



Bluewater



Help kids help themselves fight being overweight by encouraging them to drink water, new study suggests.

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## New study shows drinking water may help tackle obesity

With new research warning that children around the planet are putting on more pounds and kilos than ever before, a recent study has pointed to a simple solution – drink more water before meals! A British [study](#) published in the journal *Obesity* found that people who drank a couple of glasses of water before every meal lost just over 4 kg during a three month period.

As the planet marked World Obesity Day on Tuesday October 11, research by the World Obesity Federation said that up to 268 million children aged 5 - 17

may be overweight by 2025, with as many as 98 million falling into the obese category. The potential consequences are grim by any measure with millions of the affected kids suffering type 2 diabetes, hypertension and fat build up in their livers.

"Childhood obesity is just the saddening tip of an iceberg with WHO saying obesity has more than doubled since 1980," said Sebastian Hamilton, chief operating officer of [Bluewater](#), a world-leading innovator of residential, point-of-use water purifiers that remove toxic metals and other health-threatening substances from tap water.

Sebastian noted how [WHO](#) has underlined that most of the world's population live in countries where overweight and obesity kills more people than underweight. According to WHO, in 2014 more than 1.9 billion adults, 18 years and older, were overweight – and over 600 million of them were obese.

However, another study published in *Obesity* pointed to a simple way for people to help manage their weight. Scientists at the University of Birmingham in the UK found that downing a couple of glasses of water before eating a meal may help people eat less without even trying.

The study concluded that the preliminary evidence was that 'water preloading before main meals may be an effective weight loss strategy' because it helps people feel fuller and avoid pangs of hunger.

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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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