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Does Drinking Water Make You Lose Weight?



Jesse S. asked:

Water can really do miracles for weight loss! I know this - I have been on a water diet several times for ten days - drinking only water. This not only helps in a weight loss process, it also cleans our mind, reduces cellulite, and helps to tighten the skin.

If you do not like plain water, try water with a slice of lemon - lemon also helps in a weight loss process by cleansing the body and flushing out toxins. Green tea works also fine, it just has to be unsweetened. This might seem difficult to start drinking unsweetened green tea and water instead of sodas and soft sweet drinks - but it will get better after the first few days. Sodas and sweet drinks are enemies of losing weight.

At least 8 glasses of water are necessary if you need help losing weight. However, keep in mind, that water only helps during the process, it will not make your pounds disappear.

What you actually need to lose weight, is not only water. A real and working weight loss program is necessary. This is not only diet or exercising. This is smart way for losing pounds. A set of things that really make you lose weight for all. The right weight loss program does not let you gain those pounds back as soon as you quit it. The right weight loss program is easy to follow because you do not feel like doing anything you do not like. You enjoy the journey and get closer to your weight loss goal each and every day.

I have been searching for the weight loss solution for years. I have spent thousands and had my pounds going down and up every time.

More than seven years passed until I found what works. Something that REALLY works. It's no surgery, no hard exercises, no bad and unhealthy diets. I have found a totally new lifestyle, without even trying to change the way I used to live and do things.

A combination of all the above, plus a few little tips and tricks did miracles. I lost more than 50 pounds without doing anything that I did not like. Now I do not even have to MAINTAIN my current weight - people just think that I am skinny because this is just the way I am, the way I used to be always. This is not true - I know all the hardest details about being obsessed to lose weight. I eat anything I want now, I do not do sports because I just do not like it. And I love my body - you can do this too! This is achievable to anyone - I have no doubt.

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