**The Water Recipe That Literally Flushes Fat From Your Body**

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“Fat flush water” may be one of the greatest things you will ever read about and try, but do you know how it actually works?

How can water be powerful enough to [flush fat](https://militarydiet.co/) out of the body? It has nothing to do with magic. Human body needs water to perform its functions and get rid of toxic waste.

Water also hydrates tissues and keeps the fluids moving. The body is sometimes unable to break down fatty deposits and eliminate the fat, but you can give it a hand and do your best to improve your dietary habits and exercise more often.

Your body breaks down fat and uses it to produce energy, and triglycerides in fat cells are eliminated. These are further broken down to fatty acids and glycerols, and later absorbed in your muscles and organs.

Numerous chemical processes contribute to their further breakdown. When the body is unable to use the product leftovers as energy source, they are referred to as waste material and need to be eliminated from the body, and that is where water takes part.

**The power of water**

Water is the force your body needs to expel waste material. It filters the leftover materials out of the organs. In the next stage, water transports the waste to the bladder, and then eliminates it from the body through the urinary tract. Human bodies are a real wonder, right?

Drink plenty of water to hydrate your organism and ease the breakdown and elimination of fat. Most experts agree that 8 glasses of water per day are just enough, but of course, this depends on the weight, physical activity and weather conditions.

Drink enough water throughout the day, and keep in mind that it is a lot better option than soda, fruit juices, sugary drinks, because these dehydrate the body additionally.

Poor energy and headaches are the most common symptoms of mild dehydration. Try to drink more water than you usually do. Remember, a bit more is always better that not enough.

**The Fat Flush Water**

Ingredients:

* 2l purified water
* 1 tangerine, sectioned
* ½ grapefruit, sliced
* 1 cucumber, sliced
* 4 peppermint / spearmint leaves
* ice cubes, optional (make sure they are made from purified water)

***Note: If you are taking any medications for blood pressure, replace the grapefruit with 1/2 lemon and 1/2 lime.***

Preparation:

Combine the ingredients in a large pitcher, and drink your fat flush water throughout the next day. Make sure the ingredients you use are truly organic, and keep in mind that you have to wash and clean them thoroughly.

**Tangerines** increase the sensitivity to insulin and regulate blood sugar. Their high vitamin C content helps the body to burn more fat during your workout.

**Grapefruits** stimulate metabolic energy, burn fat, and increase the production of energy.

**Cucumbers** provide satiety, and have a strong diuretic effect. This means that the refreshing veggie will help you cope with bloating and water retention.

**Fresh mint leaves** ease digestion.

Keep in mind that drinking your fat flushing water alone or drinking plain water cannot help the body burn fat on its own. Physical activities are of essential importance, since exercising is the only way to break down fat and ease its elimination from the body.

Implement healthy dietary habits. Instead of counting the calories you eat, make sure you get your calories from organic, lean, whole foods. This fat flush recipe will provide you with the nutrients you need to ‘survive’ the day ahead, and it is a tasty way to drink more water.

Source: [fitlife.tv](http://fitlife.tv/a-recipe-for-fat-flush-water-it-literally-flushes-fat/?t=viral)