

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

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**Potential competing interests:** No potential competing interests to declare.

Dear Author

The manuscript contains general information.

In the case of water, it could be an important topic to include the composition of water as an essential part of the hydration process in digestion, and not only as a water molecule, to understand why warm water changes the digestion process. A water free of ions, or low in sodium, is acidic; when the temperature is increased to 37°C, it becomes alkaline, without solving the disadvantages generated by the low mineral content.

However, I consider it important to study water composition and water temperature together in order to understand more about the impact of water on the digestive process.

Thank you,