HYDRONIQUE AT WORK

As we return back to our pre-pandemic routine, we are reminded that in-person work settings can be busy. This can lead to poor hydration and nutrition.

Furthermore, in this post-pandemic world, where masks have become a part of daily life, there are even more things to consider.

A recent large cross-sectional study of showed that 81% of frontline healthcare workers started to developed headaches de novo during the pandemic, associated with PPE (personal protective equipment).1 This led to irregular meal times and dehydration.

Here are some ways to help you get through our busy day:

1. SET A TIMER: Set regular reminders throughout your day for time when you can stop what you’re doing, take off your mask, and hydrate with a nutritious beverage.
2. Vitamin B2: Also known as riboflavin, B2 supplementation may prevent migraine headaches.2 And since it’s water-soluble, any excess will be secreted.
3. Magnesium: Many people do not realize they are deficient in magnesium. This nutrient may help with stress and muscle relaxation. It may also decrease the frequency of migraines.3 60mg/day is a good place to start.
4. Vitamins B6 & B12: If you’re feel that afternoon post-prandial mental fog, then you may benefit from Vitamins B6 and B12, which may provide the mental clarity and energy you need, without the jitteriness of other aids (like caffeine or energy drinks).4 Since these vitamins are water-soluble, any excess will be secreted.
5. Vitamin C and Zinc: These nutrients may support your immune system. Many studies show supplementation can reduce the duration and severity of the common cold.5,6
6. Taurine: If your job requires a lot of physical activity, then taurine may help. Studies show it can increase endurance, which may help you make it through your day.7
7. Avoid sugars: While sugar may give you a rapid boost, it’s often also accompanied by a crash. Plus it adds empty calories with little nutrition benefit. If you want an afternoon sweet, consider products with natural plant-based sweeteners like Stevia, which has zero calories and a low-glycemic index.8

References:

1. <https://headachejournal.onlinelibrary.wiley.com/doi/10.1111/head.13811>

2. <https://ods.od.nih.gov/factsheets/Riboflavin-HealthProfessional/>

3. <https://www.hsph.harvard.edu/nutritionsource/magnesium/>

4. <https://pubmed.ncbi.nlm.nih.gov/8602585/>

5.<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001364.pub3/full>

6.[https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD000980.pub4/full?highlightAbstract=vitamin%7Cc](https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD000980.pub4/full?highlightAbstract=vitamin%257Cc)

7.<https://pubmed.ncbi.nlm.nih.gov/29546641/>

8. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7103435/>