

How to Handle Heat Waves

Summer is the time to vacation with family. Go out and exercise. Spend time with loved ones. Yet with climate changes, the temperatures are reaching extremes. Young children and the elderly are at exceptional risk to heat stroke. Heat stroke and exhaustion can last up to 30 minutes and can impact the quality time you are trying to have with loved ones.

Symptoms of a heat stroke can include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache

What can you do to ensure you and your loved ones don't get heat stroke?

Make sure you drink lots of water. Staying hydrated is the key to staying happy and healthy. Which is why it is important to make sure to always refill water bottles before going out on long excursions. On top of that, eating plenty of fruits and vegetables as snacks. Before stepping outside, make sure you apply enough sun screen to protect against the sun's rays to prevent sunburns.

An **Aqua Ionizer Deluxe 5.0** is a great start to making sure you stay hydrated and the snacks you take on the go are clean. This ionizer will not only hydrate but also balances pH levels. It can help clean and disinfect fruits and vegetables which some can be high in nutrients and are water enriching.

With or without the potential harm of heat stroke, folks should always be attentive to their body's needs. Dehydration can happen in any weather at any time. Fortunately, a water ionizer works all year around.

You are the best judge of what your body needs. If you're not feeling 100%, then its time to start making some changes.

You must admit, feeling good, doesn't sound too bad.

