



## HYDRATION

July 2012

### WHICH DRINK IS BETTER?

**Water or sports drink?** Which would you choose to better hydrate your body? How about juice or soft drinks? Through some online research, below is the broken down aspects of each type of drink so you can decide which one is better for you.

**Water:** The natural choice for hydration is water. It hydrates better than any other liquid, both before and during exercise. You should drink 4 to 6 ounces of water for every 15 to 20 minutes of exercise. Although some people prefer the taste of water over other drinks, most people find it relatively bland and will stop drinking water before becoming fully hydrated. Water is the best, but only helps if you drink it!



**Sports Drinks:** Sports drinks do not hydrate better than water, but you are more likely to drink larger volumes, which leads to better hydration. The typical sweet-tart taste combination doesn't quench thirst, so you will keep drinking a sports drink long after water has lost its appeal. You get a carbohydrate boost from sports drinks, in addition to electrolytes which may be lost from perspiration, but these drinks tend to offer lower calories than juice or soft drinks.



**Juice:** Juice may be nutritious, but it isn't the best choice for hydration. The fructose, or fruit sugar, reduces the rate of water absorption so cells don't get hydrated very quickly. Juice is a food in its own right and it's uncommon for a person to drink sufficient quantities to keep hydrated. Juice has carbohydrates, vitamins, minerals and electrolytes, but it isn't a great thirst quencher.



**Soft Drinks:** The acids used to carbonate and flavor these beverages will damage your teeth and may even weaken your bones. Soft drinks are devoid of any real nutritional content. Even if they taste great! The carbohydrates will slow your absorption of water, but they will also provide a quick energy boost. In the long run, they aren't good for you, but if hydration is your goal, soft drinks aren't a bad choice. Avoid drinks with lots of sugar or caffeine, which will lessen the speed of degree of hydration.



**Coffee and Tea:** These two can sabotage hydration! Both drinks act as diuretics, meaning they cause your kidneys to pull more water out of your bloodstream even as the digestive system is pulling water into your body! It's a two-steps-forward-one-step-back scenario. If you add milk or sugar, then you reduce the rate of water absorption even further. Save the latte for later.



**Alcoholic Beverages:** Alcohol dehydrates your body. Alcoholic beverages are better than, say, seawater, but that's about it!



So, the bottom line to all of this is: Drink water for maximum hydration, but feel free to mix things up a bit to cater to your personal taste. You will drink more of what you like. In the end, the quantity of liquid is the biggest factor for getting and staying hydrated.

## "BATH SALTS" A DEADLY NEW DRUG

"Bath salts" is a designer drug, which means it's synthetic, concocted in a lab. (On the street, it's also known as "bath powder", "herbal incense" or "plant food".) To understand what the drug does, think of "bath salts" as a cross between meth and acid. Like cocaine, meth and speed, bath salts work by stimulating the central nervous system, kicking it into overdrive, if you will. Also, the drug apparently causes paranoid delusions and/or hallucinations. Some experts say it's psychoactive rather than hallucinogenic like acid, but the end result appears to be similar: delusional beliefs acted upon in violent ways.

Many of the "bath salts" seized have been found to contain extremely high levels of caffeine.

MDPV (3,4-Methylenedioxypyrovalerone) and mephedrone, the most common bath salts, originated as synthetic versions of a natural ingredient found in Khat (*Catha edulis*), a hallucinogenic plant found in eastern Africa. Cathinone, the active ingredient in Khat, is a Schedule 1 controlled substance, meaning illegal.

Currently, the chemicals we call "bath salts" are most frequently manufactured and imported from China and Europe, but drug officials say it's only a matter of time before American drug-cookers begin making them. The drug was actually first formulated in France in the 1920's, but disappeared until it was rediscovered from the obscurity of academia by an underground chemist. He published the recipe on a website known as the Hive, which was shut down in 2004 for sharing way too much information about illegal substances. But, it was too late and the word was out, the drug became extremely popular all over Europe.



Source: [www.forbes.com](http://www.forbes.com)

## RANCH BURGER POCKETS



### Ingredients:

- 4 ounces 96% lean ground beef
- Ground black pepper, to taste (optional)
- 1 (7 1/2") low-fat, low carb, multi-grain or whole wheat tortilla
- 1 tablespoon low-fat ranch dressing
- 1/4 cup chopped spinach leaves
- 3 thin slices Roma tomato
- 1 very thin slice onion

### Directions:

1. Preheat your Mini Grill. Pack the beef tightly together than shape into a rectangle that is about 3 1/2" by 4". Season with pepper, if desired.
2. Grill the burger for about 45 seconds to 1 minute for medium-rare, or until desired doneness (do not smash the burger with a spatula).
3. Place the tortilla on a serving plate. Picture the tortilla as a clock and place the burger patty so that the center of one of the shorter sides starts at 12:00 and the patty stretches down the center of the tortilla.
4. Top the burger with the dressing, spinach, tomato and onion slice. Fold the bare end of the tortilla up over the filling, and then fold the sides of the tortilla over the middle. Serve immediately.

Source: [www.tastebook.com](http://www.tastebook.com)



The Faith Community Nursing program began in October of 2008 as an outreach of Twin County Regional Healthcare. The Faith Community Nurse program is just one way TCRH fulfills it's mission "to promote, preserve and restore the health of our community".

**For more information on the Faith Community Nursing program, please call (276) 236-5433**

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