



# How to Lose Water Weight: The Fastest Way to Flush out 20 Pounds in 30 Days

*Camille Hugh*

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What do wrestlers, ballet dancers, strength athletes (body builders, Olympic lifters, power lifters, cross fitters), bikini and runway models, weight loss game show contestants, and ultimate fighters have in common? The answer lies is weight cutting or more specifically, the ability to lose a tremendous amount of weight (up to 20 pounds) in a relatively short period of time – we are talking days and weeks.

I am fully aware the claims of losing twenty pounds in a matter of days seems like the hogwash fodder late night infomercials are made of and way too good to be true, but I exaggerate and kid you not. Every year thousands of individuals accomplish seemingly impossible weight loss and they do it all for a leg up on their competition or to earn a paycheck.

It is no secret weight can play a major role in who wins or loses a match or even a job position. For example, in combat sports, those who weigh more obviously have the upper hand, so it is a well known tactic for competitors to lose a ton of weight fast so they can qualify for lower weight classes and then put the weight back on very quickly so that they can be significantly bigger than their opponents.

On the opposite end of the spectrum, for other sports or careers like equestrian riders, weighing as little as possible makes all the difference. Think of the weight loss television competition ‘The Biggest Loser’, where millions of dollars are up for grabs simply for the person who is able to lose the largest amount of weight in a very short time. Any trick that will contribute to the number on the scale dipping lower will undoubtedly be exploited.

Now, what is a lesser-known fact is how these athletes, every day people and models manage to actually drop the weight. I can tell you right now that eating right and exercising for a few days or weeks won’t lead to such drastic results. Yes, it is the healthy way to drop the pounds but it is not the only or even nearly the most expeditious way. And while a common misconception is that fat loss is the only culprit for the slim bodies these individuals display, the truth is it’s not.

You see, proper diet and exercise goes hand in hand with slow and steady weight loss. In fact, the guidelines for safe fat loss are only one to two pounds per week - a far cry from the twenty to thirty pounds (the larger you are the more you can lose) some of these folks can lose in a few days. So, what gives?

Water, that’s what. Believe it or not, the drastic weight loss is not fat or adipose tissue, but water. According to the United States Geology Survey, the human body is made up of sixty to seventy percent water. Water, along with your organs, fat, tissue, etc. all contribute to the number that greets you when you step on the scale and also has a lot to do with your appearance. Just think about how your stomach looks when you are bloated or have just finished eating a carb heavy meal versus how it looks when you wake up first thing in the morning.

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