

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

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This article provides a comprehensive exploration of the intricate relationship between water intake at mealtimes and its effects on gastric physiology. The author has done a commendable job in synthesizing information from a variety of sources, including traditional wisdom and contemporary scientific research. The integration of historical perspectives alongside modern insights enriches the depth of understanding and underscores the complexity of the topic.

However, there are several areas where the article could be strengthened.

1. Firstly, while the author acknowledges opposing viewpoints, a more thorough examination of contradictory evidence and the reasons behind conflicting findings would enhance the article's comprehensiveness. Additionally, providing a critical evaluation of the reliability and relevance of the studies cited would bolster the credibility of the arguments presented.
2. Furthermore, the article could benefit from clearer explanations of terminology and concepts, particularly for readers without a background in gastrointestinal physiology or nutrition. Providing definitions or explanations of key terms within the text would improve readability and comprehension.
3. Finally, expanding on the practical implications and recommendations based on the available evidence would enhance the relevance and applicability of the article for clinicians, nutritionists, and individuals seeking to optimize their dietary habits.

Overall, while the article offers valuable insights into the topic, addressing these areas of improvement would enhance its effectiveness in conveying complex scientific information and guiding future research and practice in the field of nutrition and gastrointestinal health.