

Experience The Natural Way

Helping you feel relaxed and rejuvenated



Anxiety-free life

Improved mental focus



Aromatherapy Massage



Supplements



Health
⊗
Mobility
⊗
Serenity

Hydrate and Stay Healthy on Vacation

You've been playing in the water all day with your family, and yet, you feel weak, light headed, and have developed one nasty headache. Is it too much vacation....or not enough fluids.

Dehydration occurs when you loose more fluids than you take in. Water is essential to how your body functions. It forms the basis for all body fluids including blood and digestive juices. It aids in getting important nutrients where they need to go, and helps eliminate waste. The numbers on the daily quantity goes back and forth between experts – but you do need to put in as much as you loose. Most people, simply through every day activities, will loose more than 10 cups of water every day. Plus you don't only loose water; you loose important electrolytes like sodium, potassium, and calcium.

So it's important to plan your daily activities – hiking, car travel, beach time, boating, canoeing, or camping – to include water and sport drink breaks. Water is the best form of hydration and sport drinks help to replace electrolytes. Infants, children and older people are most likely to experience dehydration. Make sure to monitor their beverage intake. A pop or soda as a treat is Ok, but it will not provide hydration.

Adults, ...alcoholic beverages don't count towards hydration either; in fact they will help to dehydrate you!

So how much water should you take?

Divide your weight in half =ounces.

Example

Weight: 160 lbs divide by 2 = 80

This person needs to drink 80 oz. of water per day

The best way to know if you are hydrated is by your urine. If it is clear, you're properly hydrated. If it is dark yellow or amber you are dehydrated.

Enjoy your summer and stay hydrated, **this includes your pets too.**

Yours in good health,
Christine



The Natural Way

Helping you feel good naturally

Located in Burlington
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Ease of digestion

Pain-free activity



Aromatherapy Spa Facial



Reiki ⊗



Aroma-Reflexology