

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

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*Waterlogged : The Serious Problem of Overhydration in Endurance Sports* (M.d. Tim Noakes) at Booksamillion.com. "Drink as much as you can, even before you feel thirsty."

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Tim Noakes, MD is an accomplished endurance runner and researchers dealing with endurance athletes.

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Stitcher and Spreaker, STT interviews Dr. Timothy Noakes. The serious problem of overhydration in endurance sports. and athletes too.

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The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise-associated hyponatremia (EAH) a potentially fatal condition. Dr.

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concerns for all endurance athletes. Timothy Noakes' book Waterlogged: The Serious Problem of Overhydration in Endurance Sports is an interesting yet

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