

DRINK MORE WATER!!!!

Water and weight loss:

Although most of us take it for granted, water may be the only true "magic potion" for permanent weight loss. Water may be the key to taking weight off and keeping it off.

"Proper water intake is the key to weight loss," says Dr. Donald Robertson, director of the Southwest Bariatric Nutrition Center in Scottsdale, Ariz. "If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat, they retain fluid, which keeps weight up, and the whole procedure that we're trying to set up falls apart."

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, while an increase in water intake can actually reduce fat deposits.

Here's why: As we said, the kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto 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 can't do its own job as effectively. As a result, it metabolizes less fat; so more fat remains stored in the body and weight loss stops.

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in spaces outside the cells. This shows up as swollen feet, legs and hands. So, paradoxical as it may seem, the way to eliminate fluid retention is to drink more water, not less.

Some people choose to use diuretics. However, these 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.

How much water should you drink?

Of course, people trying to lose weight are not the only ones who need to drink a lot of water. We all do. Count the glasses if you must to ensure that you get the proper amount.

"I'd say the minimum amount a healthy person should drink is 10 eight-ounce glasses a day," says Dr. Flaks, bariatric physician in Beverly Hills, Calif. (Bariatrics is the branch of medicine dealing with obesity.). "And you need to drink more if you're overweight, exercise a lot or live in a hot climate. Overweight people should drink an extra glass for every 25 pounds they exceed their ideal weight."

A formula developed by East German physicians is:
o a daily water intake of ½ ounce per pound of body weight if you're a non-active person (that's 10 eight-ounce glasses a day if your weight is 160 pounds),