

The Water Connection To Weight Loss

Are you trying to lose weight and struggling with your ability to take off the pounds and keep them off? Do you make healthy eating choices, exercise and still not achieve the weight loss goal you are aiming for? The problem might be water!

Water is an essential element for sustaining life. We all need to drink enough water in order for our bodies to function properly. Did you know that most of us live our day-to-day lives in a constant state of dehydration? When you do not drink enough water, your body can become dehydrated. Dehydration can have a negative impact on many things within your body including your ability to lose weight.

Water is vital to the digestion process and to the metabolism rate that our bodies have and that contributes to weight loss. If we don't drink enough water and are dehydrated most of the time, we are poisoning our bodies with the toxins from our waste products that are a result of metabolism. Water acts as a "medium" for many of the enzymatic and chemical reactions that take place every day in our bodies. Water also helps to regulate body temperature and to lubricate our joints. Water helps us to breathe. Did you know that you lose one pint of liquid every day just from exhaling?

Individuals who are in a dehydrated state have a decreased physiological functioning (body parts can't do what they should do properly).

Individuals who are trying to lose weight require water because they are not only in need of water for the basic bodily functions but to keep their metabolism rate up. A decrease in metabolism equates to an increase in body fat. An increase in metabolism when you are maintaining your food intake or lowering it slightly will decrease body fat, which will result in weight loss.

Individuals who do not drink enough water each day run the risk of having problems with excess body fat, having poor muscle tone and muscle size which contributes to lower metabolism rates, have a decreased digestive efficiency, and organ function and also have an increased toxicity in the body. All of these negative impacts of dehydration can lead to weight gain.

Staying hydrated by maintaining a proper water intake everyday is the key to weight loss. When a dieter does not take in enough water during the day, the body won't be able to metabolize the fat they have consumed; they retain fluid, which in turn keeps the pounds on them instead of losing pounds.

A healthy person of proper weight should drink 8 - 8 oz. glasses of water (not other liquids but water) each day. A person who is physically active like an athlete or a person desiring to lose weight should drink 10 - 8 oz. glasses of water each day according to physicians. Individuals who are also in a hot climate should also increase their daily consumption of water.

Individuals who are overweight should drink an extra eight ounces of water each day for every 25 pounds of body weight that exceeds their ideal weight for their height. A doctor can advise you on what your ideal weight should be. If you have any chronic health issues, you should also consult with a doctor regarding how much water is appropriate for you each day to drink.

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