

SALT AND HEAT EXHAUSTION

It is generally believed that the taking in of limited amounts of salt relieves heat exhaustion. Recent studies reveal that the opposite can be the case. A study of Israeli youngsters working in the 100°F. to 130°F. heat of Israeli fields showed severe potassium deficits among heat-exhausted youths taking salt tablets. When they stopped the sodium-chloride-tablet intake and increased the potassium intake, instead, the problem vanished. Researchers say that sodium replacement does relieve heat exhaustion when it is first taken into the body and therefore gives one the feeling of relief, but the process then reverses itself and a person becomes more exhausted as a result.

Editor's Note:

Instead of salt, I use Gatorade. In hot weather we consume 5 cases a week. The effects are immediately noticeable and efficiency is greatly improved. Don't believe me? Try it!

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