

HEALTH ALERT!

Dehydration Risks

(NAPSA)—When the outside temperature rises, so does the risk of dehydration. The human body needs ongoing water replenishment in order to function properly. Although dehydration can affect anyone, it is particularly dangerous for seniors and infants.



Getting enough water each day is essential, especially as part of a weight loss program or during warm weather.

Water is also an important part of a healthy weight loss regimen. It creates a feeling of fullness which helps limit food consumption by suppressing the appetite. Medical professionals recommend drinking at least eight glasses of water a day.

In addition, if you exercise regularly, water is especially important. The body loses fluids through urination and perspiration. When it's dehydrated, the body does not function at full capacity.

The water quality experts at Kinetico Incorporated, a leading manufacturer of quality water treatment systems, encourage people to know the warning signs of dehydration: dry mouth, a marked thirst, infrequent urination and/or dark yellow urine.

It's also a good idea to avoid caffeine and limit alcohol consumption. Both can contribute to dehydration. Also, avoid iced beverages after strenuous activity. Ice causes blood vessels to shrink, limiting how quickly fluids can be absorbed into the body.

For information about the water you drink, call Kinetico at 1-800-944-WATER or visit the Web site at www.kinetico.com.