

What Happens When You're Dehydrated?

It's week three! That means you're halfway through the water challenge! This week, we are highlighting the dangers of dehydration. Dehydration happens when your body is losing more fluids than it's taking in. According to Healthline, losing as little as 2% of your body's water content can significantly impair your physical performance.

Being dehydrated is more serious than you might think. Severe cases of dehydration require medical treatment, and in some cases, dehydration can be life-threatening. The good news is that mild to moderate dehydration can usually be treated by drinking water. It's important to drink enough water throughout the day to prevent dehydration altogether. It's also important to know the signs of dehydration before it becomes chronic or severe.

According to Mayo Clinic, some common symptoms of dehydration include:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

If you feel thirsty, that means you're already dehydrated. Even mild dehydration can have some negative effects on your body. Let's take a quick look at what dehydration does to the body:

Headaches. Dehydration can cause mild, moderate, and even severe headaches. When your body is dehydrated, your brain can temporarily shrink or contract from the lack of fluids – causing a throbbing headache.

Low blood pressure. Being dehydrated can sometimes cause your blood pressure to drop. Low blood pressure can lead to a range of complications, including a racing heart or fainting spells.

Bad breath. Without enough liquids in your body, you won't be able to produce enough saliva. Saliva helps fight stinky bacteria in your mouth. Without enough saliva, you'll likely experience dry mouth and bad breath.

Dizziness. Many people experience dizziness when they're dehydrated. A drop in blood pressure can cause you to feel dizzy or lightheaded, and can even lead to fainting.

Muscle cramps. Dehydration can cause muscle cramps. This is most common when you are in a warm environment. The lack of fluids in your body can cause your muscles to tense up and cramp.

Chapped lips. A lack of liquids causes your skin to dry out. Many people first notice this in the form of chapped lips.

The good news is that drinking more water can easily reverse most of these symptoms. It's important to stay aware of these signs and symptoms of dehydration so that you can get hydrated again before dehydration becomes dangerous.

