

## WHAT ABOUT WATER?

**IMPORTANCE:** Water is the most essential nutrient the body requires to function. Lean body mass (muscle) consists mostly of water and requires water to exist. Adults can survive approximately 10 days without water, and can survive for weeks without food. The most common cause of muscle cramps is dehydration. If you are thirsty, you are already dehydrated. If you feel hungry, you are already dehydrated. The body needs at least eight (8 ounce) glasses of water daily for normal functions (extra while exercising). Our bodies cannot store water – that is why it is so important to get daily intakes.

**FUNCTIONS:** Water is involved in all of the following:

Transports waste	Maintains proper muscle tone	Lubricates Joints
Transports antibodies	Electrolyte balance	Assists in food intake
Circulates fluid	Relieves constipation	Reduces fluid retention
Efficient digestion	All chemical reactions	Maintain Blood Pressure
Transports hormones		

**DRINKING ENOUGH WATER IS ESSENTIAL TO WEIGHT LOSS BECAUSE OF ITS ABILITY TO SUPPRESS APPETITE NATURALLY AND TO HELP METABOLIZE STORED BODY FAT.**

## WATER HELPS KEEP FAT AWAY!

Water is a key part of any weight loss program. It is very necessary for helping the body remove fat, and for general overall health.

The following are some of the things that water will help the body with:

Suppresses appetite – Assists the body in metabolizing stored fat, because your liver is overloaded when your kidneys don't get enough water. Your liver metabolizes fat, and it can't do that 100% if it is doing the kidney's job. --Reduces fat deposits in the body – Relieves fluid retention problems. If you don't give your body water, it will hold it so as not to lose it. --Reduces sodium buildup in the body. -- Helps maintain proper muscle tone. -- Rids the body of wastes and toxins – Relieves constipation.

## TIPS ON WATER INTAKE:

1. Drink a minimum of 64 ounces per day (2 quarts).
2. Drink an additional 8 ounces per day for every 25 pounds overweight.
3. It is better to drink the water cold; it is absorbed quicker and may burn more calories.
4. Drink clean water, bottled or filtered.

## DID YOU KNOW THAT WATER IS A SIMPLE, FREE CURE FOR COMMON AILMENTS SUCH AS:

Lower back and neck pain	Chronic fatigue syndrome	Diabetes
Headaches	Asthma	Allergies
Colitis	Rheumatoid Arthritis	High Blood pressure
High Blood Cholesterol		

AND MORE!