



Water

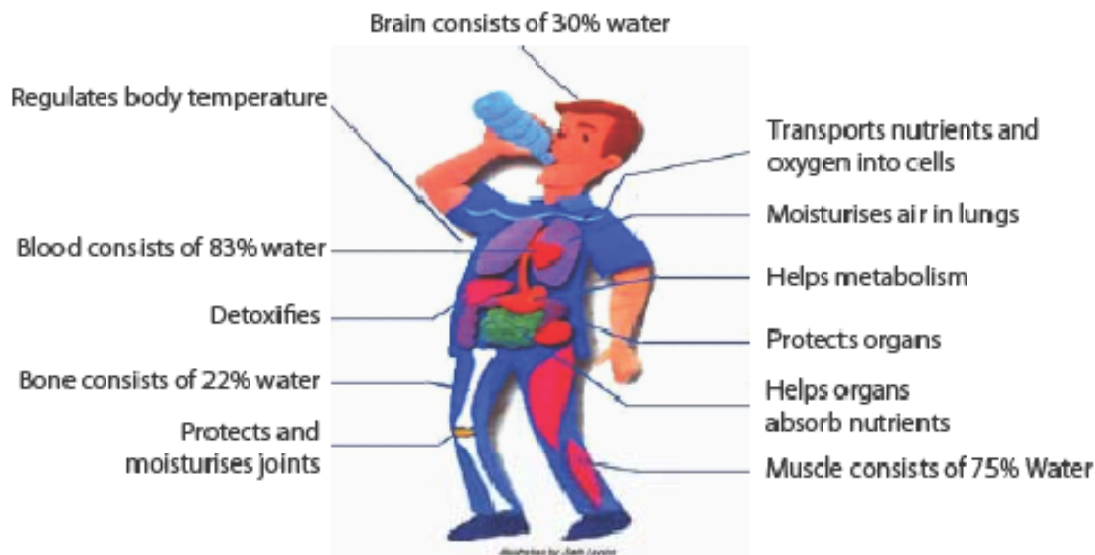
Why water?

Water is so important to good health. Consuming ample amounts is absolutely essential for fuelling health and energy. It makes up over 70 percent of our bodies.

It helps produce energy, detoxifies our bodies, regulates body temperature, builds new cells and lubricates joints

Water losses of one percent of your total body weight can impair functioning both mentally and physically.

Losses of four percent can cause headaches, loss of energy, muscle weakness and irritability. Losses of seven percent can be fatal



Water and fat loss

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 potion" for permanent weight loss!

Water suppresses the appetite naturally and helps the body metabolise 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.

How much should I drink?

As a general guideline try to drink six to eight glasses of water a day (about two litres). If you exercise you will probably need to drink more. Soft drinks and fruit juices are not a good for replacing lost fluids because of their high calorie content. Herbalife has the ideal solution for hydration. Choose from Herbal Aloe Concentrate which when added to water provides a refreshing stimulating taste that may help you to drink more water.

Alternatively, try Herbalife's Instant Herbal Beverage which may help to revive you and makes you feel more energetic as well as counting towards your fluid intake.