

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

Mehdi Abbasi¹

¹ University of Tehran

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As the author has indicated, water consumed alongside food should be close to body temperature. This is because introducing very cold fluids into the stomach suddenly and simultaneously can cause a shock to the stomach and digestive system. Gastritis is just one potential consequence of this. It's evident that adopting this practice could lead to even more dangerous repercussions. Nonetheless, it's a very good article.