

Drink Lots of Water

If you eat right and exercise at the intensity, frequency and duration proper for you, but still can't get rid of a little paunch here and there, you're probably just not drinking enough water.

Water helps boost your metabolism and helps you flush out the excess toxins that build up in your system. Your liver converts stored fat to energy. It has other functions, but this is one of its main jobs.

Unfortunately, another of the liver's duties is to pick up the slack for the kidneys, which need plenty of water to work properly. If the kidneys are water-deprived, the liver has to do their work along with its own, lowering its total productivity.

It then can't metabolize fat as quickly or efficiently as it could when the kidneys were pulling their own weight. If you allow this to happen, not only overtaxing your liver, but you're also setting yourself up to store more fat.

Every time I want to shock my body into a super perfect state for a photo shoot, I step up my water intake to six quarts a day and within three days, my skin looks amazing, my weight drops enough for me to feel confident and I feel awesome.

You can start breaking your set point too by drinking up. Start with 8-12 8 ounce glasses of water every day. Don't get crazy with this, but be reasonable and know that you must drink at least two quarts to start to flush your body.

Whichever eating plan you choose be sure to adjust it accordingly depending on how you feel and how your body responds. Don't ever blindly follow a rigid "diet" based on massive media hype. Be informed and focus on powerful positive changes.