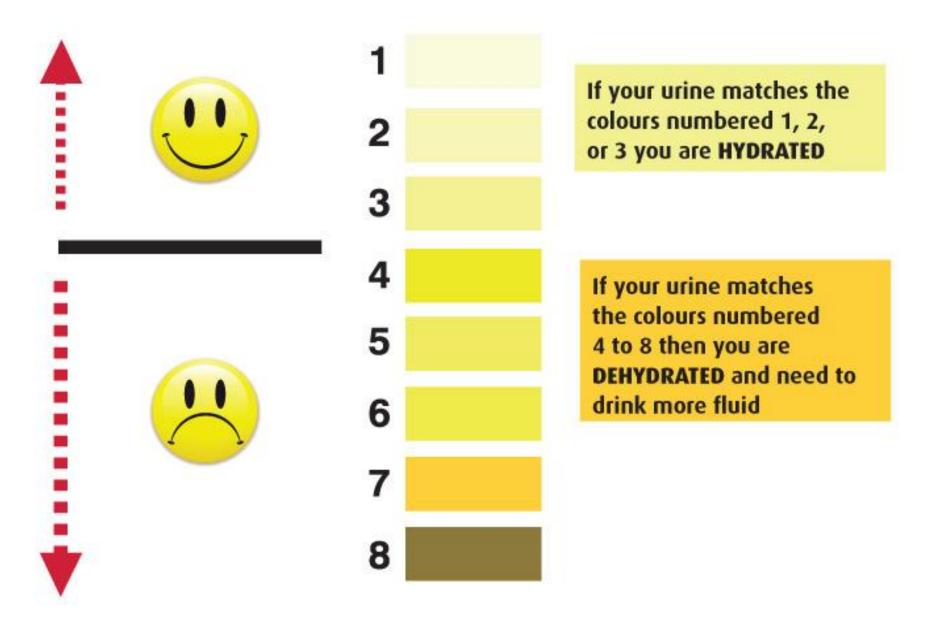
Are you dehydrated? Here is one easy way to tell.



McEnroe, John. "Urine Chart to Estimate Need for Additional Fluid." Chart. JMTA Blog John McEnroe Tennis Academy. N.p. 22 Apr. 2013.