

Hydration

The amount each person needs to be hydrated by is affected in different ways and is not as easy as you may think. It's an individual assessment based on your age; gender; your body mass index, the climate of where you live and the amount of physical activity you engage in.

Water is a nutrient that is essential for life. The EFSA recommends a daily intake:

- 2.5 litres for Men (approximately)
- 2.0 Litres woman (Approximately)
- 70-80% you should access from drinking fluids and the rest from the food you eat.

What is Dehydration !

It's a lack of water in your body this is caused through such things as sweating – Vomiting-diarrhoea

How will I know if someone is dehydrated?

Your body will tell you – the body is an amazing thing and it will indicate to you that something is wrong.

This will be manifested perhaps with a combination or through one of these signs

- Headache
- Constipation
- Very yellow or brown dark urine
- An increase in thirst
- Dry mouth
- Sleepiness or feeling of fatigue all the time or general lethargy.

You can drink too much water

You can over hydrate and create an unhealthy balance in your body which can then become if done to excess life threatening and make you seriously ill.



Alcohol can dehydrate you

Yes it's true! Like everything in moderation it will not have a negative effect on you, however where you drink to excess and consume too much you will experience perhaps the symptoms outlined above. Why? Because alcohol will act as a diuretic this means it will create more urine for you to output.