

Tricks for Drinking More Water

A lot of people struggle with introducing more water into their diets. As westerners, we often get very entrenched in the habits of resorting to conveniently packed sugary drinks like soda or juice. However, these are usually not a good idea. Even drinks that tout themselves off as healthy often have preservatives and artificial chemicals in them, not to mention the incredibly high sugar content. If losing weight is your goal, then water should be your go to beverage, preferably leaving all other drinks in the dust.

But this is far easier said than done, especially if you find it difficult to enjoy drinking water. Sure, it is the most natural thing in the world for us to consume, but that doesn't mean that our taste buds are used to it after being saturated in sweet drinks that leave us wanting more sugar. Some of us require a bit of extra effort in order to begin embarking upon a healthy habit of drinking enough water.

Most studies have shown that we need to drink at least 64 fluid ounces of water daily in order to maintain the best functionality. Water not only helps our bodies to thrive and our organs to function, but it is also an appetite suppressant that helps us to metabolize the foods we eat and burn calories. So including it in our diets is essential.

To drink more water, try to drink a whole eight ounces right after waking up from sleep. You should drink room temperature water, and some people find that drinking from water bottles is an easy way to help keep track of how much water you have consumed in one day. You can find applications for your cell phone or other devices that help you to keep track of your water intake to ensure that you are drinking as much as your body happens to need, especially if this is something you struggle with.

If you find water too plain or bland, you could have pitchers of water in your refrigerator that are infused with other things, such as herbs or fruits or vegetables. There are many good flavors that nature has provided us with, and being able to find and include the ones that taste best to you in your water is a great way to ensure that you are getting the proper amount of water daily.

You could also try to drink a glass of water after every trip you take to empty your bladder, or reward yourself for drinking water. For example, if you meet your water quota that day, then and only then you could allow yourself a juice or other beverage. Using water bottles helps you to keep track of your water intake. You can leave them in the fridge to have easy access to delicious, cold water that will encourage you to drink even more!

These tips and tricks should help to jump start your desire to drink water just as nature intended and get you well on your way to creating the foolproof diet of your dreams!