

SELF CARE - IT STARTS WITH YOU

Hydrated

These colourations 1 - 3, show that you are fully hydrated. However, if you have reached level 3 (pale yellow) you are beginning to show the signs of dehydration, and should up your water intake.

1

2

3

De-hydrated

Levels 4 (a darker yellow than level 3), indicates that you have started the dehydration process and need to drink more water. From level 5 upwards to level 8, you are in fact dehydrated. Whilst not critical at level 5, more water is necessary to prevent symptoms worsening.

At Level 8, you are seriously dehydrated and in need of rapid hydration to increase your electrolytes.

4

5

6

7

8

DEHYDRATION FACTS

- THE BODY NEEDS WATER TO FUNCTION.
- DEHYDRATION OCCURS WHEN WATER INTAKE IS LESS THAN WATER LOSS.
- SYPTOMS RANGE FROM MILD TO LIFE-THREATENING.
- THE YOUNG AND THE ELDERLY ARE ESPECIALLY SUSCEPTIBLE TO DEHYDRATION.

YOU ONLY GET ONE BODY TAKE CARE OF IT!



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