

Water Wednesdays

Water Facts

- 75% of Americans are chronically dehydrated. This likely applies to an even higher percentage of entire world population.
- 37% of Americans have a thirst mechanism so weak, it is often mistaken for hunger.
- Lack of water is the #1 cause of daytime fatigue.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- Preliminary research indicates that 8 - 10 glasses of water daily could significantly ease arthritis, back and joint pain for up to 80% of sufferers.
- Drinking just 5 glasses of water daily decreases the risk of breast cancer by 79%, and a person is 50% less likely to develop bladder cancer.

Challenge yourself by dedicating Wednesdays all summer to drinking water!

Here's a little trick you can use. Instead of just drinking water, begin drinking ice cold water. There's a metabolic cost to eating. In other words, the digestion of food takes calories. Well, so does drinking ice cold water!

The body needs to heat up this water in order to be able to use it properly and doing so takes energy, i.e., calories. You can burn another 50 to 100 calories a day by drinking one half gallon to a gallon of ice cold water!

It may not seem like much. However, in addition to all the other benefits taking in enough water, by drinking ice cold water, you can drop almost a full pound of fat each month!

TRY THE CHALLENGE!!