

**Sent:** Monday, December 08, 2003 2:34 PM  
**Subject:** STUDY LINKS DRINKING WATER TO LOSING WEIGHT

*Dear Members of Aquathin Europe;*

*Under the category of "better late than never"; you will enjoy this quick read from your neck of the woods concerning what Aqua"thin" understood almost 25 years ago. I love my Aquathin !*

*Warmest regards to all...as well, your comments are always welcome and very much appreciated.*

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Celebrating our 23rd Birthday in 2003 !!!  
(visit the allnew <http://www.aquathin.com>)

"Alfie"  
Alfred J. Lipshultz, President

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Industry Outlook - 12/8/2003 11:19:27 AM

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## Study links drinking water to losing weight

LONDON — German scientists have found that shedding pounds could be as simple as drinking more water, [Ananova.com](http://Ananova.com) reported.

According to the news service, a study by Berlin's Charite University found that people who drank the recommended two liters of water per day burnt off an average extra 150 calories per day.

The team led by professor Michael Boschmann said the increased rate of metabolism was responsible for burning off the excess calories, according to a Journal of Clinical

Endocrinology and Metabolism report quoted in German magazine Men's Health, the article stated.

The team also found, however, that carbonated water, as well as all other drinks, had a negative effect and only water worked if people wanted to get the "slimming effect" from drinking.