Wellness Wednesday

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Does Being Thirsty Mean You're Dehydrated? Doctors Reveal The Answer — And It May Surprise You

When we feel thirsty, many of us instinctively think we are dehydrated. However, recent insights from medical professionals suggest that this common belief may not be entirely accurate. Understanding the nuances of thirst and hydration can help us better manage our fluid intake and overall health.

Understanding Thirst: A Natural Response

Thirst is our body's way of signaling that it needs more fluids. According to Dr. Nate Wood, a culinary medicine expert at Yale School of Medicine, we typically start to feel thirsty when we have lost about 1 to 2% of our body water. This early warning sign is not an indication of dehydration but rather a prompt to replenish our fluids.

The Thirst Mechanism

- **Early Warning System:** Thirst acts as an alert system, letting us know when it's time to hydrate.
- **Body Intelligence:** Our bodies are designed to signal thirst before we reach a state of dehydration, which is a testament to their efficiency.

Dr. Jordan Hilgefort, a sports medicine physician, emphasizes that while thirst is not a definitive marker of dehydration, it serves as an early indicator that we may need to drink more fluids.

Recognizing True Dehydration

While thirst is a helpful cue, it's essential to recognize the signs of actual dehydration. Dehydration occurs when the body loses more fluids than it takes in, leading to various symptoms.

Common Signs of Dehydration

- **Dry Mouth and Skin:** A lack of moisture can lead to a parched mouth and dry skin.
- **Dizziness and Lightheadedness:** These symptoms often arise when dehydration becomes more severe.
- **Fatigue:** Feeling unusually tired can also be a sign of inadequate hydration.
- **Urine Color:** The color of your urine can be a good indicator of hydration levels. Pale yellow urine typically signifies good hydration, while darker urine may indicate a need for more fluids.

Dr. Philip Skiba, a medical director at Jefferson Health Sports Medicine, notes that dehydration becomes a concern when fluid loss reaches about 8% of body weight. At this point, the body may start to experience significant health issues.

The Importance of Hydration

Staying adequately hydrated is crucial for maintaining various bodily functions. Water plays a vital role in:

- **Metabolic Processes:** It helps in the functioning of cells and organs.
- **Temperature Regulation:** Proper hydration is essential for maintaining body temperature.
- **Nutrient Transport:** Water aids in delivering nutrients and oxygen to cells.

Daily Hydration Needs

The amount of water each person needs can vary based on several factors, including body size, climate, activity level, and overall health. While the common recommendation is to drink eight 8-ounce glasses of water daily, this may not be suitable for everyone. Listening to your body and drinking when thirsty is often the best approach.

The Risks of Chronic Dehydration

Occasional mild dehydration may not pose significant health risks, but chronic dehydration can lead to serious complications. Dr. Hilgefort warns that repeated episodes of dehydration can increase the risk of:

- **Kidney Dysfunction:** Chronic dehydration can impair kidney function and increase the likelihood of kidney stones and urinary tract infections.
- **Heat-Related Illnesses:** Insufficient hydration can lead to heat exhaustion or heat stroke, especially in hot weather or during intense physical activity.

Balancing Hydration

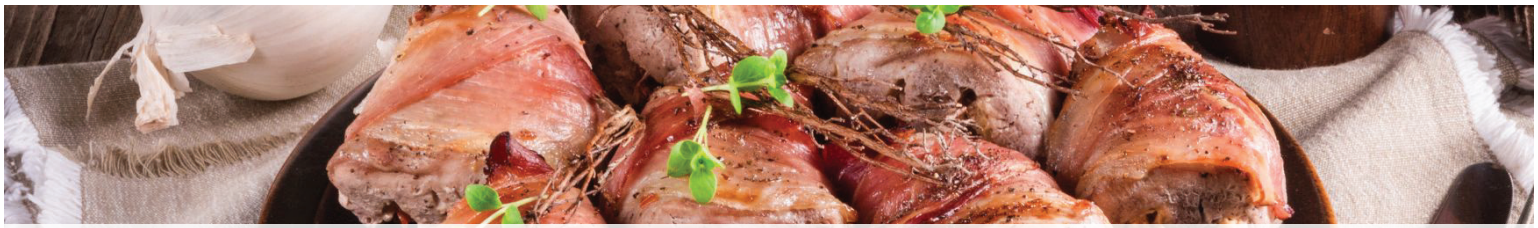
Interestingly, it is also possible to overhydrate, which can lead to a condition known as hyponatremia, where sodium levels in the blood become dangerously low. This condition is rare but can occur in endurance athletes who consume excessive amounts of water without replenishing electrolytes.

Practical Tips for Staying Hydrated

To maintain optimal hydration levels, consider the following strategies:

- **Listen to Your Body:** Drink when you feel thirsty, and pay attention to your body's signals.
- **Monitor Urine Color:** Use urine color as a guide to assess your hydration status.
- **Incorporate Hydrating Foods:** Foods like fruits and vegetables have high water content and can contribute to your overall fluid intake.
- **Set Reminders:** If you often forget to drink water, set reminders on your phone or use a water-tracking app.

Feeling thirsty is a normal reminder to drink more fluids, not necessarily a sign of dehydration. By recognizing our body’s hydration cues and knowing the signs of true dehydration, we can stay healthy and well-hydrated.



