

Drink Water to your Health

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Seventy percent of our body is water. Dehydration occurs when the level of water in the body drops drastically affecting normal bodily functions.

1. Drink plenty of fluids, specially in the summer months. Water is the best choice.
2. Ensure your intake of fluids is larger than the amounts you may lose through vomiting, diarrhea or sweating.
3. Preferably consume water at room temperature. It allows for quicker hydration than water taken at any other temperature.
4. The best way to assess the water needs of the body is by checking the colour of urine. Darker the colour, greater are the body's fluid needs. Urine should be clear to pale yellow.
5. Avoid drinking large quantities of tea, coffee, alcohol and sugar since they increase the fluid losses of the body causing dehydration. Have an extra glass of water each time you have one of these.
6. Large losses of body fluids cause an electrolyte imbalance. Maintain your electrolytes by adding sugar and a pinch of salt to your glass of fruit juice or water.
7. Patients with dietary restrictions - salt, sugar, water or fluids, must check with their consultant or seek professional help to make suitable modifications.