

# Hydration

During perimenopause and menopause, falling oestrogen levels affect how your body regulates temperature, retains fluid, and maintains energy — making hydration more important than ever.

What happens when you're dehydrated:

- Fatigue and brain fog can worsen
- Hot flushes and night sweats feel more intense
- Headaches become more frequent
- Joints and skin may feel dry or achy

Simple ways to stay hydrated:

- Aim for 1.5–2 litres (6–8 glasses) of water a day — more if you're exercising or sweating.
- Include herbal teas (mint, rooibos, chamomile) — they count too.
- Eat your water — foods like cucumber, melon, oranges and soups help.
- Go easy on caffeine and alcohol, which can dehydrate you.
- Sip steadily through the day — not all at once.

Tip: If you're waking thirsty or struggling with night sweats, keep a glass or bottle of water by your bed.

