

Importance of water for weight loss

Most people do not drink enough water; one reason for this is because they have gotten out of the habit. If you are trying to lose weight, drinking plenty of water is very important. Some people abstain from the consumption of sufficient water because they are afraid they will have to run to the bathroom too often. In other words, they are trying to live a life of convenience at the expense of health-a dangerous attitude to take.

We have all heard people say they do not like water and do not drink water, instead they drink all sorts of beverages, such as coffee, tea, cocoa, soft drinks, and alcohol. However, there is **no substitute** for drinking water. Water purification methods remove bad contaminants.

PEOPLE ARE TRYING TO LIVE A LIFE OF CONVENIENCE AT THE EXPENSE OF HEALTH -A DANGEROUS ATTITUDE TO TAKE.

Water - The Ultimate Solution?

DISCOVER why water is the most important vital element on the planet. Why it can be the cure for many of your body's chronic health ailments. Get the **FACTS** about what type of water is suitable for you.

WATER CONTENT OF VARIOUS BODY PARTS

Bile	86.0%
Blood Plasma	90.0%
Blood Serum	90.7%
Bones	13.0%
Brain	80.5%
Cartilage	55.0%
Gastric Juice	99.5%
Liver	71.5%
Lungs	80.0%
Lymph	94.0%
Muscular Tissue	75.0%
Red Blood Corpuscles	68.7%
Saliva	95.5%
Spleen	75.5%

Teeth 10.0%

SYMPTOMS RELATED TO WATER DEFICIENCY

Allergies	Headaches/Neck Pain
Asthma	Diabetes
Urinary Problems	Colitis
High Blood Pressure	Chronic Constipation
Chronic Fatigue	High Blood Cholesterol
Dry Skin/Chapped Lips	Depression
Rheumatoid Arthritis	Varicose Veins
Hemorrhoids	Muscle Cramps
Dehydration	Water Retention/Edema

WATER IS NOT ONLY THE MOST ABUNDANT NUTRIENT FOUND IN THE BODY (ACCOUNTING FOR ROUGHLY 60-70% OF BODY WEIGHT), IT IS ALSO BY FAR THE MOST IMPORTANT NUTRIENT.

ESSENTIAL FUNCTIONS OF WATER

Water is essential for proper circulation of nutrients to organs and cells throughout the body.

Water is essential for removing all toxic wastes from metabolism and the breakdown products of harmful substances that get into our bodies one way or another.

Water helps to maintain and regulate body temperature.

Adequate levels of water are important for hydration during exercise and athletic performance.

Water provides a protective cushion around body organs, such as the brain and spinal cord.

Lipase, amylase, and protease are hydrolytic enzymes. Water activates enzymes. Without adequate water, enzymes will not function.

Water loss and lack of replenishment can result in dehydration.

We lose water through perspiration and elimination (in urine and feces), and some vaporizes out of the lungs.

Water serves as a lubricant for moving parts such as the joints.

Water is essential for the peristalsis of the intestines. Insufficient water can cause constipation.

Water plays an indispensable part in the function of our sense organs. Taste and smell result from the stimulation of chemical compounds in a solution.

Water is important for moistening the surface of the lungs for gas diffusion. The kidneys and liver are both master filters for the body, and especially susceptible to dangerous infections when too little water is taken into the body.

YOUR BODY AND WATER PURIFICATION

Water is not only the most abundant nutrient found in the body (accounting for roughly two-thirds of body weight, or 60-70%), it is also by far the most important nutrient.

The average adult body contains 45 quarts of water and loses about 2-3 quarts daily through excretion and perspiration.

Rate of water loss depends almost entirely upon level of activity and environmental conditions. It may range from 1 quart per day for a sedentary person in a temperate climate to more than 10 quarts per day in a desert.

More than half the water taken in will be discharged from the kidneys; 17% through the lungs; 4% through the intestines; 25% through the skin.

The air we exhale is saturated with moisture. Our skin, daily gives off from 1-2 pints of water of invisible perspiration, in the form of sweat during strenuous exercise.

During exercise you can lose 2-8 pounds in an hour, which would require a compensatory 4-16 cups of water.

