

FLUID BALANCE

WATER IN

WATER OUT



IMPACT OF DEHYDRATION

- Increased strain on heart
- Headache / nausea
- Fatigued/ inability to contrate
- Lack of strength / power
- Slow reactions
- Increased strain on kidney function

SWEAT RATE FACTORS

- External Temperature
- Clothing / work equipment
- Exercise / activity duration
- Exercise intensity
- Exercise environment
- Body size / composition
- Age

The Kidneys Balancing The Fluids The Human Body

M Mosston



The Kidneys Balancing The Fluids The Human Body:

The Kidneys Balancing The Fluids The Human Body Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **The Kidneys Balancing The Fluids The Human Body**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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