

Many people have low level dehydration and don't even know it. They go about their lives, drinking their sodas and coffee without a second thought.

They may see some signs, such as confusion, forgetfulness, fatigue and headaches, among other things, but it usually doesn't register as a dehydration problem.

And yet it is. You can avoid dehydration in just a few simple steps.

Are You Dehydrated?

It is possible that you are dehydrated and don't even realize it. The symptoms can easily be mistaken for other conditions. The signs of dehydration include:

- Headaches
- A flushed complexion
- Fatigue
- Confusion or disorientation
- Vomiting
- Yellow or dark urine

Dehydration can be remedied and even prevented in just a few simple steps.

When You're Thirsty, Drink Water

This may seem pretty basic, but the truth is, many people don't realize that thirst means their body is craving water. If you are thirsty, get a drink of water. It doesn't have to be anything fancy, as long as you choose hydrating foods and pure water over juices, you will find yourself feeling better.

Increase Your Water Intake When You Need It

When you drink, stick with water. Diet sodas, or rather the sweetener in diet sodas, do not constitute water. What's more, many sodas contain sodium.



If you are someone who doesn't drink regularly or chooses unhealthy drinks over water, you should also set goals for yourself. Write them down and put them in a [place where you can see them](#). That way, it's easier for you to remember to drink your water.

Eat Hydrating Foods

Certain foods allow you to eat your water - well, sort of. These foods have a high water content, making them very hydrating:

- Cucumber
- Apples
- Oranges
- Cantaloupe
- Carrots
- Cherry tomatoes

Incorporate some of these hydrating foods into your diet every day.

Add Extra Electrolytes When You Need Them

Sometimes you need extra electrolytes to get you going or get you through the day. It can be a damaging condition if left untreated. When you drink a lot, it can flush out your system, depleting you of vital electrolytes. You can avoid this by consuming foods that are rich in electrolytes like:

- Broccoli
- Spinach
- Peanuts
- Avocat
- Almonds
- Beans

These foods help to keep the body stable. In short though, just drink water. If you are drinking water daily, you will enjoy better health, clearer skin, and a clear mind.

If you want to get a nice boost of electrolytes, try drinking some coconut water or a sugar-free sports drink without aspartame. Both of these options work very quickly.

Dehydration is serious. If you are concerned about dehydration, talk to your doctor. They can review your habits and lifestyle and recommend a program that is right for you.

Don't let dehydration rob you of any more quality time with the ones you love. You can begin making positive changes today.

For more tips on staying hydrated, [get in touch with our team today.](#)