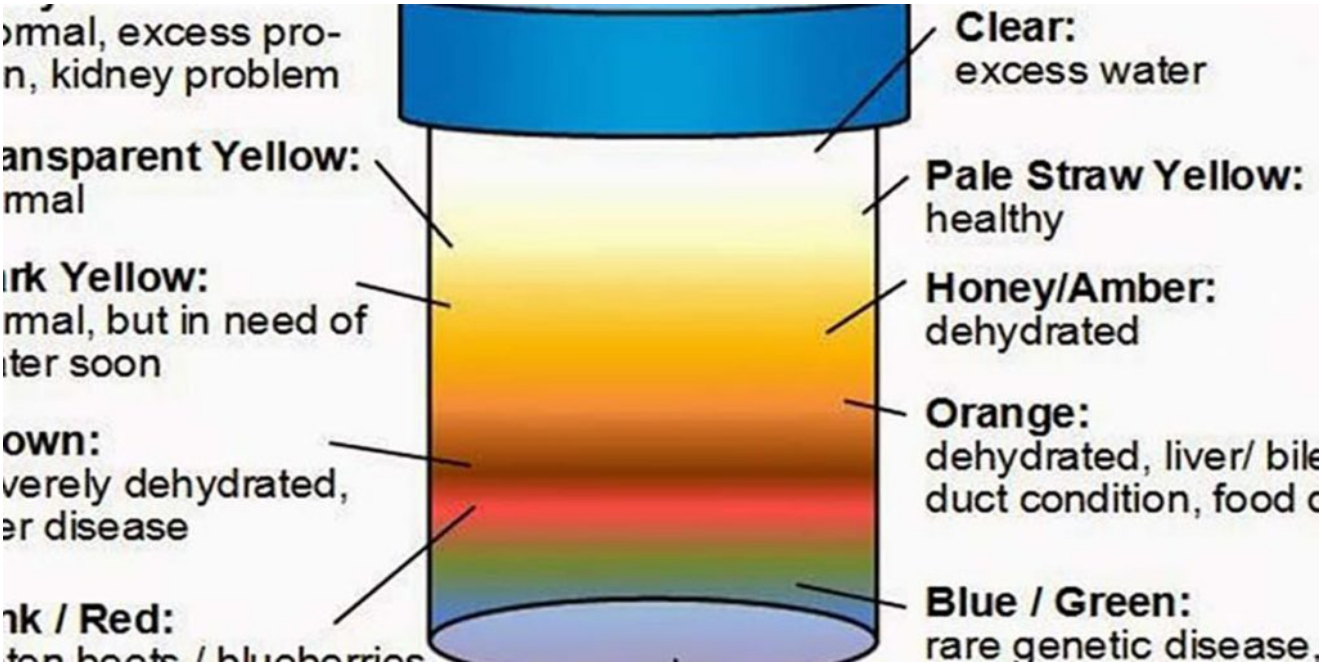
HEALTHY TIPS

# Here Is What Your Urine Color Says About Your Health

By bestfolkmedicine · 03/08/2018 · 2 min read




*The color of our urine can reveal a lot of important information about our health and it is closely connected to our level of hydration. If you have not known by now, the "ideal" urine color is pale straw or a transparent yellow one. Darker urine is often a sign that you need to up your intake of water and hydrate the body more and in some cases, it may also be an indicator of some health problem going on in the body.*

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*If you want to learn more about whether you may be suffering from dehydration or not, continue reading this article!*

## Symptoms of Minor Body Dehydration

- Headaches
- Dry skin
- Dizziness

## Signs of more Serious Dehydration

- Low blood pressure
- Higher heart rate
- Seizures
- Abdominal ache
- Fever
- Kidney damage

## Why Is Chronic Dehydration on the Rise?

Some experts believe that the increasing issue of dehydration throughout the world has to do with the insufficient awareness surrounding the needed amount of water on the daily. Also, more and more people believe that we should not pay too much attention on the daily recommendations by the EU, but to be more focused on tracking our urine (especially its color) and the signs it has to show us!

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This being said, check out the urine color chart created by SodaStream and find out whether your urine color shows if you are well-hydrated or if you need to boost your water intake:


50 SHADES OF YELLOW
PEE TEST
The colour of your urine can tell you a lot about your body, with darker colour urine being a tell-tale sign of dehydration. Use the colour chart below to see what your urine says about your hydration.
Pee-fect!
You're healthily hydrated.
1. 2. 3. 4. 5.
6. 7. 8. 9. 10.
Easy Pee-sy!
You're moderately hydrated.
11. 12. 13. 14. 15.
16. 17. 18. 19. 20.
You need a thirst aid kit!
You're moderately dehydrated.
21. 22. 23. 24. 25.
26. 27. 28. 29. 30.
Wee-ly need some water!
You're highly dehydrated.
31. 32. 33. 34. 35.
36. 37. 38. 39. 40.
Urine deep trouble!
You're severely dehydrated, get some water!
41. 42. 43. 44. 45.
46. 47. 48. 49. 50.
sodastream

## How Much Water Do You Really Need?

Unfortunately, there is still a lot of debate about how much water we need to function optimally, but one thing is for sure, the amount is conditioned by several contributing factors including level of physical activity, ambient temperature, and fluids required from foods.

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## Important to Note:

***If you have been drinking more water but you still notice darker urine, make sure you consult your physician.***

Want to learn more on this topic? Do not forget to check out the video shown below:

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Sources:

HEALING LIFE IS NATURAL

MARIE CLAIRE

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**Read online:** https://bestfolkmedicine.com/2018/08/here-is-what-your-urine-color-says-about-your-health/

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