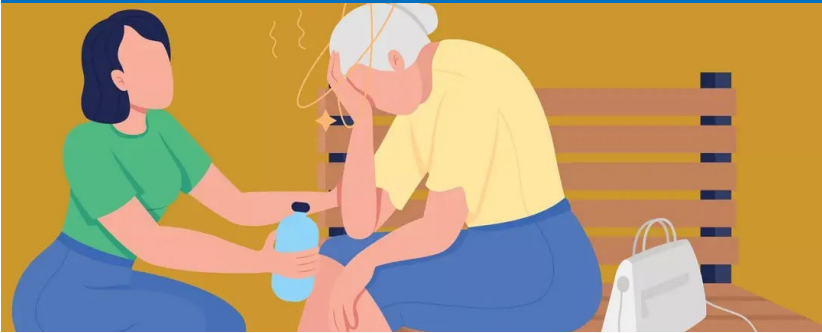


Heat Exhaustion and Heat Stroke Are Too Hot To Handle on Your Own



Hot summer days can be dangerous if you're not careful. Heat-related illnesses range from mild (like heat rash) to life-threatening (like heat stroke). Recognizing symptoms early is key.

Heat Exhaustion vs. Heat Stroke

Heat Exhaustion: Caused by excessive sweating and fluid loss. Symptoms include:

- Body temp: 101–104°F
- Pale skin, muscle cramps, headache, dizziness, fatigue, nausea, rapid heartbeat

Heat Stroke: A medical emergency where the body overheats and stops sweating.

- Body temp: Over 104°F
- Dry, red skin, confusion, slurred speech, seizures, fainting, hallucinations

Who's at Risk?

- Young children and older adults
- Outdoor workers and athletes
- People not acclimated to heat
- Anyone dehydrated or drinking alcohol in the sun

What to Do

- For heat exhaustion: Move to a cool place, hydrate, use cold compresses or a cool bath.
- For heat stroke: Call 911 immediately. Apply ice packs to the neck, armpits, and groin while waiting for help.

Prevention Tips

- Stay hydrated
- Take breaks in the shade or AC
- Avoid intense activity during peak heat
- Watch for symptoms in yourself and others

HYDRATING FOODS



Hydration Isn't Just About Water You don't have to rely only on drinks to stay hydrated—about 20% of your daily fluids come from food. Many fruits and veggies are packed with water and nutrients that help your body function.

Why Hydration Matters:

Even mild dehydration can cause headaches, fatigue, dizziness, and more. It can also lead to serious health issues if ignored.

Daily Fluid Needs:

Men: 124 oz

Women: 92 oz

These totals include both drinks and food.

Top Hydrating Foods (90%+ water):

- Cucumbers (96%) – Great for hydration and skin health
- Celery (95%) – Crunchy and full of electrolytes
- Lettuce (up to 96%) – Especially iceberg and romaine
- Tomatoes (95%) – Hydrating and heart-healthy
- Zucchini (95%) – Good for eye health
- Watermelon (92%) – Juicy and immune-boosting
- Cauliflower (92%) – Packed with vitamins
- Bell Peppers (92%) – Full of nutrients
- Asparagus (92%) – May help with hangovers
- Strawberries (90%+) – Support brain health

Bottom Line:

Eat more water-rich foods to stay hydrated, especially in hot weather or after exercise.



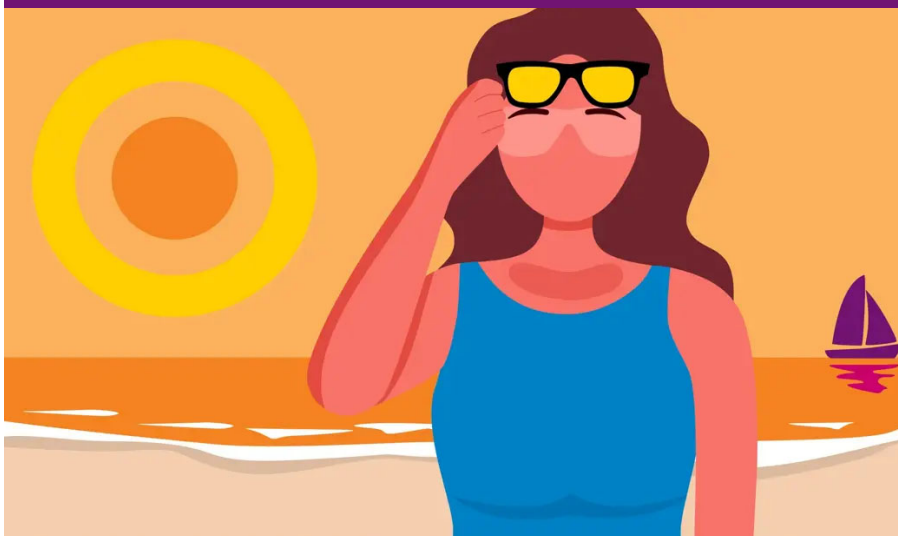
Well Life offers extended hours and same-day appointments.

