

Understanding Fluid Balance

As living creatures, our bodies rely on several things for survival. The most important is the oxygen that we breathe. The second survival factor is water. Without oxygen and water, we would perish. We tend to take both for granted until there is a shortage, problem or imbalance.

Our bodies consist of millions of cells, which are bathed in fluid. In fact our bodies consist of at least 60% fluid. Therefore, an adult who weighs 100-kilograms is made up of 60 litres of fluid. So, like our planet, our bodies consist mostly of water.



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Therefore, we cannot allow our bodies to become dehydrated.

Signs of dehydration include:

- Thirst
- Dizziness
- Headache
- Dark colored urine or none at all
- Dry Mouth
- Dry skin
- Constipation
- Collapse