

BECAUSE WE CARE MINISTRIES, INC.

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Most all of the sickness we deal with in Nicaragua is from teams coming from the U.S. with **Hydration issues**. Please read carefully and sign the BWCM Release form stating that you understand will do your best to follow these simple steps towards appropriate Nicaragua Health.

Studies indicate that the average American walks around on a daily basis in a mild state of dehydration. Regularly!

Did you know that the human body is composed of 60% life-giving water?

Brain and heart	73% WATER
Lungs	83% WATER
Muscles & Kidneys	79% WATER
Skin	64% WATER
Even our Bones	31% WATER

Doctors recommendation for adults:

— Males 3 Liters per day.

— Females 2 Liters per day.

That's approximations as height, weight and age will vary. This is **PER DAY in your normal USA rhythm of life.**



1 Liter is basically
1 Nalgene Water Bottle.
Which is approx.
32 fl oz of water.

HYDRATION

With that being said...

traveling to the **HOT and DRY**
climate of Nicaragua
(close to the equator)
you WONT BE in your normal
U.S.A. Rhythm of life!



Therefore, it is **vital** that you begin to increase your water consumption **WEEKS before** your travel to Nicaragua. Give your body time to HYDRATE.

Lay off the sodas and sugary drinks. Many of which have the adverse effect upon the body and actually act as a diuretic — thus, causing you to loose the much needed water from within.

Plan to bring something that can be added to your water to make it more palatable for you. There are many options to choose from that are not filled with sugar.

Please plan to bring 2 Screw Cap bottles with you that are clearly marked. One can be in the freezer and one can be on your person — thus allowing you something cold to drink.

One of the best indicators of good WATER infused Hydration is clear urine. Darker than normal urine output is a sign of dehydration. Along with lightheadedness, dizziness, headache, fatigue and sleepiness.

**So... Hydrate...
you'll be healthier because of it!**