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Are Sunburns and Sun Poisoning the Same?



A sunny day is usually an invitation to get some fresh air, enjoy the beach and, of course, enjoy the sunshine. But many of us have had those times when the sun hits us a little too hard and we wonder: Is this just another sunburn or could it be sun poisoning?

Sunburn is a common reaction to UV exposure. It typically goes away after a few days. If you're experiencing the following symptoms (and they subside after a couple of days), you may have a sunburn:

- Red, warm, painful skin
- Swelling, itching, and peeling
- Usually heals in a few days

Sun poisoning is a severe sunburn with deeper symptoms. Though sun poisoning isn't a medically defined condition, it's essentially a severe sunburn. It lasts longer than a typical sunburn and the symptoms are more serious. The following symptoms are common signs of sun poisoning:

- Blisters, severe pain, rash
- Headache, nausea, fever, chills
- Dizziness, dehydration, rapid heartbeat
- May feel like the flu or an allergic reaction

Treatment Tips

For both conditions:

- **Get out of the sun** immediately
- **Cool the skin** with compresses or showers
- **Hydrate** with water or electrolyte drinks
- Use OTC pain relievers like ibuprofen
- **Apply aloe vera or hydrocortisone** (avoid creams with benzocaine or lidocaine)

Seek medical help if you have:

- Severe blistering
- Confusion, vomiting, or high fever
- Signs of dehydration or heatstroke

Prevention

- Use SPF 30+ sunscreen, reapply often
- Wear protective clothing and hats
- Avoid peak sun hours (10 a.m. – 4 p.m.)
- Stay hydrated



FRUIT POPSICLES

Need something cool and refreshing? This popsicle recipe focuses on fruit purees so it's healthy and delicious.

Ingredients

- 1 cup pureed mango (about 2 medium)
- 1 cup pureed papaya (about 1 medium)
- 1 cup pureed pineapple (about 1 small)
- 3 tablespoons superfine sugar
- 3 tablespoons fresh lime juice
- 12 wooden popsicle sticks

Directions

1. Put the fruit purees in separate bowls. To each bowl, add 3/4 cup water, 1 tablespoon sugar and 1 tablespoon lime juice. Mix well. Divide each puree among four molds, muffin cups or paper cups. (Steady the paper cups by setting them in a small, square pan).
2. If using molds, set the lids in place and insert the sticks in the slots. Freeze until firm, at least 3 hours. If using muffin tin or paper cups, partially freeze for about 1 hour before setting the sticks in the center of each cup. Freeze until firm, at least 3 hours; unmold and let soften at room temperature for 3 to 4 minutes before enjoying.

Ingredient Health Benefits

Mangoes: Loaded with vitamins C, A, and E for glowing skin, sharp eyes, and healthy hair—plus brain-boosting B6 and folate, bone-friendly vitamin K, and fiber for smooth digestion.

Pineapples: A tropical powerhouse packed with manganese for bones and metabolism, vitamin C, B vitamins, gut-friendly fiber, and bromelain to ease inflammation and aid digestion.

Papayas: Don't judge by the outside—inside, they're rich in magnesium for muscles and bones, vitamin C for immunity, and papain to beat bloating and support digestion.

Limes: Tart and mighty! Limes offer heart-healthy pectin, bone-building calcium, vitamin D, magnesium, plus potassium and vitamin A for overall wellness.