

Waterlogged: The Serious Problem Of Overhydration In Endurance Sports By Timothy Noakes

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Dr. tim noakes are we waterlogged? | trail

Tim Noakes, MD is an accomplished endurance runner and researchers dealing with endurance athletes. Waterlogged: The Serious Problem of Overhydration

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Waterlogged is the culmination of work that Noakes began decades ago, have been shown to cause serious problems of water toxicity and EAH.

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Timothy David Noakes Medicine and Science in Sports and Exercise. Noakes hosted the 1st Serious Problem of Overhydration in Endurance

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