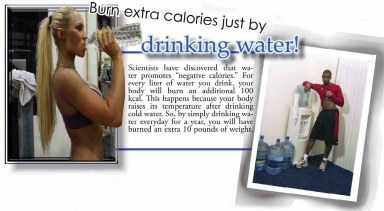# Burn extra calories just by drinking water!

Written by
DATE_FORMAT_LC2 -

Burn extra calories just by drinking water!

Scientists have discovered that water promotes "negative calories." For every liter of water you drink, your body will burn an additional 100 kcal. This happens because your body raises its temperature after drinking cold water. So, by simply drinking water every day for a year, you will have burned an extra 10 pounds weight.

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