

Tips for Quick Weight Loss: Drink Water

Water is critical for a healthy body. While you can go for days without eating, it's not possible to go for more than a few days without drinking water. Drinking water is great for your health whether you're on a weight loss program or not. Water flushes waste matter and toxins from your body and keeps them from building up. Many people don't drink as much water we should. Will drinking water help you lose weight? Yes, if combined with a sensible diet and exercise program. Make drinking water a regular part of your routine. First thing in the morning drink a glass of water. Before each meal have a glass of water. If you want something to snack on, drink a glass of water. Sometimes the urge to put something in our mouths isn't hunger but boredom. Don't waste your day's calorie allotment because you're bored instead of hungry. Ice water has the advantage of burning up calories because your body has to bring its internal temperature back up to normal. Tired of plain water? Add a splash of lemon, lime, or orange juice. Freeze the juice as ice cubes for an extra flavor boost and a bit of color. Add a few cherries, pitted of course, a fresh or frozen strawberry, a few raspberries, or slices of peaches. Carbonated water is another alternative. Try to stay away from the artificially sweetened drinks, they can cause digestive problems for some people. If you're addicted to diet soda, try this trick. Mix the soda with carbonated water and serve over lots of ice. In the beginning Just add about 1/4 cup of the carbonated water to the soda. Then increase the amount of water in proportion to the soda. Eventually you'll be able to wean yourself off the diet soda completely. Drink a full glass of water before you have a snack and the odds are you won't eat as much of the snack because the water fills you up. Freeze diluted fruit juice or fruit purees. Puree a cup of peaches, blackberries, or watermelon, add the juice of one lemon and a cup of water. Freeze for a tasty but low calorie snack. Keep frozen water bottles in the freezer to grab when you're on the go. Water expands when it freezes so empty out about an inch of the water before freezing. In the evening fill a pitcher nearly full with ice cubes and then water. Place on the kitchen counter with glasses or on the coffee table. When you're watching TV the water is visible, which reminds you to drink. There are lots of ways to increase your consumption of water. Drinking more water can help you lose weight in a number of ways.

About the Author

Free report [Tips to Lose Weight Fast](#) Dee Power is the author of several nonfiction books. Her dogs, Rose and Kate, have their own blog on [dog humor](#).

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