



ADEQUATE HYDRATION: KEY TO OPTIMAL MUSCLE FUNCTION AND OVERALL WELLBEING

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Adequate hydration supports neuromuscular transmission and tissue elasticity (1). Optimal masticatory muscle function includes also sufficient intake of key electrolytes regulating muscle contraction and preventing cramps, fatigue, and temporomandibular discomfort. Optimal hydration guarantees for muscle cell health, muscle function and relaxation within the stomatognathic system and reduction of excessive neuromuscular tension (2). These physiological effects extend to the entire musculoskeletal system, promoting coordinated posture, efficient movement, and improved recovery from

functional overload (3). From an oral health perspective, promoting balanced fluid and mineral intake is an important complement to occlusal function, reduced tooth wear, temporomandibular joint health and proper chewing function, being the latter also a contributor to cognitive function (4,5). This contribution shall inspire the entire medical community for the need of a shift of the public mindset from a pathogenesis based disease literacy to a salutogenesis based health literacy enabling better prevention efficacy and health restoration outcomes with benefits for the body as a whole.

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