



The Fluid of Choice



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Our body make-up is approximately 60% water.

Drinking pure fresh water is the single most important thing you can do for your health on a daily basis.

Without water everything dies as it's essential to every cell of the body.

Build your Health and Lose Weight with Water!



Although a cup of tea or coffee is nice and refreshing, be aware they tend to be what's known as 'negative water'. This means they draw water out from your tissues rather than actually hydrate.



Ensure hydration by drinking a glass of water each time before eating or consuming another drink.

Look at what water does in your body:

- Regulates body temperature
- Cushions and lubricates joints
- Protects body tissues and organs
- Keeps body tissues moist such as nose, eyes and mouth
- Carries oxygen and nutrients to cells
- Aids in digestion
- Protects your central nervous system, spinal cord and brain
- Dissolves nutrients, including minerals to make them accessible to the rest of the body
- Helps clear out waste through perspiration, urination and bowel movements
- Reduces burden on liver and kidneys by washing out waste... and so on.



You lose and use water constantly – sweat, urine, exhale.



Drinking water alone can make a difference to weight loss over the period of a year... without making any other changes at all. Not huge, but significant.

You need to drink around about 8 full glasses of water everyday.

Water can be satisfying and of-course contains no calories at all.

It's fine to have a glass of water with your meals although I would encourage you to only sip it throughout your meal.



You really don't want excess water playing up with the acids in your stomach.

At the same time, because the water is so satisfying you'll find you don't need to eat as much.

It's important that everything you do eat is dense with nutrients though.

A close-up photograph of a glass filled with water, several fresh strawberries, and slices of lemon. The glass is partially filled with water, and the fruit is arranged in layers. The background is a neutral, light-colored surface.

One glass per hour throughout daylight hours

- Necessary for the body to perform all its little jobs
- Sipping a glass throughout the hour is the best
- Sometimes easier just to down a glass to make sure

Some Tips and Ideas

- Carry a water bottle
- Freeze half-full bottles
- Sip water as you eat

More interesting water:

- A slice of organic lemon, lime or orange
- Whole berries added etc.