

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

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Potential competing interests: No potential competing interests to declare.

This review provides a thorough analysis of a subject area that is surprisingly under-researched, highlighting the need for clinical trials. It effectively challenges assumptions by revealing the disparity between traditional medicine and modern findings. Notably, it calls for further investigation into the influence of mealtime hydration on digestion, suggesting a promising avenue for future research.