



# *Are you dehydrated self-assessment*



Take this self assessment to help determine if dehydration is affecting you;

- Do you notice you can't seem to lose weight, even when trying?
- Do you notice increased thirst?
- Do you feel constipated?
- Do you notice a decrease in your urine output?
- Do you feel bloated?
- Do you notice brain fog?
- Do you have afternoon fatigue?
- Do you struggle with daytime sleepiness?
- Do you notice any dizziness?
- Do you experience poor sleep?
- Do you feel muscle stiffness?
- Do you feel joint pain?
- Do you have headaches - particularly dull lingering headaches that you can feel as soon as you wake?
- Do you have dry skin?
- Do you have chapped lips often?

- Do you notice dry eyes regularly?
- Do you notice dry mouth regularly?
- Do you have bad breath?
- Do you notice if your throat is dry?
- Do you think you need to drink more water?

If you answered yes to any of these questions, your body may be signaling you that it needs hydration. And consider it your first line of therapy. Tap water isn't enough!

Drinking half your body weight in water in ounces is a general guideline and not necessarily a bad one but remember there are many variables that will affect you needed more (or less). Pay attention to your own signals of dehydration. The top two signals are fatigue and brain fog. Right behind those are headaches, stiffness, joint pain, irritability and low mood. Dry tongue, throat and nasal passages are early signals too.

Make sure you not only hydrate with water but with teas, smoothies, soups, popsicles and hydrating foods too.

