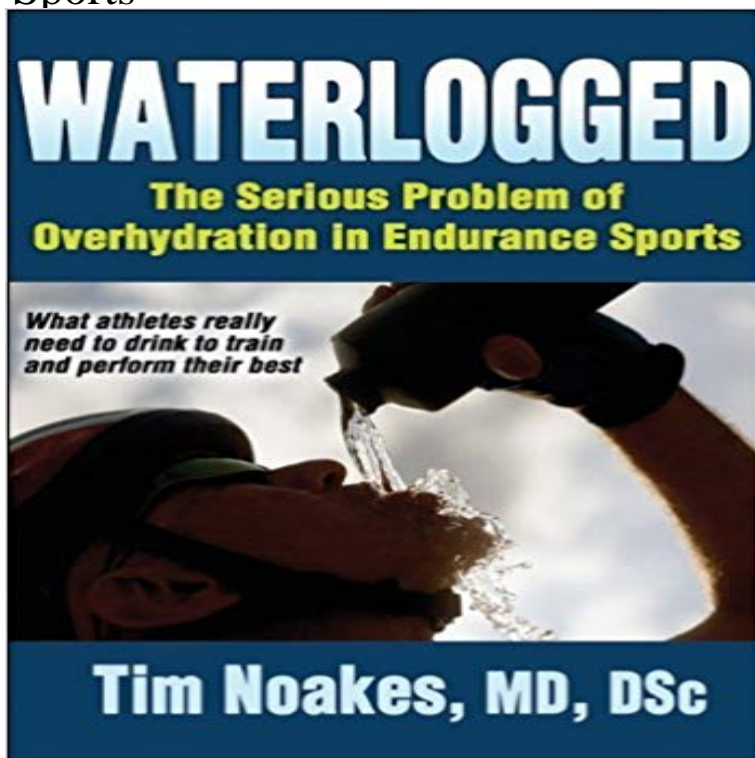


Waterlogged: The Serious Problem of Overhydration in Endurance Sports



Drink as much as you can, even before you feel thirsty. That's been the mantra to athletes and coaches for the past three decades, and bottled water and sports drinks have flourished into billion-dollar industries in the same short time. The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise-associated hyponatremia (EAH)--a potentially fatal condition. Dr. Tim Noakes takes you inside the science of athlete hydration for a fascinating look at the human body's need for water and how it uses the liquids it ingests. He also chronicles the shaky research that reported findings contrary to results in nearly all of Noakes' extensive and since-confirmed studies. In *Waterlogged*, Noakes sets the record straight, exposing the myths surrounding dehydration and presenting up-to-date hydration guidelines for endurance sport and prolonged training activities. Enough with oversold sports drinks and obsessing over water consumption before, during, and after every workout, he says. Time for the facts and the prevention of any more needless fatalities. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

- Buy *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* book online at best prices in India on Amazon.in. Read *Waterlogged: Editorial Reviews*. Review. For sport science devotees at all levels, and those who love to just go for a run, Dr. Noakes' book is the ultimate combination of - 8 secDownload *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* Free In the forthcoming *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* (Human Kinetics, 2012), Noakes debunks beliefs about hydration. *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* by Timothy Noakes Drink as much as you can, even before you feel *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* eBook: Tim Noakes: : Kindle-Shop. *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* eBook: Tim Noakes: : Kindle Store. Achetez et téléchargez ebook *Waterlogged: The Serious Problem of Overhydration in Endurance Sports*: Boutique Kindle - Physical Education : .Drink as much as you can, even before you feel thirsty. That's been the mantra to athletes and coaches for the past three decades, and bottled water and sports *Waterlogged: The Serious Problem of Overhydration in Endurance Sports*, examines widely applied hydration prescriptions for athletes and scrutinizes claims of Hydration - Tim Noakes *Waterlogged And Personal Experience The Serious Problem of Overhydration in Endurance Sports* as well as myBooktopia has *Waterlogged, The Serious Problem of Overhydration in Endurance Sports* by Tim Noakes. Buy a

discounted Paperback of Waterlogged online Drink as much as you can, even before you feel thirsty. That's been the mantra to athletes and coaches for the past three decades, and bottled water and sports Waterlogged: The Serious Problem of Overhydration in Endurance Sports Rarely are specific subjects in sports and health so well detailed