Water and Weight Loss

Don't be surprised that drinking water takes an important role in weight loss. If you're eating right and are exercising at the frequency and duration that is proper for you, but still unable to lose some weight, you're probably not drinking enough water.

How does water assist in weight loss?

It all comes down to your metabolism, but what does this mean exactly and how does it work? Your metabolism is the process by which a substance is handled in the body. There are many forms of metabolism going on in your body right now, but the one we're focusing on is the metabolism of fat. This is something that the liver does when it converts stored fat to energy. The liver has many other functions but this is one of its main jobs. One of the other jobs the liver has is to pick up the slack for the kidneys, and they need plenty of water to work properly. If the kidney's are water-deprived, the liver has to do their work along with its own, lowering it's productivity. Because it's assisting the function of the kidney's, it can't metabolize fat as quickly or efficiently, and thus leading to the storing of fat. Another way water helps assist the liver, is by flushing out stored up toxins, thus reviving the sluggish liver, to replace it's focus on metabolizing fat.

So what's the problem?

Though many decide to increase their water intake, very few people stick with it. The problem being that during the first few days of drinking more water than your body is accustomed to, you're running to the bathroom constantly. This can be discouraging at first, but don't give up! What's happening to your body is that it is flushing itself of the water that it has been storing throughout all those years of 'survival mode'. An important part of the process, because as you continue to give your body all the water it could ask for, it gets rid of what it doesn't need. Getting rid of the water that was holding onto your ankles and your hips and thighs, maybe even around your belly. Your body starts excreting much more than you realize, because it figures that it doesn't need to save these stores anymore. It's trusting that the water will keep coming, and when it does, eventually the flushing will cease, allowing the body to return to normal. This is called the "breakthrough point."