

# The slimming new Water cure!

Learn how to drink away 45 lbs or more!

Discover two simple slimming strategies that help make weight loss automatic

**P**owerful new proof has emerged that drinking ordinary water is—bar none—the easiest way to fight fat. In fact, the latest reports show H<sub>2</sub>O is nothing short of a metabolism-boosting, appetite-suppressing miracle. Yet this good news may seem a bit hard to swallow. After all, lots of diligent water drinkers are still plump, right? To find out what gives, we talked to a team of top experts. Here, they offer up solid answers and, more importantly, breakthrough new guidelines that can help *anyone* start sipping her way skinny today.

## Drink it right

For all but a handful of folks with rare health conditions, “there are no disadvantages to drinking water, only benefits,” says NYU School of Medicine’s Victor Khabie, M.D. So check with your doctor to be safe, but, in this case, expect an enthusiastic go-ahead.

As for water devotees who aren’t seeing the results, we’ve learned there are two big mistakes they could be making: drinking a lot of water all at once to get it out of the way or only drinking tiny amounts throughout the day. To reap the biggest anti-fat benefits of water—including a 30% metabolism boost and a newly discovered 15% appetite reduction (see box, right, for more)—you must:

### • Have 10 ounces before each meal and snack

“Don’t sip it. Drink it down,” advises James J. Maciejko, Ph.D., who runs a weight-loss program for heart patients at Detroit’s St. John



## SUCCESS STORY

### Marcy lost 45 lbs!

Texas realtor Marcy Johnson, 55, hit the Internet for diet help, and “discovered” water. “The more I drank, the less I ate!” she says. Down 45 pounds, she helped daughter, Jodi, lose big, too.

### Marcy’s tip

“Turn boring water into a Margarita-flavored treat using the zero-calorie mix at [www.zilchmixers.com](http://www.zilchmixers.com).”

Medical Center. “That way, you’ll get a substantial enough amount into your system at times when it’ll be most beneficial.”

## Real-world results

Besides scientific experts, we talked to mega-successful dieters who relied on water to get them skinny. “It took me a while to catch on, but once I did, I was on my way,” smiles *Woman’s World* covergirl Jodi Rutledge, who fueled a 40-pound weight-loss effort with a glass of water before and after each meal and snack. “I can lose 10 pounds in one week when I drink my water!” Adds Marcy Johnson, down 45 pounds: “I don’t care how many diets you’ve failed on. I’ve failed on them all, too. But this isn’t a diet—and if you stick with it, you won’t fail this time!” So head for the nearest faucet, pronto.

—Christine Garson

**Tip!** Adding ice to your water will boost metabolism an extra 4% every time you drink it!

### • Never get thirsty

You don’t need to worry about consuming a precise number of total ounces or cups each day, but, in addition to those 10 ounces you down before eating, make sure you’re drinking enough additional water so that you never feel the tiniest bit parched. “Because if you get to that point, you’re already way behind,” says Pamela Peeke, M.D., author of *Body for Life for Women*. When dehydrated, our body’s systems—including metabolism—become up to 50 times less efficient.

### Tip!

“You don’t have to be bored with water. Try a pitcher of water with orange or cucumber slices floating in it,” suggests Dr. Peeke.



“When you’re well hydrated, you make all your body’s systems—including metabolism—up to 50 times more efficient,” says weight-loss expert Pamela Peeke, M.D.

## SUCCESS STORY

### Jodi lost 40 lbs!

Jodi Rutledge, 32, used to blame an out-of-control appetite for her weight problems. But, after taking a tip from mom Marcy, “I realized I was just thirsty!” says The Woodlands, Texas, video editor, down 40 pounds in five months. “Water leaves you so satisfied, you don’t want to snack. And it makes you crave healthier foods, too!”

### Jodi’s tip

“If you struggle to stop eating even when full, drink a full glass of water after meals. You instantly feel more satisfied.”



## Water also helps cure . . .

✓ **Chronic fatigue**  
Water keeps blood from thickening, so it can speed through blood vessels, delivering energizing oxygen to all our cells, says Dr. Peeke.

### ✓ Arthritis and body aches

Water plumps cartilage and makes muscles less prone to spasms; 8-10 glasses a day has been shown to decrease back and joint pain.

✓ **Kidney stones**  
Studies prove that water helps dissolve problem calcium in urine, reducing the risk of stone formation.



## The anti-fat evidence



If you drink it the right way, here’s how H<sub>2</sub>O tips the scale in your favor . . .

### 1 It’s the anti-hunger way to save 104 calories per meal

Penn State researchers have unveiled evidence that when we drink water with a meal, we automatically want 15% fewer calories—about 104 calories per meal—than when we drink soda, juice or milk. And water drinkers feel more full than folks who skip water.

### 3 It gives you a 30% metabolism boost

Though previous studies found much more modest results, the latest German research offers proof that drinking two cups of water increases calorie burn by 30% for 30 minutes. Drink two cups every 30 minutes, and you’ll burn 30% more calories for all your waking hours!

### 4 It helps women break down more carbs

The German team also found that when women drink water, their bodies use carbohydrate stores to fuel the increased calorie burn. So if pasta, bread or sugar are your downfall, that’s great news, says Dr. Khabie. It means drinking water will ensure that less of the pasta, bread and sugar you eat ends up stored as fat!



### 2 It “filters” excess calories

“Drink enough water and food flows through the intestinal tract rapidly enough to reduce the number of calories that can be absorbed,” says Maciejko.

### 5 It helps everyone break down more fat

“Fat cells are made of liquids and need proper levels of fluid to function,” says Dr. Peeke. “You can’t break down fat without plenty of water.”