

Lavender Rooms Colon Hydrotherapy Clinic

Water can relieve constipation

When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation.

Constipation

Constipation occurs when waste material moves too slowly through the large bowel, causing the infrequent bowel movement. Decaying food ferments and generates toxins, causing the colon to grow bacteria. Constipation can cause gas, insomnia, bad breath, obesity, indigestion, depression and headaches.

However, when a person drinks enough water, normal bowel function usually returns. Research suggests some remarkable truths about water and weight loss.

- The body will not function properly without enough water and cannot metabolise stored fat efficiently.
- Retained water shows up as excess weight.
- To get rid of excess water you must drink more water.
- Drinking water is essential to weight loss.

How much water is enough?

On average, a person should drink eight glasses of water every day, that's about two litres. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink should be increased if you exercise briskly or if the weather is hot and dry.

Water should be cold – it's absorbed more quickly than warm water, some evidence suggests that drinking cold water can actually burn calories.

To utilise water more efficiently during weight loss, consume one litre morning, noon and evening.

When the body gets the water it needs to function optimally, its fluids are perfectly balanced. When this happens you have reached **Breakthrough point**.

What does this mean?

- Endocrine function improves
- Fluid retention is alleviated, as stored water is lost
- More fat is used as fuel because the liver is free to metabolise stored fat
- Natural thirst returns
- There is a loss of hunger

If you stop drinking enough water, your body fluids will be thrown out of balance again, you may experience fluid retention, unexplained weight gain and loss of thirst. To remedy the situation you will have to go back and force another **Breakthrough**.