

Review of: "Mealtime Hydration's Impact on Digestion"

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Potential competing interests: No potential competing interests to declare.

Thank you for allowing me to review this rather well-written article. Some notes:

Avoid first person entirely. The author had one usage of "I." Normally, writers simply use "the researcher." I suppose the author could also do without such phrases as "water, the elixir of life," or "a meticulously orchestrated dance," or "the tightly regulated choreography of gastric emptying is orchestrated by a symphony of..." Some editors are turned off by the use of flowery language.

I believe the author brought up some very interesting points, particularly if a hot meal was accompanied by a cold drink, and how that would affect the overall temperature in the digestive system.

I think this article is a good start. However, I am not certain of the author's intent. Typical empirical articles require data obtained through observation, and that clearly did not happen here. As a simple literature review, I think it is a fine start. This article may certainly suffice for a 'letter to the editor' as a means to justify future research. The researcher may also investigate the performance of a systematic review.