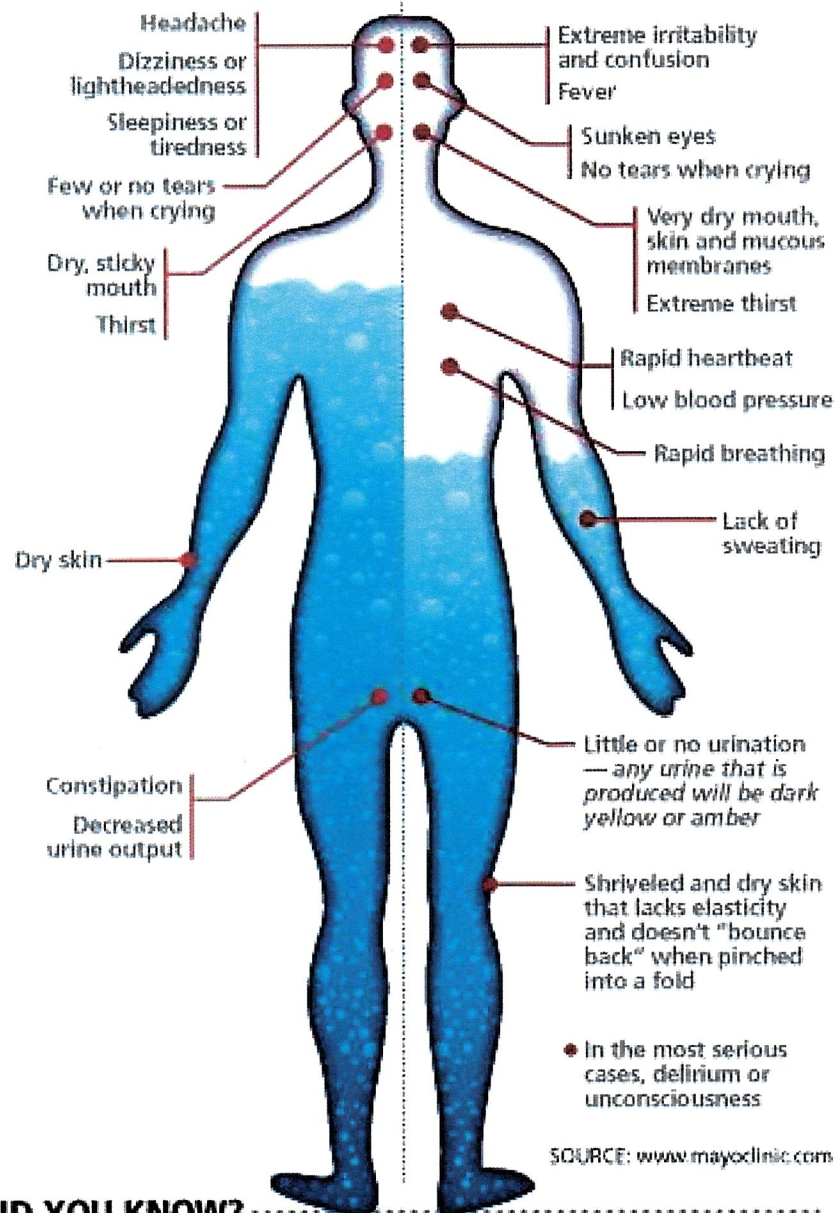


Effects of dehydration

MILD TO MODERATE DEHYDRATION IS LIKELY TO CAUSE:

SEVERE DEHYDRATION, A MEDICAL EMERGENCY, CAN CAUSE:



DID YOU KNOW?

- The average human body is nearly two-thirds water. That equals about 50 liters of water.
- Normally, two liters of water per day are lost through urination, breathing, or escape through the skin.
- On a hot day, even if a person is just lounging outside, five liters can be lost. That much water loss causes fatigue and dizziness. By losing twice that amount, vision and hearing become impaired, and muscles start to convulse. A person can die with a loss of 15 to 20 liters.
- For someone walking, the rate of water loss can be one liter per hour.
- The body's thermostat is located in the front of the hypothalamus, a part of the brain that additionally regulates hunger, moods, sleep, thirst and sex drive. The hypothalamus keeps track of internal body temperature and is also aware of the external temperature via signals sent by nerve endings.
- Three million sweat glands covering the skin help the body cool down.

SOURCE: Dr. Kenneth Kamler and his book, "Surviving the Extremes"

Graphic by Fred W. Figueroa/THE DESERT SUN