

Published based on [How Can Water Help You Lose Weight?](#)

How Can Water Help You Lose Weight?

How can water help you lose weight?

Quote: If nature had intended our skeletons to be visible it would have put them on the outside of our bodies.
- Elmer Rice

Water helps with digestion, elimination and the removal of fat. Drinking enough water can help with your [weight loss](#).

Foods that are high in carbohydrates give us energy. You have to make sure you eat the right kind of carbohydrates or you will put on weight.

More Information:

<http://www.healththe.ws/vitamins>

Stay away from simple carbohydrates such as white sugar and white flour, white breads, pastries etc. These will all give you a temporary spike of energy but you will experience a crash in your blood sugar. When you consume simple carbohydrates your body releases a lot of insulin the calories that are not immediately burned (through exercise) will then be converted into fat. Complex carbohydrates are much better for you these are things such as whole grains, fruits, and vegetables. These will satisfy your appetite and allow you to feel full longer. They also contain more fiber and keep things moving through your system. This is important in maintaining a healthy body and avoiding digestive cancers.

Simple carbohydrates are yummy and fast to grab (chips, chocolate etc) but they will make you fat and unhealthy.

Changing your carbohydrate habits will assist you in your quest for [weight loss](#).

Proteins have the building blocks of the body. They are called amino acids and they maintain and repair your muscles. When you eat protein you get a slow release energy that lasts longer than carbohydrates.

[Fats](#) also supply immediate energy, however their calorie content is very high and can cause plaque build up in your arteries.

Foods consists of carbohydrate, protein and fat.

Do not get more than 30% of your caloric intake from fats.

Make sure you get a sufficient amount of dietary fiber to help curb your appetite and help with your digestive system.

Take good quality vitamins this will help with your weight loss and assist you to maintain a healthy body throughout your [weight loss](#) program.

More Information:

<http://www.healththe.ws/vitamins>

Thanks,

Kim

<http://www.healththe.ws> - Health In Hand

Check out this blog to assist your [weight loss](#)!

You can also find this article published on [How Can Water Help You Lose Weight?](#), and on the tag pages [carbohydrates](#), [digestion](#), [elimination](#), [energy](#), [fat](#), [fiber](#), [insulin](#), [lose weight](#), [vitamins](#), [weight](#), [weight loss](#).