and their endless struggle with weight loss. To learn more visit her at: <http://exerciseforwomen-christine.blogspot.com> or <http://squidoo.com/women-exercise>

Tips For Your Body's Health

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