

# WATER



Water suppresses the appetite naturally and helps the body metabolize stored fat.

Drinking enough water is the best treatment for fluid retention.

The overweight person needs more water than the thin one.



Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration.

Water helps rid the body of waste.

Water can help relieve constipation.



The body will not function properly without enough water and can't metabolize stored fat efficiently.

On the average, a person should drink eight 8 ounce glasses every day. That's about 2 quarts.

The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry.



To utilize water most efficiently during weight loss, follow this schedule:

*Morning:* 1 quart consumed over a 30 minute period.

*Noon:* 1 quart consumed over a 30 minute period.

*Evening:* 1 quart consumed between five and six o'clock.

If you stop drinking enough water, your body fluids will be thrown out of balance and you may experience fluid retention, unexplained weight gain and loss of thirst.

## VARYING AMOUNTS OF WATER REQUIRED BY THE BODY ...



The intestines use about  $\frac{1}{2}$  glass of water every day.



Breathing takes about  $1\frac{1}{4}$  glasses of water every day.



Under normal conditions, the body loses approximately  $2\frac{1}{2}$  to 3 quarts of water every day (12 glasses).



The lungs take about 2 glasses of water every day.



The skin uses about 2 glasses of water every day.



The kidneys use about  $5\frac{1}{2}$  glasses of water every day.

**Water is basically lost through Urination,  
Perspiration and Breathing.**