



High Temperatures and Dehydration

Have you been:

- tired and grumpy
- struggling to concentrate
- experiencing a dry mouth
- headachy
- unusually constipated
- unusually hungry



If so, you may need to drink more water.

The long spell of hot summer weather is taking its toll on most of us, as it saps away the moisture from our bodies. In such weather we need to drink more water than the usual recommendation of 6-8 standard glasses a day.

Our bodies are 60% water and it is used in:

- digestion
- circulation
- saliva
- transporting nutrients and wastes to and from our cells
- maintaining our body temperature (sweat helps to cool us down)

How do you know you are dehydrated?

You may feel thirsty or hungry, however the best sign is urinating less frequently, with very dark urine.

Remember dehydration is life threatening, so if you have any of the signs mentioned, ensure you drink more water than you would normally do.

Advice from Therapy Professionals Therapists.

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