

Water and Fat Loss

The greatest 'fat loss' drink available is plain water. Drink only plain water if you truly want to crank up your metabolism for guaranteed fat loss.

An interesting note about all those health and energy drinks is that they actually stimulate your body to store fat rather than burn it up. Caffeine in coffee or tea will certainly pep you up a little but caffeine stimulates our bodies to produce insulin, which in turn signals the body to store calories instead of burning them.

Consuming just 3 liters of water daily gives you all types of wonderful health benefits. Those of you with very active lifestyles should consume more as well as those of you living in warmer climates.

Some interesting information about water:

- Most people are chronically dehydrated.
- Drinking just 5 large glasses of water each day drastically reduces your risk of colon, breast and bladder cancer.
- Insufficient water intake is the #1 trigger of daytime fatigue, which also directly affects your focus, memory, and vision.
- The mildest of dehydration slows metabolism up to 3%.
- In many people, the thirst mechanism is so weak that it is often mistaken for hunger.
- Drink water with meals as well as in between them.
- Soda, tea, coffee and other drinks including alcoholic beverages do not count towards your daily water intake totals.

Tips when consuming water:

1. Drinking cold water burns extra calories, as it must be warmed by the body before take-up.
2. Fill in a 3 ltrs jug each day to better track consumption.

3. Drink a large glass of water with each meal.
4. Consume an additional glass for every beverage you consume that is not water (soda, coffee, alcohol etc.)
5. Keep water next to the bed and drink every time you return after visiting the toilet at night.
6. Start off each morning with a tall cold glass of water in addition to your supportive meal.

Adequate water consumption and staying hydrated should be a TOP priority on a daily basis along with a supportive nutritional plan, exercise and increased activity. When consistency and discipline is applied to each you will have successfully laid the foundation from which to reap the benefits of a healthy happy and fit lifestyle.