

Hydration Equations

What causes dehydration?

Dehydration results from more than not drinking water. During hot weather you are more likely to be dehydrated due to the amount you sweat. Alternatively, you can easily become dehydrated during cold weather as you don't feel as thirsty. When you don't thirst, you don't drink as much.

Indoors has its own risk: if you work in an office, try tracking your water intake so that intense focus upon work projects won't make you forget to hydrate. High altitude also causes you to become dehydrated quicker due to increased loss of fluid via your skin.

Below are foods and beverages that can either support or sabotage hydration:

Dehydrates

- ❖ Alcohol
- ❖ Coffee/Caffeinated Teas
- ❖ Cured Meats
- ❖ Popcorn/Chips
- ❖ Protein
- ❖ Bouillon Cubes
- ❖ Sugary Beverages
- ❖ White Asparagus

Hydrates

- ❖ Vegetables
- ❖ Soup
- ❖ Seltzer / Sparkling Water
- ❖ Herbal Teas
- ❖ Water with Fruit
- ❖ Coconut Water
- ❖ Juice
- ❖ Milk

Signs of Dehydration

Dehydration wreaks havoc on the body and can cause many health problems including heat exhaustion, cramping, swelling of the brain, depression, seizures, low blood volume shock, kidney failure or coma. Most of us assume that the first signs of dehydration are thirst and dry mouth, but there are many others to watch for:

- ❖ Fatigue
- ❖ Weakness
- ❖ Diarrhea
- ❖ Headache
- ❖ Dizziness
- ❖ Vomiting
- ❖ Inability to focus
- ❖ Unusually frequent or infrequent urination

Not sure if you're getting enough fluids? One easy indicator is when you go to the bathroom. Light yellow or colorless urine means you are getting enough fluids. Dark yellow or orange means you aren't getting enough water.

If you become dehydrated, drink an electrolyte drink or add a little lemon or sea salt to your glass of water. This helps to replace the electrolytes you lose through sweating. It is important that you replace these electrolytes as it is critical to keep your body at a healthy level of sodium.