

Preventive tips to keep you healthy... from New London Hospital.

Keeping Your Body Cool in Summer



Drinking enough water helps you beat the summer heat

The heat and humidity of summer can drain your body of vital fluids, which may cause dehydration. Drinking enough water and eating the right foods help your body beat the summer heat.

Drink more water as the temperatures rise because you'll perspire more. Most health experts suggest you should drink an average of 48 ounces of non-alcoholic fluids in a 24-hour period. Heavier sweating means you're losing more fluids. It's important to know your body and drink more when you're thirsty.

Watch your salt intake

Watch the salt. Too much or too little salt in your body can occur when temperatures are hot. Indicators are swollen hands, tight rings, and clothing wrinkles on your feet or ankles. Watch what you eat and drink periodically.

Watermelon and cucumbers are cool and refreshing

Finally, eat cooling foods. Certain foods, such as cucumbers and watermelon are good for you in the summer. They have diuretic properties, and can help offset any excess salt intake.



*Source: National Institutes of Health
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