

Why Weight Loss Experts Prescribe Generous Water Drinking

Plain water is what the body needs to meet its natural fluid needs. The percentage of body water by weight in an adult male is 60%, female 55%, children 65%, and infants as high as 75-85%. In addition to unhealthy sugary foods, another significant factor which has contributed to the global epidemic of obesity and related diseases is a shift in the habit of drinking sugary beverages and fruit juices in place of natural, nourishing, plain water. The weight-loss experts are aware of this simple truth and therefore, advice replacing sugary drinks with plain drinking water. There are a few scientific reasons for handing out a prescription of drinking more water:

1. Drinking water 30-60 minutes before a meal diminishes the appetite.
2. Sugary drinks, which have replaced water, rapidly increase blood glucose levels. High glucose levels, in turn, cause excessive insulin levels. High insulin levels increase food cravings and promote overeating, leading to obesity.
3. Drinking water increases energy expenditure by a process called thermogenesis or heat production, which uses up calories.
4. Drinking water helps with the elimination of excess sugar and salt in the body. Commercially packaged and pre-prepared fast foods are rich in salt, sugar, and chemical preservatives. The consumption of these foods and drinks has become a common trend amongst city dwellers. Flushing out the unwanted salt and artificial preservatives from the body via urine requires lots of water.
5. Sugar addiction—sugary drinks and sugary foods recalibrate the taste buds on the tongue to a higher level of sugar desire. The more sugar one puts into the mouth, the higher the craving for sugar will be. Sugar addiction has been compared to cocaine addiction since both excite the same area of the brain.