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SIGNS AND SYMPTOMS OF DEHYDRATION

- Thirst
- Decreased urine output
- Fatigue
- Headache
- Dry nasal passages

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DEHYDRATION: A GUIDE FOR SURVIVAL

In this article we'll tell you symptoms of dehydration, how to treat dehydration, ways to gather water, and conserving water. Getting lost or stranded in the woods can happen to anyone and you may find yourself without food or water. The average adult needs between 2 and 3 liters of fluid per day.

Based on normal metabolic rate you can survive approximately 3 days without water and 3 weeks without food. Therefore it follows that if you find yourself in dire straits securing a water source that is clean and dependable is imperative.

Your thirst can not solely depended upon to tell you when you need water. If you rely on this as your guide you will drink only two-thirds of your daily water requirement. Here is a general rule to know how much water you need to drink. In temperatures above 38 degrees Celsius (100 degrees Fahrenheit) drink a liter of water every hour, and when below 38 degrees Celsius (100 degrees Fahrenheit) drink half a liter of

water every hour.

Symptoms of Dehydration

Discussed below are some of the effects and symptoms of dehydration

Being dehydrated is defined as the excessive loss of body fluid. Symptoms generally become noticeable after 2% of one's normal water volume has been lost. The first symptoms of Dehydration are thirst and discomfort, sometimes with dry skin and loss of appetite. The three types of dehydration are lack of electrolytes, lack of water, and lack of water AND electrolytes.

Mild dehydration symptoms include decrease urine volume (and abnormally dark urine), thirst, headache, irritability, tiredness, dry mouth, dizziness when standing and it has been shown to negatively affect people's moods. Moderate to

severe dehydration symptoms could be little to no urine, extreme fatigue/sleepiness, fainting and seizures. With greater water loss the symptoms becomes increasingly more severe. Respiration and heart start to speed up, lack of sweat causes body temperature to rise, unconsciousness and other severely inhibiting symptoms.

How to treat dehydration

For minor dehydration the most effective treatment is more drinking water and stopping fluid loss. Solid foods can cause more harm than good by causing someone to vomit or have diarrhea. In more severe cases you have replenish necessary water and electrolytes.

When someone is moderately or severely dehydrated there are two treatments. The much easier, less invasive and less painful one is oral re hydration. This is done by replacing fluid by mouth. Should this be attempted it should be done with clear fluids only and only in small portions. Some clear fluids include: water, clear broth, Jell-O and Popsicles.

To replace electrolytes some good choices are Accelerade, Propel Fitness Water, Pedialyte, Gatorade, Powerade and many others. The other treatment is intravenous (IV) fluid and the solution must be isotonic or hypo-tonic. The fever can be controlled with acetaminophen or ibuprofen. Seawater, alcohol and urine in either treatment will worsen the condition.

Snow: Remember to melt snow before you drink it. It can lower your core body temperature and make your situation worse. (Explained below)

Water in the wild may contain chemicals, bacteria or parasites. Purify or filter water before drinking it. Use a portable water filter or boil water to remove elements. You can also use iodine or purification tablets.

Ways to gather water

There are a few ways you can attempt to find a source of water. Look for swarming insects, ample plant life

and animal tracks to help navigate you to a source of water. Birds will circle over waterholes; in the morning and evening attempt to listen for chirping to find their watering spot. If a water source cannot be found you will have to find some way to collect water.

Dew accumulates on plants in the morning. Although this method will provide very little water it is something to keep in mind. Always have some form of container ready in case of a sudden thunder storm or flash flood. If you have a coat or something similar you can coil it around the top of your container to make a funnel if needed. Melt snow before you drink it.

If you eat snow your body can become dehydrated because of the process your body has to go through to melt it. If the snow is not fresh white snow or has been laying on the ground of a considerable amount of time you should purify (boiling/tablets/etc) it to kill the possible bacteria it may have. Salt water is NOT safe to drink in ANY amount. You can use salt water to cool your body down, but never drink salt water.

Remember to boil any water that may have bacteria or any harmful organisms in it (that includes fresh running water).

Conserving Water

Remember, you need to drink a liter/half a liter an hour. By taking measures to control your how much you sweat you can dramatically lower how much water you lose.

*Do not smoke or drink alcohol. Smoking and alcohol will hasten and accelerate your dehydration.

*Get out of the sun and stay in the shade.

*Limit your movements and if traveling is required, travel slowly and steadily

*Water is required for food digestion so food will use water that you might need for cooling yourself off.

