

Hydration 101

With the summer heat being what it is these days, staying indoors sure sounds like a great idea.

While that is an interesting premise for children, what can people who have work and other responsibilities that require them to be outside do? The heat can take a pretty hefty toll on the body with the worst after effects of such being dehydration or heat stroke. So what does one have to do to beat the summer heat? Here are some top tips to help.

STAY HYDRATED

Increasing water intake is an absolute must in order to survive this summer. Drinking 9 to 10 glasses of water a day is a healthy start. It also helps to have some ready-made ORS (Oral Saline) handy as it will help restore the nutrients that the body loses throughout the day. Alternatively, if a ready-made one isn't available, one can be made by adding half a teaspoon of salt and six teaspoons of sugar to four cups of water.

NATURE'S BOUNTY

Consumption of fruits and vegetables with high water content can also too prevent dehydration. These fruits and vegetables contain high amounts of minerals, and Vitamins A, E, K, and D. Therefore, they have the ability to work the

relatively low on calories and sugar.

Drinking barley water at regular intervals is another good remedy for dehydration as it contains a lot of sodium, chromium, selenium. To prepare this drink, add one cup of soaked barley to three or four cups of water and bring it to a boil, then simmer (covered) for 45 to 60 minutes. Allow it to cool, strain, and add a little lemon juice and honey.

Buttermilk is also a good remedy for treating mild dehydration. Prepare it by pouring a cup of milk, adding two tablespoon of fresh lemon juice and stirring the mix well and then refrigerate.

Use these easy solutions and be sure to stay awesome and hydrated this hot summer!

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Photo: Sazzad Ibne Sayed



same as a sport's drink minus any unwanted chemical additions. It is very easy to make some fantastic homemade juices by cutting up fruits like watermelon, mangoes, grapes, bananas, or tomatoes into slices and then adding water and sugar, if required. Watermelon is a particularly great choice as it contains many healthy components like potassium, phosphorus, and magnesium, and will hydrate someone instantly. Bananas are another great choice for those wishing to survive the harshness that is summer. Citrus fruits are also beneficial for hydrating the body as they are full of sodium and potassium. Another great choice for surviving the summer is cucumber.

By far, the most popular choice for the summer happens to be coconut water. It is rich in natural vitamins and minerals, including sodium, iodine, magnesium and many more. The high amounts of electrolytes in coconut water make it a very hydrating drink. It is also

