HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Sweat and Hydration

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Holistique Medical Team

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Let’s take a moment to talk about sweat. This may not be a very glamorous topic and typically we rush home after workouts to rinse off. Sweat contains not only water but also sodium, chloride, potassium, magnesium, and calcium. These electrolytes play critical roles in the body that help to maintain fluid balance and optimize muscle function. The loss of fluid and electrolytes leads us to a state of imbalance, known as dehydration. Many people think that thirst is the most reliable indicator for dehydration, but in some cases by the time someone is thirsty, they may already be dehydrated. Dehydration has both physical and mental manifestations in the body. Some of the physical symptoms include: dry mouth/tongue, less frequent urination and dark colored urine. Some of the mental symptoms include: fatigue, dizziness, and confusion. That is why it is important to hydrate before, during and after exercise.

One way of replenishing your body with fluid and electrolytes is through IV therapy. This is a quick way of hydrating that helps re-fuel your body from what was lost from sweating. IV therapy allows for a quick delivery of fluid, electrolytes, minerals and vitamins into the body and allocate them where they are needed the most. Hydration is one of the most important fundamentals for a person’s overall health and well-being. We want our bodies to perform at their optimal level and incorporating hydration into our daily lives will help us live happier and healthier lives.

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