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Science Of Sweat Into A
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First In Thirst How Gatorade

Electrolytes are minerals, including
potassium, sodium, magnesium and
calcium, that become ionized when we
ingest them in a polar solvent, such as
water, said Dr. Rand McClain, a doctor
who works with ...

From Pedialyte to IV drips, here are the best and worst ways to get electrolytes this summer.

We asked the experts why hangover

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causes those familiar symptoms to your body and what you can do to ease them—or prevent them altogether.

What a Hangover Does to Your Body, According to Doctors

When heat stress hits you, you know you're thirsty. You need water ... sodium and calcium — Gatorade, basically — that help fire the chemical reactions in your muscles. Anyone working hard in hot ...

'Even young people die in the heat': The stages of heat stroke

A facta-palooza of possible new words has revealed itself to me.

Just the fact(oid)s, please

So there is not a better time to take the family and head outdoors to enjoy the lake or hiking, but as temperatures approach or exceed the century mark, care must be taken to prevent the heat from ...

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**It should go without saying, but
take care when the weather is hot!**

Are we living in the age of stupid? The era of the idiot? The answer of course is yes, with examples of monstrous moronicism everywhere — from climate deniers to the “plandemic” crowd who believe ...

**A disturbingly prophetic look at the
future of America — and our era of
stupidity**

Carson City Health and Human Services stopped all testing for COVID-19 at their location, causing confusion for some individuals on how and where they can receive tests if they fear they've been ...

**Carson City health department no
longer testing for COVID-19; could
change if cases spike**

The Douglas County Board of Commissioners has declared a State of Emergency as a precautionary action due to the Tamarack Fire burning in parts of Alpine County, California, Lyon

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Douglas County declares state of emergency due Tamarack Fire

I'm always ready to be first in line to try new things, especially if it involves motorcycles. An invitation to attend the FIRST Adventure Motorcycle Rally (that I'm aware of) in Sturgis, South Dakota ...

2021 GET ON! Adv Fest: The Alternative Sturgis Adventure Motorcycle Rally

Check out this great listen on Audible.com. Thursday, July 1 - The Adventure Begins Direct flights are the bomb... and United Airlines "usually" has them from any airport. I usually fly United if I can ...

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