

# Harmful Effects and Symptoms of Dehydration

## The Harmful Effects Result from Dehydration:

- ◆ Tiredness
- ◆ Migraine
- ◆ Constipation
- ◆ Muscle cramps
- ◆ Irregular blood-pressure
- ◆ Kidney problems
- ◆ Dry skin
- ◆ 20% dehydrated – Risk of death

## Symptoms of Dehydration

Here are some of the symptoms that you need more water:

- ◆ **Dark Urine – Dark Yellow or Orange in Colour:**  
Urine is generally pale yellow to clear when you have sufficient water intake. Dark color or smell strong indicates that you need to drink more water.
- ◆ **Dry Skin:**  
Skin is the largest body organ and requires its share of water.
- ◆ **Thirst:**  
Thirst is the most obvious sign that you're already dehydrated. It is always a good practice to drink more water when you are not thirsty, don't wait until you're thirsty.
- ◆ **Hunger:**  
Most people mistaken hungry is the indication to eat more, whereas in actual fact, you may be dehydrated. So before you have your meal, grab a glass of water.
- ◆ **Fatigue:**  
Water can give you a boost in energy.

How much water should you drink a day to avoid dehydration? A common approach is drinking

8 glasses of water a day, which is considered to be essential for good health and can help in weight control and weight loss.

**Why not get a Water Cooler in your office or home?**

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