



# SYMPTOMS OF CHRONIC DEHYDRATION

## Healing It Naturally

Most people don't think they need to worry about dehydration. To them, dehydration is something that happens to travelers in the desert when they run out of water. But there is a chronic form of dehydration that does not have the sudden and intense nature of the acute form. Chronic dehydration is widespread in the present day and affects everyone who is not drinking enough liquid.

You may be experiencing Chronic Dehydration if you display any of the 13 symptoms of dehydration.

This list of 13 Symptoms of Chronic Dehydration will inspire you to go get a glass of water, and then another, and another...

After each symptom we will show how lack of fluid affects the issue.

1. **Fatigue, Energy Loss:** Dehydration of the tissues causes enzymatic activity to slow down.
2. **Constipation:** When chewed food enters the colon, it contains too much liquid to allow stools to form properly, and the wall of the colon reduces it. In chronic dehydration, the colon takes too much water to give to other parts of the body.
3. **Digestive Disorders:** In chronic dehydration, the secretion of digestive juices are less.
4. **High and Low Blood Pressure:** The body's blood volume is not enough to completely fill the entire set of arteries, veins, and capillaries.
5. **Gastritis, Stomach Ulcers:** To protect its mucous membranes from being destroyed by the acidic digestive fluid it produces, the stomach secretes a layer of mucus.

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6. **Respiratory Troubles:** The mucous membranes of the respiratory region are slightly moist to protect the respiratory tract from substances that might be present in inhaled air.
7. **Acid-Alkaline Imbalance:** Dehydration activates an enzymatic slowdown producing acidification.
8. **Excess Weight and Obesity:** We may overeat because we crave foods rich in water. Thirst is often confused with hunger.
9. **Eczema:** Your body needs enough moisture to sweat 20 to 24 ounces of water, the amount necessary to dilute toxins so they do not irritate the skin.
10. **Cholesterol:** When dehydration causes too much liquid to be removed from inside the cells, the body tries to stop this loss by producing more cholesterol.
11. **Cystitis, Urinary Infections:** If toxins contained in urine are insufficiently diluted, they attack the urinary mucous membranes.
12. **Rheumatism:** Dehydration abnormally increases the concentration of toxins in the blood and cellular fluids, and the pains increase in proportion to the concentration of the toxins.
13. **Premature Aging:** The body of a newborn child is composed of 80% liquid, but this percentage declines to no more than 70% in an adult and continues to decline with age.

SOURCE: <http://www.life-enthusiast.com/special/adr-4.htm>