

How 8 Glasses Of Water A Day Keep Fat Away

Loose Weight Naturally at No Cost !!!

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The Snowbird Diet" by Donald S. Roberston, M.D., M. Sc.

Water suppresses the appetite naturally and helps the body metabolize fat.

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Here's 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.

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 onto every drop. Water is stored in the extracellular spaces (outside the cell walls). This shows up as swollen feet, legs and hands.

Diuretics 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.

The overweight person needs more water than the thin one.

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.

Water helps maintain proper muscle tone.

It does this 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 wastes.

During weight loss, the body has a lot more waste to get rid of--all that metabolized fat must be shed. Again, adequate water helps flush out waste.

Water can help relieve constipation.

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

So how much water is enough?

On the average a person should drink eight 8-ounce glasses every day. That's about two quarts. However, the overweight person needs on additional glass for every 25 pounds overweight. The amount you drink should also be increased if you exercise briskly or if the weather is hot and dry.

Why Alkaline Ionized Water is more effective than other types of Drinking Water

- 1. Ionization raises the pH of tap water from around 7 (neutral) to 9.5 alkaline). Ionized alkaline water acts as a solvent on acidic waste (such as fats, uric acid, cholesterol) stored in the body and dissolves it to be removed by the blood.**
- 2. Ionization cuts the size of the water molecular cluster in half. This smaller cluster can penetrate the cellular membranes of the body easier, thus speeding new tissue building and waste removal. The smaller clusters also means that alkaline ionized water is more hydrating and help reduce wrinkles and keep the skin supple and smooth.**
- 3. Ionization splits the water molecule into H⁺ and OH⁻ ions. By drinking the water with the alkaline, oxygen rich OH⁻ ions more oxygen is made available to enrich the blood which can increase one's level of energy and promote quicker healing.**
- 4. The ionized OH⁻ molecules have extra electrons that neutralize destructive free radicals circulating throughout the body and thus allow the natural healing processes of the body to predominate, slow down the ageing process and promote health.**
- 5. Ionization results in abundant alkaline minerals such as calcium and its ionized form contribute to the "burn off" of fats and carbohydrates thus helping to reduce weight and eliminate obesity.**