



Caffeine

It's no secret that many people try to use caffeine to assist with **weight loss**, with **myths** circulating the internet about the magical powers of certain teas and coffees. The truth is, while caffeine can provide temporary bouts of increased energy, it alone is not an effective way to achieve long-term weight loss. Caffeine may cause your body to lose some water weight and help curb hunger temporarily; however, it cannot directly reduce fat or sustain lasting results.

Drinks containing caffeine, such as coffee, some teas, and even chocolate drinks, and some sodas, are not only **unnecessary to maintain good health but they are also harmful**. Drinks such as coffee and caffeinated tea are stimulating. While many people think that this **stimulation is positive, this is only a temporary effect. After this stimulation effect will follow exhaustion, and the physical, mental and moral powers are weakened.**

When consumed frequently, these drinks **can become addictive and irritate the nerves**, making many of its consumers impatient and easily irritable.

Alcohol

Consuming alcohol can **lead to weight gain**, as it is high in calories and small amounts can quickly add up. Alcohol also impairs judgment, leading people to make poor dietary choices that contribute further to weight gain. When alcohol is consumed, the body is unable to fully process the sugars and fats from other foods, meaning a dangerous cocktail of stored fat and excessive weight gain. Weight gain due to alcohol can bring on serious health risks such as heart disease, stroke, fatty liver disease, and type 2 diabetes. Therefore, it's important to take steps to avoid alcohol intake.

Some scientists have promoted that there are some modest cardiovascular benefits associated with moderate drinking, even if there were benefits (also found in unfermented wine which is in other words grape juice), it beclouds the many ways that alcohol threatens health. There is no amount of alcohol that is safe to drink. In 2016, alcohol was the seventh leading risk factor for premature death contributing to 2.8 million deaths worldwide.

Sugary drinks & juices

Some sugary drinks can impact our health in a negative way. Sodas and fruit juices found in our supermarkets contain too much sugar and few to no fibers.

Sugary drinks are beverages with **added sugar or other sweeteners** such as high fructose corn syrup, sucrose, fruit juice concentrates... It includes soda, fruit punch, lemonade, sports energy drink, sweetened powdered drinks, and more. In a US diet, these beverages are the single largest source of calories and added sugar, and in other parts of the world, sugary drink consumption is increasing very rapidly, especially in developing countries because of urbanization and marketing.

Now let's consider how sweet and sugary these drinks can be. In **one teaspoon there are 4.2 grams of sugar**. Sugary drinks contain 7 to 10 teaspoons of sugar! Can you imagine adding these teaspoons of sugar yourself to a 12-ounce glass of water? That would be a lot right? But this is what sugary drinks actually contain.

According to the research scientist in the department of nutrition at Harvard T.H. Chan School of Public Health, in Boston, sugary drinks and even juices can lead to **weight gain and obesity**.

Researches have shown that **type 2 diabetes** has increased by 22% in people who consume 340ml of sugary drink a day (less than one can).

The 2007 Australian National Children's Nutrition and Physical Activity Survey found that 47% of children from 2 to 16 years of age consumed sugary drinks every day. This daily consumption often leads to **obesity**. Also, many of these drinks contain acid that weakens tooth enamel which can lead to **tooth decay**. In addition, sodas may decrease **bone health** because they contain high levels of phosphate.

A 20 year study on 120,000 men and women has found that people who consumed more added sugar beverages by a 12oz serving per day gained, on average, an **extra pound** every 4 years, compared to people who didn't change their intake.

A 22 year-long study of 80,000 women found that those who consumed one can per day of sugary drinks had a 75% higher **risk of gout** compared to women who rarely had such drinks.

A study that followed 40,000 men for two decades found that those who consumed one can of a sugary beverage per day had a 20% higher risk of having a **heart attack** compared to men who rarely consumed sugary drinks.

What about juices?

Because there is not as much fiber as in fruits, which can slow digestion, sugar in juices is broken down much more quickly.

Also, we can consider that there are about 30 grams of sugar and **no fiber** in a 100% fruit apple juice, and a whole apple is half the sugar and about 4 grams of fiber. So it is always better to just eat a fruit rather than drinking juice.

The consumption of juices should be very moderate and occasional, especially in children and people who try to lose weight.

"Cold-pressed" juices can be a healthy option if consumed occasionally and in moderation. They can contain a lot of good nutrients that can be quickly absorbed by the blood, but they can also contain a lot of sugar. Avoid the cold-pressed juices found at the supermarket because they quickly lose their nutrient after being made. Consume those juices freshly made, or at least within the day it has been made. And prefer vegetable cold pressed juices that contain a little bit of sweetness from fruit.

Homemade smoothies are a good option and can sometimes replace a meal because they can be high in calories. But smoothies should not be considered as a daily beverage because of their high amount of calories, except if it is consumed for a smoothie fast that won't last more than 3 days.

If you frequently consume sodas, and have a hard time going away from them (they can become addicting), try to consume sparkling water instead, or even flat water with some lemon inside, some fresh mint, and/or a few slices of cucumber.

Water

Water remains the best option. Humans (adults) are 60 percent water, and our blood is 90 percent water.

Among many other health benefits, water:

- Delivers oxygen throughout the body
- Lubricates the joint's Cartilage
- Helps maintain blood pressure
- Makes minerals and nutrients accessible to different parts of the body
- Prevents kidney damage
- Forms saliva and mucus
- Regulates body temperature
- Boosts performance during exercise
- Cushions the brain, spinal cord, and other sensitive tissues
- Boosts skin health and beauty
- Flushes body waste
- Help with weight loss



Weight loss and water

Water is absolutely essential for good health, and it can help you **lose weight** as well and increases metabolism. Water is a zero-calorie alternative to sugary drinks and can even increase energy levels due to its hydrating capabilities. Proper water consumption helps to keep your body running properly, including aiding digestion and helping move waste out of the body more efficiently. Additionally, water can fill you up and reduce appetite cravings throughout the day (cravings are often a sign of thirst), while helping to flush out toxins that could contribute to weight gain. Drinking adequate water needs to be part of your daily routine if you want to see positive results in your weight loss goals - this means drinking water several times throughout the day and not just when you're thirsty. Keeping water on hand in bottles will remind you to drink often.



How much water should you drink per day?

Most people need to drink roughly **1/2 of their weight (in pounds) in ounces**.

For example:

A 200-pound adult needs approximately 100 ounces of water each day.

Of course, your water needs will increase with any physical activity. So you'll need to add 12 ounces of water for every 30 minutes of daily activity.



TIPS & IMPORTANT INFO ABOUT DRINKING WATER

- **Avoid** drinking during meals
- Do your best to not drink water **30 minutes before meals** and **1-2 hours after meals**, so that your stomach can produce and keep a good amount of **hydraulic acid**.
- **Good digestion is critical for maintaining a healthy body.** One of the key mechanisms behind good digestion is hydraulic acid, which helps to break down food in our stomachs by increasing acidity. It helps break down proteins and other particles before they enter the small intestine, allowing us to absorb essential nutrients more efficiently. On top of that, hydraulic acid helps to protect us from food poisoning and other bacterial infections. As such, it's important to ensure adequate levels of hydraulic acid in our systems to ensure optimal digestive efficiency, without it, we wouldn't be able to process the foods we eat properly.

