

Smart for Life®

EIGHT GLASSES A DAY HELP FLUSH THE POUNDS AWAY

Are you eating a balanced diet and exercising regularly but still not losing the weight you want? Still have a little paunch here or a few pounds there? Fact is, you're probably not drinking enough water...and you're not alone.

Many people don't realize that water plays an important role in weight loss for several reasons.

Not only is water a natural appetite suppressant but water consumption is key to the metabolism of fat. Why? Because your kidneys rely on a certain level of water to function properly and when they are dehydrated, a big portion of the kidney's workload is dumped onto the liver. Problem is, when the liver is forced to help the kidneys out, it cannot put all its efforts into turning fat to energy. As a result, the liver metabolizes less and less fat, and you lose less and less weight. Less blood flows to your fat tissue so it cannot be broken down.

Additionally, when the body doesn't get the proper amount of water, it goes into a 'survival mode'. When this happens, your body prepares for an 'emergency situation' by storing or retaining all the water it can get - from anywhere it can get it. So, while you may not realize this is happening, it becomes really noticeable around your hips, thighs, ankles and even around your stomach.

To put it simply, when you're dehydrated, your metabolism slows and your weight loss slows down as well. A sluggish metabolism cannot burn calories as fast and efficiently as it does when a person is drinking the recommended amount of water daily. Healthcare professionals agree that 64 ounces of water, spread out over the course of a day, is an ideal amount. However, if you're considerably overweight or active, additional water may be needed. If your urine is very yellow, you are not drinking enough.

So in order to get the most from your weight loss, Smart for Life recommends drinking plenty of water.

SIGNS OF DEHYDRATION

Staying on top of your weight loss program means staying ahead of dehydration. Some of the effects of dehydration range from thirst and fatigue to impaired kidney function. In extreme cases, dehydration can even lead to coma and death.

Signs of dehydration:

Mild

- Thirst
- Headache
- Fatigue
- Flushed skin
- Dry mouth and throat

Moderate

- Rapid heart rate
- Dizziness
- Low blood pressure
- Weakness and lack of energy
- Highly concentrated urine but low in volume

Severe

- Muscle spasms
- Swollen tongue
- Poor blood circulation
- Increased weakness
- Failing kidney function

