

## Health Notes

### Dehydration

by Craft Chiropractic Associates, PC

With the promise of warm summer days comes the possibility of dehydration. Dehydration is a real condition that does not limit itself to athletes. As embarrassing as it might be, we all perspire more in the heat of the summer. Activities such as gardening, mowing the lawn, and even housecleaning can all result in enough fluid loss to lead to dehydration.

The symptoms of dehydration are thirst, headache, dizziness, weakness, irritability, fatigue, muscle spasm, and nausea. You must start drinking fluids prior to fluid loss, because once the symptoms are present, dehydration has already started.

Though water is a great fluid replacement for most activities, for strenuous activities that last longer than an hour, a sport drink is a better choice. There are many different commercial sport drinks on the market and on sale everywhere.

Though brand-name sport drinks work, you can make your own. This formula is at least as good as those sold in stores and better than most; it was taken from the *University of California at Berkeley Wellness Letter*. Dissolve 1 tablespoon of sugar and a pinch of salt in a little hot water. Add 1 tablespoon of orange juice or 2 tablespoons of lemon juice and 7.5 ounces of ice water. This drink will provide carbohydrates, as well as the little sodium and potassium needed for endurance and exercise. 



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