FAST FACTS ABOUT WATER AND WATER PURIFICATION

Tap water may contain harmful contaminants. Hundreds of chemicals have been found in drinking water across the U.S.

Chlorinated drinking water found to increase cancer risk. Chlorine has been cited by a Harvard Medical School study to increase the risk of bowel and bladder cancer 9% and 15% respectively.

Lead alerts have been issued on tap water by the EPA. In 819 water systems, lead levels were above the EPA "Action Level" of 15 parts per billion.

Waterborne illnesses are on the rise. Between 1986 and 1988 the Center for Disease Control recorded 26,000 cases of bacteria-related illness from contaminated drinking water.

WATER AND WEIGHT LOSS

The Key to Fat Burning: Keeping the body in a **hydrated state**. Research shows that increasing the volume of fluid in your body may lead to an increase in fat breakdown. This can be achieved by **drinking enough water throughout the day, so that you never**

approach a dehydrated state. Maintaining the body's water percentage is so important; even if your fluid level drops one percent; dehydration sets in. By the time you feel thirsty, you're already one percent dehydrated. Drinking water keeps your tissues hydrated.

WATER - DETOXIFICATION - WEIGHT LOSS

Toxins are stored within fat cells in the body.

As fat cells release this stored energy into the bloodstream, these toxins follow.

The heart, blood and kidneys are a single functional unit that constantly cleanses and purifies itself, removing all the toxic wastes of metabolism.

Water is essential for flushing away the body's chemical waste.

This purification system can operate only if the volume of water flowing through it is sufficient to carry away the chemical waste.

When there is not sufficient water intake, the liver must do some of the kidney's work.

One of the liver's primary functions is to metabolize fat into usable energy for the body.

If the liver is involved in additional detoxifying processes, it will metabolize less fat, meaning more fat will remain stored in the body.

ESSENTIAL FUNCTIONS OF WATER IN WEIGHT LOSS

The more protein we eat, the more water we need. The use of protein by the cells leaves a waste called urea.

When burning fat, some of the fat may be burned incompletely. These partially burned fat by-products are called Ketones (or keytones). The more water you drink, the more urine you make, the more keytones will pass out in the urine, the more fat you lose.

More fiber is needed during weight loss. **Fiber** helps to absorb toxins and waste products from the body.

The intestines cannot function normally without water and when more fiber is added, more water is needed.

Twice as much water is needed to complete digestion in the stomach and in the upper intestine as is contained in the entire bloodstream.

Alkalizing the body with pure water, lemon and fresh green vegetables will also help to break down the acid deposits (body fat) throughout the body.

Purification of the body is an electro-chemical process of the living cells. Acid waste products of metabolism must combine with some alkaline minerals, before they can be taken up by the bloodstream and excreted.

When you **exercise**, the chemical reaction of muscle movement creates acid waste from the fats and sugars that the body uses as fuel. Water and alkaline minerals are needed to flush these wastes from the system.

Avoid fluoridated and chlorinated water; both of these chemical inhibit enzymatic functions in the body.

Research indicated that fluorides decrease the function of the thyroid gland by 30-40%.

The more **glycogen*** you store, the more bloated you become. Every single pound of excess glycogen adds 3 pounds of water.

* **glycogen**: a polysaccharide that is the principal form in which carbohydrates are stored in the body. Stored primarily in the liver and in muscle, glycogen is readily broken down to glucose (simple sugar) when needed in the body.

KEY TO FAT BURNING: KEEPING THE BODY IN A HYDRATED STATE

EXERCISE AND HYDRATION

Exercising in the heat, indoors or outdoors, and exercising for a long period of time should alert you to drink more water than your thirst suggests.

It is common to dehydrate from 2-6% of your body weight during exercise in the heat.

Plan ahead and drink 16-24 oz. of water 15-20 minutes before you exercise or work outdoors.

Drinking from a water bottle as you work out or taking frequent small water breaks is recommended, rather than taking one large water break.

Weigh yourself before and after exercise. Drink 10 oz. of water after exercise for each pound of bodyweight lost.

Avoid drinks that contain caffeine or alcohol; they increase dehydration.

Avoid fruit juices or soft drinks; sugar can aggravate dehydration and cause bloating.

Lastly, your body can't process more than 2 litres of water per hour, no matter how dehydrated you are