

HYDRATION

Just like plants, humans also require adequate hydration for good health and healing. If we do not consume enough water each day, our body can't remove toxins, which means longer healing times and a compromised immune system. Not surprisingly, dehydration is linked to a multitude of conditions, from headaches to heart disease.

SYMPTOMS OF DEHYDRATION:

- Headache
- Lightheadedness
- Dry mouth and lips
- Extreme thirst
- Confusion
- Fatigue
- Muscle cramps
- Less frequent urination
- Increased heart rate



FOLLOW THESE RECOMMENDATIONS FOR OPTIMAL HYDRATION:

- Drink six to eight 8-ounce glasses of water each day (48-64 oz./1.5-1.9 liters total)
- Alcohol and caffeine leach water from your body, so limit both and be sure to increase your fluid intake when you do indulge.
- We lose water faster when we sweat, so strive to replace water with a small drink (4-8 oz) every 15 minutes or so during heavy exercise or hot physical work.
- Plan your water intake needs for the day or a workout, then carry a measured bottle to help ensure you're staying on track.
- "Electrolyte replacement" drinks like Gatorade® or Powerade® carry more sugar than electrolytes and are generally unnecessary unless you are sweating heavily for more than an hour.