

Do You Know The Role Water Plays in Weight Loss?

We use water for many things including washing our clothes, dishes and our bodies, watering plants and animals, generating energy used to light our homes and power machines. Perhaps the most important use for water is to keep our bodies hydrated. A hydrated body is better able to lose weight.

If our bodies enter the state of dehydration our own waste products and other toxins that result from the process of metabolism can poison us. Water is vital to humans as they digest food and metabolize food. Water acts as a medium for enzymatic and chemical reactions that take place in our bodies. Water is an essential part of our blood and is instrumental in the process of carrying nutrients and oxygen through the bloodstream to the cells of our body. Water also helps our bodies to regulate temperature and also to lubricate our joints. Did you know that we also need water in our body in order to breathe?

Individuals who do not drink enough water every day either because they do not know the importance of water or they don't like to drink water may encounter health problems such as increased body fat, decreased digestive ability, decreased organ function, an increase in the toxicity level contained within the body and also poor muscle tone and also decreased size of muscles. All of these results of not drinking enough water can lead to health diseases stemming from the above listed problems.

Individuals who wish to lose weight should know that they would achieve their weight loss goals easier and faster if they keep the above information about water in mind. Having adequate water intake is a vital key to achieving or maintaining proper weight.

Did you know that drinking the proper amount of water each day can prevent joint and muscle soreness? This is why it is important for athletes to drink water before, during and after exercising.

A good rule of thumb regarding how much water is a proper amount to drink each day is for a normal person to adhere to drinking a total of ten 8 oz. glasses of water a day. If you are increasing your physical activity or you are living in a very warm climate you should drink more water than the normal person. It is also important to not drink that amount of water all at once; it should be spread out throughout your day.

One common complaint or reason that individuals give for not drinking adequate amounts of water is that they are afraid that if they increase their water intake to what they should normally be drinking that they will have to go to the bathroom more frequently. While it may be true that you will in the beginning have to go to the bathroom more often do to the increased sensitivity of your bladder to your new amount of water intake; your body will adjust over the period of a few weeks to the point that you won't

have to go any more frequently than what is normal because your bladder will calm down.

When it is said that you need to drink water everyday, it is water and not other beverages that this applies to. Beverages that contain water may also contain other substances that can have an adverse affect on the benefits that water normally provide. Adverse affects can be caused by caffeine and sugar. Going back to one of the main reasons that a lot of people don't drink enough water each day and that being the fact that they don't like the taste (or lack of taste) of water; this discourages them from drinking water and may encourage them to drink the drinks that contain caffeine or sugar so instead of helping their body, they are taking in substances that can harm their body. The more you drink alternative beverages the more you dislike the plain taste of water which causes you to drink even less water causing a vicious and increasing cycle of not drinking enough water.

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