*When laying down or sitting try to use something to separate you from the hot ground.

*Clothing provides an excellent way to prolong the cooling effects of sweat.

Sauteed Broccoli Rabe with Garlic

Ingredients:

- 2 pounds broccoli rabe, hollow or coarse stems discarded
- 2 teaspoons minced garlic
- 1/2 teaspoon dried hot red pepper flakes, or to taste
- 1/4 cup extra-virgin olive oil plus additional for drizzling
- 1/2 teaspoon coarse salt
- 1/8 teaspoon freshly ground black pepper
- 3/4 cup water

Preparations:

Separate broccoli rabe leaves from florets. Tear any large leaves into 2-inch pieces and chop remaining stems coarse.

In a heavy 3-quart saucepan or skillet large enough to hold broccoli rabe saute garlic and red pepper flakes in 1/4

cup oil over moderately high heat, stirring, until fragrant, about 30 seconds. (Do not brown garlic.) Add broccoli rabe and saute, turning with tongs, until wilted, about 2 minutes. Stir in salt and black pepper and saute, stirring, 1

minute. Add water and cook, covered, stirring occasionally, until tender, about 5 minutes.

Serve broccoli rabe with lemon and drizzled with additional oil.

Sauteed Broccoli Rabe with Vinegar

Ingredients:

- 4 quarts broccoli rabe
- 1/4 cup extra virgin olive oil
- 1 1/2 tablespoons minced garlic
- Sea salt and freshly ground black pepper
- Red wine vinegar

Preparations:

Remove the stems from the broccoli rabe. Shake and rinse the broccoli rabe in colander to remove the excess liquid, but the rabe doesn't have to be thoroughly dry.

Heat a large pot over high heat until very hot. Add the olive oil. When the oil is almost smoking, add the garlic and cook for a few seconds until it is light brown. Add a couple of handfuls of rabe and toss with tongs, incorporating the garlic so it doesn't burn on the bottom of the pan.

Add the remaining rabe all at once, or in batches if your pot isn't large enough to hold it all at once. Toss constantly so the rabe wilts evenly. When the rabe is cooked, season with salt and pepper. Continue cooking over high heat, tossing often until the excess liquid evaporates.

Turn the rabe out into a bowl and let it cool to room temperature, then season with wine vinegar. Eat at room temperature or refrigerate up to 2 days and eat cold.

AVOID DEHYDRATION WHILE WALKING

How can you evaluate if you are hydrated after a walking exercise? You will want to acquaint yourself with the signs of dehydration, such as: feeling nausea after your walk; a dry, sticky mouth; dry eyes; diarrhea; vomiting; fever or excessive sweating and you may have dark yellow urine or no urine at all to expel after your walk.

As noted, dehydration occurs when you lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. Inadequate intake of water during hot weather or exercise also may cause dehydration. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.

The important practice of drinking water or sport drinks needs to be a part of your walking exercise program. Normally, plain/tap water is sufficient if you are counting your steps for an hour or less. If you are in a program of more than an hour you need to add salt; such as: drink a sports drink or eat salty pretzels which serve as replacement of salt and energy; carry water with you so you can drink a full cup of water every 20 minutes; if you are sweating,



drink more water to replenish your fluids; squeeze a little lemon in your water bottle and when you have finished with your walk be sure to drink a tall glass of water or a sports drink and/or salty foods.

The new guidelines by USATF say drink when you are thirsty instead of drinking just because you want to. The old guideline was drink before you get thirsty. Oh dear, an agency changed their mind again. Do you ever get confused on guidelines? I do notice that when I walk I only drink my water when I get thirsty; so, the latest guideline may be helpful to you. Those people who live in a higher altitude and other locations are exposed to more heat and low humidity will need to drink more than usual.

It would appear that we are educated to drink water before, during and after a walking exercise program. However, when we are aware of the signs of dehydration and take the necessary steps to avoid this happening to our bodies we can keep healthy.

I personally invite you to come to <http://www.livehealthybywalking.com>. Take action by signing up for updates of new postings, activities and informational articles relating to walking your way to a healthy lifestyle. If you are under the impression that you just go outdoors to walk, you may be surprised what you will learn about Nordic Walking, Interval Walking, Power Walking, Walking in light rain; walking and training for marathons and much more. Claim your health by joining other walkers.

