

Dr. Mary's Corner



JULY'S Healthy Habit

Welcome to Dr. Mary's Corner! Each month Dr. Mary Mason, mother of three and founder of Little Medical School®, discusses a Healthy Habit that you and your family can practice! This month, one of the warmest month's of the year, Dr. Mary is discussing **healthy hydration habits to prevent dehydration**. To learn more, please visit us at www.littlemedicalschool.com/dr-marys-corner

★ **Signs of Dehydration** As the body gets dehydrated, the heart has to work harder to pump blood through the vessels.

Low-Energy Levels

Excessive Tiredness

Headache

Sunken Eyes

Dry Mouth

Dry Lips

Excessive Sweating

Decrease of Urination

★ **How to Stay Hydrated** **Water is the best way to stay hydrated.**
Below are a couple more drinks + foods that are nutrient-rich water sources.

Drinks

Sports Drinks (dilute with water)

Juice

Milk

Water with lemon or raspberry

Smoothies

Foods

Oranges

Grapefruit

Cantaloupe

Honeydew

Watermelon

Yogurt

Green Peppers

Celery

Cucumbers

Tomatoes

Oatmeal

Soup

★ Send your children to their summer activity with a water bottle that they can refill throughout the day!

