

Published based on [Get Rid Of Belly Fat With A Glass Of Water](#)

# **Get Rid Of Belly Fat With A Glass Of Water**

Water is one of the most overlooked tools for weight loss that we have. Water will actually keep your appetite down and will move fat stores out of your body.

Studies have shown that a decrease in water intake will cause fat deposits to increase. This is because the kidneys can't function properly without enough water. When this happens, their work load is dumped onto your liver, which is responsible for metabolizing stored fat.

If the liver has to help with the kidney's workload, it's unable to operate at it's peak efficiency. This means that your liver will break down less fat destroying your body's ability to [lose fat naturally](#).

As for fluid retention, drinking plenty of water will solve your water weight problem. Your body has a built in survival mechanism: if you start to dehydrate, it will adapt and start storing water.

The body stores water outside of your cells causing your feet, ankles, legs and hands to appear swollen. When you take a diuretic, this is only taking care of the symptom temporarily, not fixing the problem permanently. Diuretics force out stored water along with some essential nutrients. Again, the body perceives this as a threat and will replace the water at the first opportunity.

The best way to overcome the problem of water retention is to give your body what it needs-plenty of water. Only then will stored water be released. Any good weight loss program to [get rid of belly fat](#) or any other problem areas will address this issue.

The overweight person needs more water than the average person. Larger people have larger metabolic loads.

So how much water should you drink? The average should be at least 8 glasses per day. If you are overweight, drink 10-11 glasses per day. Obviously this is just a general rule of thumb and if you are extremely obese drink more.

Water is the essential component to good fat metabolism in the body designed to [flush fat](#) out of the body.