SIGNS AND SYMPTOMS OF WINTER DEHYDRATION IN THE ELDERLY: 8 WAYS TO AVOID THEM

Dehydration can kill. It is crucial for anyone to stay properly hydrated but it is even more important for seniors who have other comorbidities as well as dementia like diseases. One of the reasons that the dehydration threat is higher for seniors is because of thinner skin that comes with aging.

The thinner skin makes a person more prone to losing fluid. Another issue that makes seniors more open to fluid loss is their medications, some medicines can cause you to become easily dehydrated.

A wide array of medical issues can lead to dehydration. Considering that our bodies are made up of 50% to 65% water, this element is critical to virtually all our physical functions. Every organ and system of the body depends on water, so a shortage of fluid can naturally lead to serious health consequences. Dehydration is one of the most frequent causes of hospitalization among people over the age of 65.

Worse, at least one study has found that about one-half of those hospitalized for dehydration died within a year of admission. Older people are at greatest risk for dehydration because the mechanism that normally triggers thirst becomes less sensitive with age. In addition, as we age, a lower percentage of our body weight is water, so dehydration can occur more rapidly.

Those elderly individuals most vulnerable to dehydration live alone, especially when they are ill. In addition to fluid lost from fever from flu, or diarrhea from a stomach virus, sickness usually interferes with normal eating and drinking patterns. We lose water in many ways.

- Breathing results in humidified air leaving the body
- Diarrhea is the most common reason a person loses excess water. A significant amount of water can be lost with each bowel movement. Worldwide, dehydration from diarrhea accounts for many of the deaths in children.
- Vomiting can also be a cause of fluid loss; as well, it makes it difficult to replace water by drinking it.
- The body can lose significant amounts of water when it tries to cool itself by sweating. Whether the body is hot because of the environment (for example, working in or exercising in a hot environment, or because a fever is present due to an infection, the body loses a significant amount of water in the form of sweat to cool itself. Depending upon weather conditions, a brisk walk will generate up to 16 ounces of sweat (a pound of water).
- People with diabetes, elevated blood sugar levels cause sugar to spill into the urine and significant dehydration can occur. For this reason, frequent urination and excessive thirst are among the symptoms of diabetes.
- Burn victims become dehydrated because water seeps into the damaged skin. Other inflammatory diseases of the skin are also associated with fluid loss.
- The inability to drink adequately is the other potential cause of dehydration.

Whether it is the lack of availability of water or the lack of strength to drink adequate amounts, this, coupled with routine or extraordinary water losses, can compound the degree of dehydration.

- One common side effect of many medicines is increased frequency of urination. You need to compensate for these additional lost fluids by drinking more than usual. Medications that often cause this problem are diuretics, blood pressure drugs, antihistamines and psychiatric drugs.
- The aging process can diminish our natural sense of thirst, but if you also suffer from incontinence, you may be reluctant to drink fluids throughout the day. Sipping often in small amounts is essential to avoid becoming dehydrated.

The body's initial signs and symptoms of dehydration are:

- Thirst
- Decreased urine. The urine will become concentrated and dark yellow in color.
- Fatigue
- Headache
- Dry nasal passages
- Dry, cracked lips, dry mouth the eyes stop making tears, sweating may stop muscle cramps, nausea and vomiting lightheadedness (especially when standing) and weakness will occur as the brain and other body organs receive less blood.

- Coma and organ failure will occur if the dehydration remains untreated.
- Irritability & confusion in the elderly should also be heeded immediately.

Here are some easy remedies and ways to prevent dehydration:

1. As is often the case in medicine, prevention is the important first step in the treatment of dehydration.
2. Fluid replacement is the treatment for dehydration. This can include: water, juice, soups and clear broths, Popsicles, Jell-O, ice cream, milk, puddings, decaffeinated beverages, Kool-Aid, nutritional drink supplements (Ensure, Boost, Sustacal, Resource and instant breakfast drinks), and replacement fluids that may contain electrolytes (Pedialyte, Gatorade, Powerade, etc.)
3. Reduce or eliminate dehydrating beverages such as coffee, tea and soft drinks (unless decaffeinated). But even decaffeinated drinks can contribute to dehydration. Beware of alcohol intake too. Alcoholic beverages increase risk of dehydration because the body requires additional water to metabolize alcohol and it also acts as a diuretic.
4. If you drink the unhealthy beverages, you need to add even more water to you daily total. The dehydration caused by those drinks must be compensated for by increasing the water.
5. Eat lots of fruits and vegetables. Most have a high water content.
6. Drink water all day long in small amounts. It is not good to suddenly gulp down 64 ounces of water. You can fill a

24-32 ounce tumbler in the morning, refill it by late morning and refill again for the afternoon. Consume that by 5 PM. Most people need to start limiting fluids 1-3 hours before bedtime.

