

Dehydration

Did you know that dehydration can worsen your pain symptoms?

Dehydration has been defined and understood by many people as a lack of water in the body. In fact, it is much more complex than that.

Re-hydrating the body on a daily basis consists of four parts:

- 1) Drinking fluids such as water and juices
- 2) Eating a wide variety of fruits and vegetables
- 3) Eating good fats such omega 3,6,7 and 9 from nuts, seeds, olives and fish
- 4) Taking electrolytes such as minerals like calcium, magnesium, potassium and sodium

Each person requires a different amount of these four parts to maintain a healthy lifestyle. An average amount of water can vary between 1_ to 2 liters a day. An average of 2 to 3 raw fruits and 6 to 8 raw or partially steamed vegetables will give offer some important fluids too. Every one of your meals can have some form of good fats added to your plate. And, of course, a trusted multi-vitamin and mineral will supply some of your electrolytes. You can also get added support by taking electrolytes through drops, powders or tablets.

All four parts are necessary for maintaining proper body temperature, preventing infections, reducing inflammatory conditions and lubricating all of the body's tissues.

Each of these components has an important part to play in your health and well-being. They allow food and moisture to get into your cells and also allow toxins and swelling to leave the cells.

If you have been a chronic pain sufferer or you have recently been struck by some form of pain, re-hydrating the body can provide some relief and help in the healing process.

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