



Bluewater



It's easier to put on weight than lose it, but hydrating properly alongside regular exercise and eating the right stuff can help shed weight according to research (Credit: akobchukOlena/iStock)

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## A large glass of water consumed before meals may help the weight go down

Stockholm, Sweden, March 3, 2021 – Obesity is a global epidemic with an estimated 2 billion people worldwide suffering from being overweight, a problem behind many health issues including high blood pressure, coronary heart disease, stroke, and type 2 diabetes.

The good news as the planet marks [World Obesity Day](#) on March 4 is that shedding just a few percent of bodyweight can bring positive health benefits

– and the science indicates that even just consuming a large glass of water before meals may help weight loss.

“Water is one hundred percent free of calories and many studies suggest it can help suppress feelings of hunger. Water helps the body burn off stored fat and the kidneys to filter toxins and waste,” says Bluewater communications director Dave Noble. He said the role of staying properly hydrated in managing weight has been seen in a number of international studies.

A randomized controlled clinical trial in the USA published by the [American Chemical Society](#) demonstrated that increased water consumption is an effective weight loss strategy. The researchers found that over the course of 12 weeks, dieters who drank water before meals, three times per day, lost about 5 pounds more than dieters who did not increase their water intake.

Researchers at the University of Birmingham say they [found](#) that just drinking a pint of water, (500ml) three times a day, before main meals may help reduce weight. Their study, published in Obesity magazine, showed those in the trial group who were instructed to 'preload' with water lost, on average, 1.3kg (2.87lbs) more than those in the control group.

Bluewater's innovative technology and products helps people around the planet ensure that the water they are putting into their bodies is also purified of all potential contaminants.

The single-use plastic tsunami has resulted in micro plastics being found in the water we drink, from both bottles and municipal sources, while the chemicals leeching from plastic containers and other products as they degrade has been linked to issues such as rising obesity due to their impact on hormones.

Bluewater has put ending the need for single use plastic bottles at the heart of its business mission by producing both state-of-the-art home and commercial water purifiers that remove practically all contaminants and contemporary stainless steel and glass water bottles to help people hydrate on the go.

“Tackling obesity and weight issues clearly demands more than merely

hydrating properly, but understanding the importance of hydration and water quality to overall human health is one cornerstone to helping overweight individuals better manage their diet and lifestyle choices,” said Dave Noble.

For more information, please contact Dave Noble at [david.noble@bluewatergroup.com](mailto:david.noble@bluewatergroup.com) or +44 7785 302 694

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Founded 2013 in Stockholm, Sweden, Bluewater has set its sights on being the world's most planet-friendly water purification and beverage company by innovating and marketing disruptive hydration solutions for home, work, and play. Bluewater products are available globally to consumers, hotel and catering operations, event and venue organizations, and educational institutions. [www.bluewatergroup.com](http://www.bluewatergroup.com)<sup>[IG1]</sup>

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