

HEALTH ADVICE # 1

Importance of Water



Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true “magic portion” for permanent weight loss. **Water suppresses the appetite** and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase while an increase in water intake can actually reduce fat deposits.

On the average, a person should drink eight (8oz) glasses every day. Drink a full glass of water before each and every meal (5-6 **small meals** per day) and **enjoy** your smaller meal!

Please feel free to contact me for more information. To your health

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Anima Sana in Corpore Sano (a healthy mind in a healthy body)