

Drinking Lots Of Water Will Help You Lose Weight

Contributed by Skinny Myths Team

SKINNY MYTH: "Drinking lots of water will help you lose lots of weight"

Myth.

If you drink sweetened teas, juice, soda, and fancier coffee drinks, then switching to water will result in consuming fewer calories, but drinking lots of water won't in itself help you shed pounds.

Your body needs nutrients in food, so filling up on water won't satisfy you for long.

Staying hydrated throughout the day is paramount for maintaining your overall energy and body functioning, but contrary to popular belief, drinking it in excess won't boost your metabolism or flush away fat.

Source Reference:

- J Clin Endocrinol Metab.2006: 5