



Chill Without the Crash (Not All Drinks Are the Same!)

With this week's heat wave turning sidewalks into stovetops, a cold brew might sound like the ultimate cool-down, but it may not be the best choice for staying hydrated. Caffeine, commonly found in coffee drinks and energy beverages, may perk you up in the moment, but it also acts as a mild diuretic, which means it can make you lose more fluid than you take in. That's not a big deal in small doses, but when you're already sweating buckets, it can tip the balance.

Caffeine increases blood flow to the kidneys and reduces the reabsorption of sodium, which leads to more urine production—a process known as *diuresis*. While the effect is mild in moderate caffeine users, in the context of heavy sweating or high caffeine intake, it can contribute to net fluid loss. Combine that with sugar alcohols or high-sugar energy drinks that pull water into the digestive tract, and your hydration status can take a real hit.

If you're trying to stay cool and hydrated, there are better choices. To actually beat the heat, skip the caffeine and try one of these cooling, hydrating options instead.

Iced herbal tea. Mint, hibiscus, or ginger tea are naturally caffeine-free and taste great cold.

Agua fresca. Blend fruit (like watermelon or cucumber) with water and a squeeze of lime.

Coconut water. Naturally hydrating with electrolytes—just go for the no-added-sugar kind.

Fruit-infused water. Toss berries, citrus slices, or herbs into your water bottle for flavor without the fizz or crash.

DIY slushie. Blend ice with frozen fruit and a splash of juice or lemon water.

Chilled spiced oat milk. Blend unsweetened oat milk with cinnamon, vanilla, and a few ice cubes. It's creamy, refreshing, and easy on the stomach.

Frozen grape tonic. Freeze grapes, then drop them into sparkling water with a squeeze of lemon or splash of 100% grape juice.

Bonus: Freeze It! Make hydration feel like a treat by freezing your favorite combos into ice pops or cubes. You'll cool down and hydrate at the same time—no crash required.

Watermelon-Cucumber Cooler



A refreshing way to hydrate when it's sweltering out.

Ingredients:

- 2 cups cubed watermelon
- ½ cucumber, peeled and chopped
- Juice of ½ lime

Instructions:

Add all ingredients to a blender and blend until smooth. Serve over ice or pour into molds and freeze for a hydrating ice pop.