

Hydration and Human Health: Critical Issues Update

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Title: Hydration and Human Health: Critical Issues Update

Editors: Rodolfo F. Florentino, MD, PhD

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Abstract: The symposium on which this article is based dealt with the current knowledge on hydration, from the myths and science of hydration, to the assessment of the level of hydration of the individual, and to recommendations for the maintenance of water balance under normal conditions and during physical exercise.

- 0. Hydration Knowledge, Myths, and Science, Maxime E. Buyckx, MD, MBA
- 0. Hydration: Assessment and Recommendations, Kristin J. Reimers, PhD, RD
Fluid Requirements During Physical Exercise, Chin Loeng Lim, PhD, MBA, MS(PE), BS(PE)