

# SUNDAY MORNING

# Health Corner

## Stay Hydrated, Stay Healthy

Water is essential to our health and well-being. Drinking 8-10 glasses of water daily is sufficient for most people.

But during these sweltering summer days, we need to take steps to recognize and prevent dehydration.

The best way to tell if you are well-hydrated is to look at your urine. If it is clear or pale yellow, you're good. Dark or amber colored urine may indicate dehydration. Dizziness and dry mouth may also be signs.

- Hydrate before you go outside. If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
- Consume foods with high water content, such as cucumbers, oranges, and strawberries.
- When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
- When you're feeling hungry, drink water. Thirst is often confused with hunger.

If you like to hydrate with sports drinks or energy drinks, check the label! These products often are high in sugar, salt or caffeine.

Get more hydration tips at [Black Doctor.org](https://www.blackdoctor.org)



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