

Title:

Dehydration: The Silent Killer

Word Count:

535

Summary:

Dehydration is a major health concern that is often taken for granted by many. It may deplete t

Keywords:

treatment, diet, nausea and vomiting

Article Body:

The human body is made up of about 70 percent water. Under normal conditions it loses some bod

One major cause of dehydration is insufficient consumption of water. Coupled with intens

Some signs of dehydration may include dizziness, sunken eyes, rapid heartbeat, dry mouth

It is important to learn the signs of dehydration and treat them quickly before they wor

Here additional remedies that can be done to reduce the development of dehydration:

- \* Reduce or eliminate the consumption of dehydrating beverages like coffee, tea, and sodas
- \* If drinks with caffeine are consumed, it is advised that more water than the normal daily
- \* Include lots of fruits and vegetables in a diet. These foods have high water content and
- \* The sense of thirst is not a reliable dehydration indicator. Individuals may need water

Many cases of dehydration can be prevented by keeping the body cool and by avoiding hot

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