

Danger signs of dehydration

When our bodies need more water, they send us signals in order to make us drink more water. We need to be able to recognize these so we understand we should drink some water. Thirst is one of the last signs of dehydration, so if we learn to recognize the danger signs, we can prevent our bodies becoming too dehydrated.

HUNGER – if you feel hungry but have eaten a proper meal already, then it is likely your body is telling you to drink. It is easy to mistake the two feelings at this stage, as hunger is one of the earliest warnings that your body needs some water.

TIREDNESS is one of the most common signs of dehydration. Are you feeling sleepy or just can't be bothered... then have a drink.

If you have a **HEADACHE** then it is likely you have become dehydrated. In many cases 2-3 glasses of water can make a headache disappear. Try it!

BAD TEMPERED. Are you in a bad mood for no good reason? Many of us don't realize that moodiness is often caused by our bodies wanting water. We become short tempered and snappy. Drinking water when you feel a bad mood coming on can make you feel better. Its also nicer for those around you!

SMELLY, DARK YELLOW WEE – wee is one of your body's waste products. Water helps your body dilute this waste. If your wee is dark and smelly, then your body is holding on to water as it needs it elsewhere. You are definitely dehydrated by this stage. Your wee should be a pale, straw colour and should not smell. Drinking water is very important if you are this dehydrated. You are also at risk of bladder, kidney and urinary tract infections as water acts as a 'cleansing' system, diluting and flushing toxins out of your body. This needs to happen regularly for bladder and kidney health.

THIRSTY - this is your body's final signal. It is quite clear and unmistakable. It means your body has used up all its other dehydration signals and is sending you one you can't ignore. By this stage, water is the **ONLY** fluid that will help you rehydrate. Once you're thirst has gone, keep drinking regularly until your wee is a pale colour and you feel bright and alert.