



Water For Weight Loss: Can Drinking More Help You Lose More?

Water is quantitatively the most important nutrient when it comes to preventing chronic diseases.

There is even evidence that *mild* dehydration may account for some deaths.

With about 60% of our human body made up of water, it is undoubtedly essential to survival. Your cells, body temperature, joint lubrication, and internal transport system depend on it.

But many people fail to drink enough of it. Especially those who are trying to lose weight.

Here are three points to consider if you are trying to lose weight:

1. Water and satiety

The first randomised controlled trial to show increasing water consumption is an effective way to lose weight was reported at the National Meeting of the American Chemical Society.

That study found participants who drank two cups of water before each meal lost *more* weight than those who didn't.

In fact, the pre-meal water drinkers lost an average of 5 pounds (ca. 2.3 kilos) *more* weight over a 12-week period than those who followed the same diet but did not drink the water!



Water For Weight Loss: Can Drinking More Help You Lose More?

Known as water pre-loading, drinking before a meal appears to play a role in satiety. According to the researchers, two glasses of water before a meal can do two things for you:

1. Make you less hungry
2. Result in fewer calories eaten

If this strategy affects satiety during the meal, consider incorporating those two glasses of water before eating and closely monitor the effects.

2. Water and metabolism

Even if you are mildly dehydrated, your metabolism may slow down.

Being dehydrated reduces blood volume, which can also reduce the supply of oxygen to your muscles.

As you can imagine, this can make you feel tired, both physically and mentally. No good energy comes out of being tired, especially when your goal is to stay active whilst you lose weight.

On the other hand, drinking water can boost your body's ability to burn fat.

A study published in the *Journal of Clinical Endocrinology and Metabolism* found that drinking 500 ml of water increases metabolic rate by 30 percent in healthy men and women. That's not only a boost to your system, but it is an encouraging lift to drink more to burn more.



Water For Weight Loss: Can Drinking More Help You Lose More?

Warning: before radically increasing your intake of water for weight loss, be aware of the lethal dangers of water poisoning.

3. Water and toxins

Water plays a key role in detoxification and elimination. It is the element in which many of the toxins are eliminated from the body.

Drinking plenty of water flushes your system and helps excrete waste products.

Water is not only the medium for most chemical reactions in your body, but also the vital link in flushing out the normal wastes, or by-products, of your metabolism.

Ironically, a well-hydrated body is *less* likely to retain fluid. Excessive fluid trapped in body tissue can add a few digits on the scales.

Keep yourself topped off for weight loss success

Last week, many of you have shared your stories about how you've installed a new habit to drink more water, more often.

Cueing yourself to keep a tall glass of water by the coffee maker to drink upon waking and before coffee; placing a jar of water around the house; setting an alarm as a reminder; checking off a list with the number of glasses you drink.



Water For Weight Loss: Can Drinking More Help You Lose More?

These are all excellent. The beauty of a habit is that there's always a reward at the end - such as seeing that jar empty, or checking off each glass on that list!

So simple, yet acutely relevant to success.

How about you? How do you see the consumption of water for weight loss? Have you tried it with yourself or with a client? If not, are you willing to?