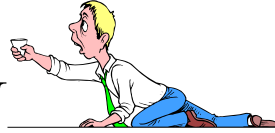


DEHYDRATION



What is dehydration?

Water is one the most important nutrients in the body. It makes up 70% of our muscles, and 75% of our brains. We use and expend water everyday. Breathing alone, we lose about 2 cups of water. We also lose body water through sweating and urinating. If the water loss is not replenished, you can become dehydrated.

The body's response to dehydration:

If our body senses low water stores it will tell the kidneys to conserve the water instead of excreting it. Dehydration can also cause constipation and bloating. Other symptoms of dehydration include:

- Dry mouth and tongue
- Apathy and lack of energy
- Muscle cramping

If untreated:

Dehydration can lead to heat exhaustion or heat stroke. Symptoms include:

- Fatigue
- Dizziness
- Nausea or vomiting
- Headache
- Rapid shallow breathing
- High temperatures
- Rapid heart beat
- Decreased alertness or complete loss of consciousness

Tips to prevent dehydration:

- Drink plenty of fluids: it is recommended that you consume at least 8-eight ounce glasses of fluid a day (more if you are exercising)
- Avoid caffeinated beverages and alcohol, both contain substances that will cause dehydration
- Wear light colored, absorbable, loose fitting clothes
- Stay in cool, shaded areas and protect your skin with sun block whenever possible
- Being aware and prepared is the easiest way to prevent dehydration!

