



THE BALANCE

Understanding balance is simple. Your body needs to have the right balance of water and energy to function properly. High performance activity depletes the body of fluid and nutrients, throwing it off balance. For the body to get back in balance, water alone won't get the job done. Replenishing with hydration solutions that contain essential minerals is the only way to do it. Sqwincher is the ultimate solution.

HOMEOSTASIS

Although replenishing with Sqwincher is the key to maintaining balance, it's important to understand how your body knows it needs to get back in balance in the first place. This process is called homeostasis and here's how it works.

The body has a receptor that detects any changes that are happening inside of it. When there is a change, the receptor relays this information to the control center in the brain called the hypothalamus. The hypothalamus then sends out a signal to the right effector in your body to take corrective measures.

Now that you know what homeostasis is, this is how it relates back to working hard and other exhausting activities. Homeostasis is responsible for regulating the body's temperature. Body temperature fluctuates during strenuous activity. When it does fluctuate from 98.6° F, the body's special receptor lets the hypothalamus know. One of the corrective measures is feeling thirsty.

HYPOTHALAMUS

Let's recap: the role of the hypothalamus is carrying homeostasis out. The hypothalamus receives a signal from a special receptor telling it that the body's temperature has fluctuated from 98.6° F. This control center, also called the body's thermometer, carries out homeostasis to get the body back in balance. When the body is hard at work, it attempts to cool itself down by triggering thirst, increasing blood flow to the skin and by sweating.

FLUID BALANCE

Keeping your body's fluids in balance is necessary to keep it operating at full capacity. When the body doesn't have the fluids it needs, it just doesn't work right. The best way to understand this is by using a sponge as an example.

A sponge is designed to absorb fluid and has balance when it's fully soaked. When it's squeezed, the fluid drains out until it is eventually empty and then becomes dry and hard. Like a body, a sponge needs to get the right amount of fluid back to return to its perfect state.

SUMMARY

Any time your body performs, it loses water and energy and is thrown off balance. Homeostasis is the process that helps get the body back in balance and the hypothalamus plays a very big role in achieving it.

The hypothalamus and homeostasis exist for a reason. They make crucial adjustments to your body when they need to be made. Without them, the body would never know that it needs to be replenished with fluids. And without fluids full of essential minerals, like Sqwincher, the body wouldn't have the energy or focus to do the things it's required to do on a daily basis.