7. Individuals with vomiting and diarrhea can try to alter their diet and use medications to control symptoms to minimize water loss. Acetaminophen or ibuprofen may be used to control fever.
8. If an individual becomes confused or lethargic; if there is persistent, uncontrolled fever, vomiting, or diarrhea; or if there are any other specific concerns, then medical care should be accessed. Call 911 for any patient with altered mental status - confusion, lethargy, or coma.

Remember that the lack of a sense of thirst is not a reliable indicator of the need for water. You need water long before you feel thirsty.

Dr. Thomas is a retired psychiatrist who is in the early stages of Lewy Body Dementia and Alzheimer's disease. He promotes education for senior citizens to maintain good health and about the signs and symptoms of the various dementia-like illnesses. He emphasizes preventative measures as well as treatment options for neurodegenerative diseases. He posts on a daily basis to his blog called "A Diary of a Physician Psychiatrist with Lewy Body Dementia and Alzheimer's Disease." He enjoys knitting, reading, playing number and word games as well as doing other brain training exercises. He and his wife live in Northwestern Pennsylvania. His blog can be read at <http://knittingdoc.wordpress.com>.

Quinoa Tabbouleh

Ready In: 30 Min

Original Recipe Yield 4 servings

Ingredients

- 2 cups water
- 1 cup quinoa
- 1 pinch salt
- 1/4 cup olive oil
- 1/2 teaspoon sea salt
- 1/4 cup lemon juice
- 3 tomatoes, diced
- 1 cucumber, diced
- 2 bunches green onions, diced
- 2 carrots, grated
- 1 cup fresh parsley, chopped

Preparations:

1. In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork.

2. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots and parsley. Stir in cooled quinoa.

Nutritional Information Amount Per Serving Calories: 354 | Total Fat: 16.6g | Cholesterol: 0mg

WILDERNESS SURVIVAL PREPARATION TIPS

Before you begin your trip into the wilderness, there are some basic skills you must learn. There are four basic needs that must be met to survive. Warmth, water, sleep and food must be provided for wilderness survival.

It can be very challenging to maintain body warmth at night in some areas. You should be well prepared for any trip or situation that may have you in a cold area. The human body has a very narrow temperature range. You must maintain your temperature in that range for survival.

Water makes up the majority of the human body. Although you can survive for a day or two without water, you should not wait until you are out of water before you start looking.

A lack of sleep can greatly affect your cognitive ability. You may experience hallucinations and be unable to make a rational decision as to your wilderness survival.

Humans can go without food for a couple of weeks. Food may not be your first priority, but considering that you are using many calories on your trek, you will need an adequate amount of food to maintain your stability.

Wilderness survival requires a great deal of preparedness. You need to prepare for the worst case scenario and hope it doesn't happen. Be sure you have the right gear with you. Learn what would be the proper equipment for your trip. Your requirements for a week long backpacking trip will vary greatly from a day trip on the trails. You have to be prepared.

Carry a map of the area with you. Study the land before you see it. Refresh your navigation skills

and have the skills necessary for using a map and a good compass. Wilderness survival is your main concern. By learning the lay of the land before you leave, your adventure will be a lot more enjoyable.

Never go out on a trip without letting someone know where you are going. They need to know your route, your destination and the expected return time. There are services that will call family and/or friends if you do not return on schedule or within a reasonable time frame.

It is much easier to survive in good weather. Before you leave on your trip, check with the local weather forecast online or at least watch the predictions on the evening news the night before. If you are choosing to go into the wild in winter, be sure you are prepared and have brushed up on winter survival skills.

To prepare yourself you might also take survival courses and learn what you need to do to make your trip an enjoyable one. Your preparation can save your life and the more you learn, the better your chances for survival will be. Hiking or backpacking in winter in cold climates is not the best idea for a novice heading into the woods. Also, it is best to take a few daytime backpacking trips before you venture into the week long variety of survival treks.

Don't stop learning about survival procedures. Practice your skills as often as you can before you take the trip out to the wild. It is important to remember that the responsibility for wilderness survival is ultimately that of the traveler.

For more on wilderness survival, and to get the free version of the book "Ultralight Backpacking Secrets," visit <http://www.the-ultralight-site.com>.