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Water – Essential for Life and Health

Warm weather causes increased perspiration which requires the ingestion of more fluids, none of which is as beneficial as water. The replenishment of electrolytes, small substances found in fluids essential in preventing dehydration, is just as important. Gatorade is the most recognized and one of the best electrolyte replenishment drinks, and if you ever tasted it it has a light sweet flavor.

Likewise, natural fruit juices (excluding orange and other citrus products, because of their acidity and low-nutrient contents) do just as well as Gatorade for most of us as our needs are not that great. Intense activities, which result in large amounts of perspiration, require Gatorade or a homemade mixture of two-thirds water and one-third fruit juice. At room temperature it is easiest to digest and least irritating for the esophagus and stomach. Also, one should not drink right after or before submersing in water.

If the drink will be outside in the heat for a while, I suggest placing two ice cubes in the container and keeping it in the shade. Even when diluted, the cubes will keep the drink at the best thirst-quenching and favorable temperature.

How much to drink is determined by the needs of the mouth, not your belly! Do not drink until your gut feels full, but when after a few minutes of drinking one mouthful-at-a-time, the mouth no longer craves moisture. Of course, profuse sweating requires more frequent drinking a mouthful-at-a-time and as often as every five to ten minutes. Whereby outdoor gardening and the like requires a mouthful every 15 minutes.

If you have any questions on this matter feel free to contact me at the office. I hope this information provides a more enjoyable warm weather experience for you.

In Health,

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