

Re:set

Did **you know** about?

WATER

Water is essential! in your diet. It flushes toxins out of your body (via sweat and urine), it keeps your respiratory system moist and plays a role in EVERY metabolic process in your amazing body.

On a “good day” your body by weight is at least 60 – 70% water!

Roughly two-thirds of the water is in your cells, it also keeps joints and eyes lubricated and acts as a protective cushion for tissues and cells.

Pure water has a neutral pH of 7.

By the time a person feels thirsty, his or her body has lost over 1% of its total water amount.

Drinking water can help you lose weight by increasing your metabolism, which helps burn calories faster.

Did you know you could be carrying as much as 10-15lbs (4.5-6.8kg) of excess water weight right now in your body, trapped in your tissues!

When is fat not fat in your diet?

Additional water in the body contributes to abdominal bloating, cellulite and puffiness in the face and eyes – this is known as “false fat”.

Waterlogged tissues can result from:

- Not drinking enough water
- Not eating enough protein
- Sensitivities to certain foods
- Hormonal fluctuations -e.g. the menstrual cycle
- Certain medications
- Nutrients & antioxidant deficiencies

Let's look at the top two on the above list, it seems a little crazy that these would cause the tissues in our bodies to become waterlogged!

Consuming too little water

Your kidneys need water to flush waste from your body, so if you don't drink enough water your kidneys will store water.

Your lymphatic system will dramatically slow down. This system of organs, tissues and miniscule channels filter cellular waste and other foreign particles.

When you have a sluggish lymphatic system, it will no longer carry the waste materials away, therefore the waste accumulates in your fat cells and may cause cellulite, especially in women.



Consuming too little protein

If you remove protein-rich food from your diet, it may contribute to water retention.

Protein plays a vital role in tissue growth and healing, strengthening your immune system and burning fat. It has hydrophilic (water-loving) properties which impact on water retention.

Protein circulating in your blood helps to control the water levels both between and inside your cells as well as within your veins and arteries by attracting water molecules. When your blood filters through your kidneys, the excess water is removed and excreted.

When you are deficient in protein, fluid will seep out from your vascular spaces and fill the spaces between your cells. It then becomes trapped, resulting in water retention, bloating, cellulite and water weight gain.

It is worth noting that when you start to lose weight, the first few pounds will be water!

It is recommended that you consume 8 – 10 200ml glasses of plain water per day, this will fluctuate depending on your activity levels (you should consume an extra litre of water per hour of intense exercise), or if you are breastfeeding etc.