



Nutrition In Heatstroke



► Heatstroke In Vulnerable People ◀

In general, children and the elderly are among those people who suffer from heatstroke sooner and more, it is necessary to know that heatstroke is the first part that damages the kidneys, and with a late visit to the doctor, the kidneys are seriously damaged, and Dialysis should be performed if necessary.

► Prohibited Feeding During Heatstroke ◀

- 1- It is forbidden to drink caffeinated liquids. Eating sweet and caffeinated liquids such as tea and coffee, which are diuretic and cause dehydration, is not recommended in the summer and summer.
- 2- It is forbidden to eat sweet liquids. Heatstroke occurs when the body temperature is around 40 degrees for a long time, and a person does not take action to balance his body temperature, in which case the person suffers from heatstroke.
- 3- It is forbidden to eat icy liquids. Drinking icy liquids disrupts the digestive system and the immune system.
- 4- It is forbidden to eat liquids once and for all.
- 5- Eating fatty foods is forbidden.
- 6- Drinking soft drinks and energy and carbonated drinks are prohibited.



► Proper Nutrition For Heatstroke ◀

- 1- Water with a few drops of lemon juice and salt.
- 2- Using vegetables during the day and week.
- 3- Consume 8 glasses of water a day.
- 4- Low volume food and often.
- 5- Mint syrup, peppermint, liqueurs, fresh lemon syrup, egg syrup.
- 6- Juice of fresh vegetables and fruits.
- 7- Be careful in consuming sweeteners and use white sugar and honey.



Nutrition In Heatstroke

A series of double activities are performed on the usual activities, which eventually lead to sweating and excretion of salts, water, and other vitamins in the body, and in these conditions, the system is typical.



► The Relationship Between Nutrition And Heatstroke ◀

Ever had fatigue, redness of the skin, rapid breathing with minimal oxygen, nausea, and headaches. In the summer with excessive exposure to the sun or extreme heat? In this situation, suffering from heatstroke, and the body has lost its resilience to heat and sun resistance.

► What Is Heatstroke? ◀

Precisely with the beginning of the summer season and the increase of air temperature (above 35 degrees), the human body temperature rises reciprocally. With this event's occurrence, all body organs begin to cool and control body temperature when the body and system. Its internal organs are busy cooling and balancing themselves.



The body temperature changes, and if for any reason the body cannot maintain temperature balance, it will get heatstroke.

► Symptoms Of Heatstroke ◀

Heatstroke usually presents with extreme tiredness, weakness, hot and dry skin, redness of the skin, headache, nausea, rapid breathing, rapid pulse, dark and orange urine, diarrhea, fainting and dizziness, muscle cramps, lack of consciousness, and dry lips. If these symptoms continue and the overheated person's body temperature is not balanced, the person may lose consciousness and go into a coma.