

Water Works for Weight Loss

Nothing quells the appetite like water, lots and lots of water. Start out with two quart bottles in the morning and carry one with you to work or wherever you go. If you like, divvy up the 64 ounces of water into eight (8-ounce) bottles or four pint (16-ounce) bottles to carry around with you all day. Freeze half of them the night before and they will last all day, even in a hot car. Keep some unfrozen so they will be ready to drink immediately.

Yes. You will have to make more frequent bathroom trips, but it is worth it. Drink your 64 ounces of water before dinner, if possible, so you're not up half the night going to the bathroom.

Water not only fills you up and lessens your appetite, it prevents those "hungry horrors" we all encounter when our blood sugar drops and we reach for cookies, candy, ice cream, fries or other high-calorie treats. Water also flushes out the system, rids the body of bloat and toxins and roses up the complexion. Now, start splashing.