Chapter 10: Water: The Forgotten Nutrient

Tools:
- Printer
- 8.5” x 11” paper
- Scissors

Directions:
1. Print
2. Fold paper in half vertically
3. Cut along dashed lines
dehydration

A state in which the body contains a lower than normal amount of body fluids.

diuretic

A substance that increases urine production.

extracellular water

The water outside the cells.

fortified water

Water that has been enhanced with specific nutrients or supplements intended to aid or improve health or energy outcomes.
intracellular water

A substance that reduces friction between surfaces.

lubricant

A substance that enters into a chemical reaction and is changed by it.

reactant

A liquid in which substances can be dissolved.

solvent
A rare condition caused by drinking too much water and consuming too few electrolytes.

water intoxication