



## Signals of dehydration in the body:

- ◆ heartburn, stomach ache
- ◆ non-infectious recurring or chronic pain
- ◆ low back pain
- ◆ headache
- ◆ mental irritation and depression
- ◆ water retention

The human body is composed of 25% solids and 75% water.  
Brain tissue is said to consist of 85% water.

It has become a practice to regard the "dry mouth" as a signal of body water needs, which is further assumed to be well-regulated if the sensation of "dry mouth" is not present. The dry mouth is the last outward sign of extreme dehydration. Damage occurs to the body at a persistent lower level of dehydration. Because of a gradually failing thirst sensation, the body becomes chronically and increasingly dehydrated. Further confusion lies in the idea that when the sensation of thirst urges an intake of water that soda pop, coffee, or alcohol-containing beverages can be taken as a substitute. These beverages contain water, but also dehydrating agents. Not only do they eliminate the water contained in them, but also water from the body's reserves!

Drink 50-75% of your body weight in ounces

sedentary people: 50%	active people: 75%	EXAMPLE
Pounds of body weight _____ lb.		150 lb.
% of above figure _____ oz.		112.5 oz.
Add for dryness climate _____ oz.		16 oz.
Add for strenuous exercise _____ oz.		16 oz.
Add if outside more _____ oz.		_____
Total _____ oz.		144.5 oz.

Divide total by number of hours awake:

$$144.5 / 16 = 9 \text{ oz. of water}$$

\_\_\_\_\_

for each hour awake for a 150 pound active person who works out, but is inside most of the day and living a dry climate

This is an estimate of the number of ounces you need to drink each and every hour you are awake!