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## **Electrolyte and Water Consumption**

### **Electrolytes -- Necessary Liquid Nutrients**

Have you ever felt lightheaded or dizzy after enjoying the hot sun and then subsequently bloated after consuming large quantities of your favorite cold drink? Does it occur at the worst time -- family cook-outs, friends' parties, sporting events? The following tips may make your "fun in the sun" more enjoyable.

Long periods of perspiration deplete your body of fluids and electrolytes causing temporary mild dehydration. Electrolytes are small nutrients that are easily absorbed, but quickly depleted during perspiration. One should replenish electrolytes, which consist of mostly potassium and glucose, with a high quality sport drink such as Gatoraide or, better yet, a natural fruit juice mixed equally with water. Important as it is, water by itself contains no electrolytes and will not provide complete relief. We drink it excessively in an attempt to replace electrolytes, when it possess none, leaving us feeling bloated. Drink it slowly, at room temperature when the body cools and perspiration stops. Never drink when out of breath.

### **Water -- For Life and Disease Prevention**

In elementary school, and later in high school health classes, most of us were taught to eat three balanced meals and avoid snacking. Usually, the four major food groups were outlined, but little was said about eating times, bowel habits, water's importance, and ingestion. Most of us know that drinking eight eight-ounce glasses of water every day is beneficial, and to increase that amount when suffering from flu or the common cold. Water sustains life; however, few of us are aware of its value in preventing disease.

Consuming proper amounts of water maintains consistent blood volume levels. When it's sipped slowly (as opposed to gulping) we ease the kidney's heavy burden of regulating blood volume and allow for better renal function of purification and urine formation. When overstressed, our kidneys ask the adrenal glands for assistance. Naturally, when overworked and the hormone adrenaline drained, the adrenals become less effective at providing that often needed "shot of adrenaline."

### **All Fluids Are Made From Water**

Our bodies are like an automobile in that both demand the use of many different kinds of fluids. Delicate, clear tears and windshield fluids have different responsibilities than do thicker, more viscous joint lubricating fluids (synovial

fluid) and crankcase oils. A sharp distinction between automobiles and human bodies is that we must manufacture *all* of our fluids from one basic liquid -- water. All body functions are impaired, particularly the immune system, when we are low in water, hence, the increased risk of fatigue and disease.

In Health,

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