Prosciutto Wrapped Stuffed Turkey Tenderloin Recipe with Apples & Kale

INGREDIENTS

- 5 ounces thinly sliced prosciutto, about 8-10 slices
- 1 ½ pound turkey tenderloin, or small boneless breast, butterflied & pounded to accommodate stuffing
- 1 tablespoon unsalted butter
- 1 cup apple, peeled & chopped (I used 1 golden delicious)
- ½ cup leek, whites and light green only, finely chopped (from 1)
- 2 cloves garlic, minced
- 1 cup Tuscan kale, finely chopped
- ½ cup fontina cheese, cut into small cubes
- 1 ½ tablespoon whole grain mustard, divided
- 1 ½ cup low sodium chicken broth
- 2 sprigs fresh sage
- 2 sprigs fresh thyme

Turkey tenderloin is a versatile cut of meat that is both lean and tender, making it an excellent choice for stuffing. Unlike traditional turkey, which can be dry if overcooked, tenderloin remains juicy and flavorful when prepared correctly. This dish combines the savory taste of turkey with the sweetness of apples and the earthiness of kale, all wrapped in crispy prosciutto for an added layer of flavor.

Why Choose Prosciutto?

Prosciutto, an Italian dry-cured ham, adds a unique flavor profile to the dish. Its salty, savory notes complement the sweetness of the apples and the richness of the cheese, creating a harmonious balance. The prosciutto also helps to keep the turkey moist during cooking, ensuring that every bite is succulent.

Tips for a Perfect Dish

- **Avoid Pre-Cooking the Kale:** Adding raw kale to the filling allows it to release its juices during cooking, enhancing the flavor of the turkey.
- **Moisture is Key:** The prosciutto wrap helps retain moisture in the turkey. If you choose to skip it, consider using a turkey breast with skin to maintain juiciness.
- **Tight Rolling:** Ensure that you roll the turkey tightly to keep the filling intact and achieve a beautiful presentation when sliced.

Nutrition Information

Calories: 361 kcal, Carbohydrates: 8.5 g, Protein: 45.5 g, Fat: 15 g, Saturated Fat: 7 g, Cholesterol: 133 mg, Sodium: 575 mg, Fiber: 2 g, Sugar: 4 g, Vitamin C: 9 mg



INSTRUCTIONS

How to Make It

1. Preheat the Oven
Begin by preheating your oven to 375°F (190°C). This ensures that your turkey will cook evenly and thoroughly.

2. Prepare the Prosciutto
Lay the slices of prosciutto on a large piece of plastic wrap, slightly overlapping them. This will create a base for wrapping the turkey later.

3. Make the Filling
In a sauté pan, melt the butter over medium-low heat. Add the chopped apple, leek, and minced garlic. Sauté until the mixture is softened, about 3-5 minutes. Remove from heat and stir in the chopped kale. Once the mixture has cooled slightly, fold in the fontina cheese and ½ tablespoon of whole grain mustard.

4. Stuff the Turkey
Place the butterflied turkey tenderloin on top of the prosciutto. Spread the filling evenly over the turkey, leaving about an inch of space on one side. Using the plastic wrap, carefully roll the turkey tightly, ensuring the filling is enclosed.

5. Sear the Turkey
In an oven-safe skillet, heat a little oil over medium heat. Place the turkey roll seam-side down in the skillet and sear for about 2-4 minutes until the prosciutto is crispy. Pour in the chicken broth and add the fresh herbs.

6. Roast the Turkey
Transfer the skillet to the preheated oven and roast for 30 minutes. After that, increase the temperature to 400°F (200°C) and continue cooking for an additional 10 minutes, or until the internal temperature of the turkey reaches 160°F (71°C) and the prosciutto is crispy.

7. Rest and Serve
Once cooked, let the turkey rest in the pan for 7-10 minutes. This resting period allows the juices to redistribute, ensuring a moist and flavorful dish. Before serving, stir the remaining mustard into the sauce and reduce it slightly if desired.

Reference: SkinnyTaste

https://www.menshealth.com/uk/workouts/a45681389/four-week-six-pack-training-plan/

Featured Exercise

►The Barbell Bent-Over Row:

HOW TO DO IT:

1. **Starting Position:** Stand with your feet shoulder-width apart, holding a barbell with both hands using an overhand grip. Your hands should be slightly wider than shoulder-width.
2. **Hinge at the Hips:** Bend forward at the hips while keeping your back straight and your knees slightly bent. Your torso should be nearly parallel to the ground.
3. **Row the Barbell:** Pull the barbell towards your lower ribcage, keeping your elbows close to your body. Focus on squeezing your shoulder blades together at the top of the movement.
4. **Lower the Barbell:** Slowly lower the barbell back to the starting position, maintaining control throughout the movement.
5. **Repeat:** Perform the desired number of repetitions, ensuring proper form is maintained throughout.

THE BENEFITS:

The barbell bent-over row is a fundamental exercise that plays a crucial role in building upper body strength, particularly targeting the back muscles. This compound movement not only enhances muscle mass but also improves overall functional strength, making it a staple in many workout routines.

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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

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