

# Health Benefits of Water

Water is possibly the most important ingredient to keep the fat away. Water does suppress the appetite naturally and helps the body metabolize stored fat.

Why??? 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 operate at full throttle. As a result, it metabolizes less fat more fat remains stored in the body and weight loss stops.



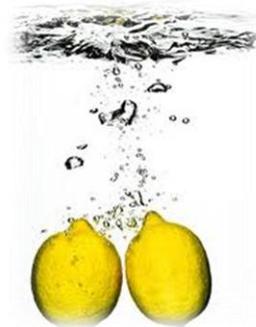
So if you drink enough water during the day your body will function properly. Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cell). This shows up as swollen feet, legs and hands. Plenty of water is the solution! Only then will stored water be released.

If you have a constant problem with water retention, excess salt may be to blame. But getting rid of unneeded salt is easy -- just drink more water. As it's forced through the kidneys it takes away excess sodium.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing 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 a lot more waste to get rid of -- all that metabolized fat must be shed. Water helps flush out the waste.

How much water is enough? On the average, a person should drink eight 8-ounce glasses every day. That's about 2 quarts. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry.



Water should preferably be cold. It's absorbed into the system more quickly than warm water. And some evidence suggests that drinking cold water can actually help burn calories. To utilize water most efficiently during weight loss, follow this schedule:

- Morning: 1 quart consumed over a 30-minute period.**
- Noon: 1 quart consumed over a 30-minute period.**
- Evening: 1 quart consumed between five and six o'clock.**



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Here are some other areas Water helps with:

**Lose weight:** Drinking water helps you lose weight because it flushes down the by-products of fat breakdown. Drinking water reduces hunger; it's an effective appetite suppressant so you'll eat less. Plus, water has zero calories.

**Natural Remedy for Headache:** Helps to relieve headache and back pains due to dehydration. Although many reasons contribute to headache, dehydration is the common one.

**Look Younger with Healthier Skin:** You'll look younger when your skin is properly hydrated. Water helps to replenish skin tissues, moisturizes skin and increases skin elasticity.

**Better Productivity at Work:** The brain is mostly made up of water. So drinking water helps you think better, be more alert and more concentrated.

**Better Exercise:** Drinking water regulates your body temperature. That means you'll feel more energetic when doing exercises. Water also helps to fuel your muscle.

**Helps in Digestion and Constipation:** Drinking water raises your metabolism because it helps indigestion. Fiber and water goes hand in hand so that you can have your daily bowel movement.

**Less Likely to Get Sick and Feel Healthy:** Drinking plenty of water helps fight against flu and other ailments like kidney stones and heart attack. Water with lemon is used for ailments like respiratory disease, intestinal problems, rheumatism and arthritis etc. In another words one of the benefits of drinking water is that it can improve your immune system

**Relieves Fatigue:** Water is used by the body to help flush out toxins and waste products from the body. If your body lacks water, your heart, for instance, needs to work harder to pump out the oxygenated blood to all cells, so are the rest of the vital organs, your organs will be exhausted and so will you.

**Good Mood:** Your body feels very good and that's why you feel happy.



Water does the body Good!



<http://www.mangosteen-natural-remedies.com/benefits-of-drinking-water.html>

<http://www.highvibrations.org/archive3/water.htm>



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