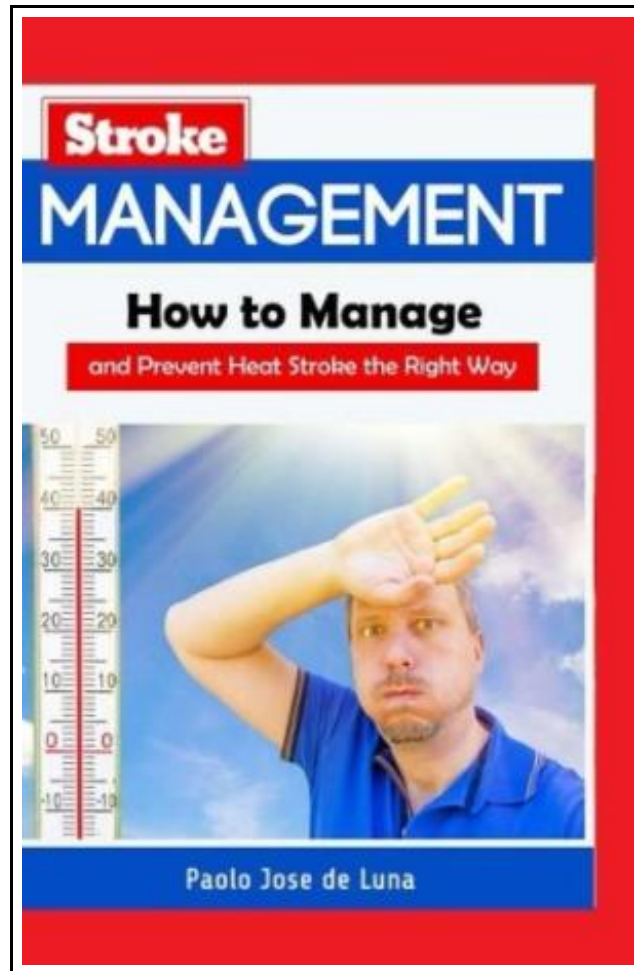


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Heat is one of the most imposing forces of nature. It s always present, consistently providing us with warmth and comfort, giving us an endearing shelter especially during the colder months. However, heat can become an issue when it is too much. Water is one of the most basic ways on how to combat heat. With water, the body is cooled down and heat is mitigated to an accepted temperature. The human body is composed of about 70 of water which makes up most of our body. That s the reason why water is essential for our daily needs and it proves to be essential to our survival. This also explains as to why the human body or any living thing for that matter, can t survive for long without water. As such, the stimuli known as thirst is activated to tell the body that it needs more water to function properly. Thirst shouldn t be ignored and should be managed in a timely manner or else dehydration may result and health problems may arise if not enough water is consumed. Heat stroke is a condition wherein the body loses the capacity to handle the heat, resulting in sweating, thirst, loss of electrolytes, weakness, and even fainting. It s during the warmer seasons like summer when the heat steps up a notch. This increases the risk of getting affected by the heat and get dehydrated. Also called as hyperthermia, heat stroke is a dangerous condition that can lead to a number of complications if not treated properly. It s often that the victims of heat stroke are children, young adults, and even animals. Despite the...

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