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August 2012
AHHA
Newsletter

Tips For Staying Hydrated

Many things may cause you to become dehydrated, but it is especially important to stay hydrated when the temperature rises. When your body loses too much water, it cannot perform basic functions, which can have lasting effects.

Signs you may be dehydrated:

- Dry mouth
- Thirstiness
- Fatigue
- Dry Skin
- Headache
- Constipation
- Dizziness
- Light-headedness
- Nausea and vomiting
- Muscle Cramps
- Reduced Sweating
- Weakness
- Decreased Urine Output



How to stay hydrated:

- Find a good electrolyte replacement. We prefer Dr. Price's Electro Mix. (Available at AHHA)
- Take homeopathic cell salts. (Available at most health food stores)
- Drink Smart Water.

Our normal recommendation is to drink half of your body weight in fluid ounces every day. For example: if you weighed 150 lbs, we suggest drinking 75 ounces of water, which is just a little over the amount in 6 soda cans. Coffee, tea, soda, etc. don't count!

Healthfully,

Curry D. Chaudoir, Diplomat in Acupuncture

Note: Nothing in this document is intended as a substitute for your doctor's diagnosis and/or treatment. This statement has not been evaluated by the FDA.