

VitaMin

Vital health information in a minute



Listen to your body

Is your body trying to tell you something? Check out this list of clues to find out.

Excessive sweating

Breaking a sweat is the body's way to keep you cool. Sometimes sweating can be triggered by stress or hormone changes such as menopause, which is perfectly normal. What if you sweat all the time for no reason? This may be hyperhidrosis, a condition that can be helped by medical treatment.

Quick tip: Stay cool by dressing in breathable clothing and use deep breathing to reduce sweat caused by stress.

Warning: Sudden heavy sweating could be a symptom of a heart attack. Always listen to your body and don't hesitate to call for help if you think you may be having a heart attack.

Dark urine

When your urine is pale yellow in color, that's a good sign. Dark-colored urine usually means you're not drinking enough water.

Quick tip: Drink more water and see if anything changes.

Warning: If your urine is pink to reddish in color, it could be a sign of a bladder infection or issues with your kidneys or prostate. It might also be due to something you ate or a medication you're taking. If you have any concerns, check with your doctor.

Source:

1. Cleveland Clinic. "Your Body Holds Important Clues to Your State of Health." <https://health.clevelandclinic.org/2015/10/body-holds-important-clues-state-health/> (last reviewed/updated October 20, 2015)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



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