

**W**ater is the single most important catalyst in losing weight and keeping it off!

Although most of us take it for granted...

Pure, **clean water** may be the only true Magic Potion for permanent weight loss!

Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a *decrease* in water intake will cause fat deposits to *increase*!

And an increase in water intake can actually reduce fat deposits!

Here's the reason why...

The kidneys cannot function properly without enough water. When they do not work to capacity, some of their load is dumped on the liver. *One of the liver's primary functions is to metabolize stored fat into usable energy for the body.* But if the liver has to do some of the kidney's work, it cannot work at full throttle.

As a result, it metabolizes less fat... more fat remains stored in the body and weight loss stops!

Drinking an adequate amount of water every day is the best treatment for fluid retention. But when your body is given less water than it needs... *it perceives the shortage as a threat to survival and will begin to retain every drop.* Water reserves are stored in extra-cellular spaces (outside the cells). This water can show up as swollen feet, hands and legs.

Diuretics only offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus, the condition quickly returns.

The best way to overcome the problem of water retention is to give your body what it needs — *plenty of water* — only then will stored water be released.

If water retention is a constant problem for you... try cutting down on the salt! The more salt you eat, the more water your system retains to dilute it. As the water is forced through the kidneys, it will remove the excess sodium.

Overweight people need more water than thin people. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism... it follows that the overweight person needs more water to metabolize excess fat.

Water helps to maintain proper muscle tone... which in turn, aids proper muscle contraction and prevents dehydration. It also helps to prevent the sagging skin that

usually follows weight loss. Shrinking cells are buoyed by water which plumps the skin and leaves it clear, healthy and resilient.

Water helps rid the body of waste. During weight loss, the body has more waste to get rid of, and all that metabolized fat must be shed. Drinking water helps flush out this waste!

### **Water can help relieve constipation . . .**

The colon is a primary internal water source. When the body gets too little water, it siphons what it needs from internal sources. Result? Constipation. But when a person drinks enough water... normal bowel function will return.

So far, we have discovered some remarkable truths about water and about weight loss... The body will not function properly without enough water and cannot metabolize stored fat efficiently. On the household weight scales, retained water shows up as excess weight.

**It may seem strange, but to get rid of excess water... *You must drink more water!***

Drinking water is essential to losing weight.

### **How much water is enough?**

If you are a *normal* weight for your height, then on average you should drink (8) eight — 8 oz. glasses of pure water every day. However, if you are *overweight* you should take (1) one additional glass for every 25 lbs. of excess weight you are trying to lose. The amount that you drink should be increased if you exercise, or if the weather is hot and dry.

Preferably, your drinking water should be taken cold...

Cold water is absorbed more quickly into the system than warm water. Some evidence suggests that drinking cold water can actually burn calories. To utilize water most efficiently during weight loss, follow this schedule:

<b>Morning:</b>	1 Quart of pure water over 30 minutes
<b>Noon:</b>	1 Quart of pure water over 30 minutes
<b>Noon:</b>	1 Quart of pure water over 30 minutes
<b>Evening:</b>	1 Quart of pure water between 5-6 P.M.

When the body gets all the water it needs to function optimally, all body system fluids will perfectly balance.

When this happens . . . you reach the "*breakthrough point*".

### **So what does that mean?**

- Endocrine gland function improves...
- Fluid retention is alleviated as stored water is lost...

- More fat can be used as fuel because the liver is free to metabolize stored fat...
- Natural thirst returns...
- There is a loss of hunger almost overnight.

*But don't forget this...*

**If you stop drinking enough water your body fluids  
will again be thrown out of balance . . .**

**So what's the remedy? INCREASE YOUR WATER INTAKE!!**