

DEHYDRATE

Meaning: To dehydrate means to lose or remove water from something, often resulting in a state of dryness or insufficient moisture, particularly in reference to the body.

1. Excessive heat can quickly dehydrate even the most active athletes.
2. The process of dehydration can lead to serious health issues if not addressed promptly.
3. To preserve the fruit, you can dehydrate it using a food dehydrator or an oven.
4. When hiking in dry conditions, it's essential to drink enough water to avoid dehydrating.
5. Symptoms of dehydration include dry mouth, fatigue, and dizziness.

Source: sentences.whatistheurl.com

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