

## **ACUTE HEMORRHAGIC PANCREATITIS (BANGUNGOT)**

Most of us don't drink before sleeping because we want to avoid frequent trips to the bathroom.

### **IMPORTANT:**

Never go thirsty when going to bed and be sure you have plenty of water during your 8 hour rest. It is sudden death in adults which cause them to die while sleeping. Many theories have been put forward as its cause. However, here is an article which sheds some light to the cause of this malady. Please read on:

Medical investigators in China , Japan and several Asian countries who performed autopsies on persons who died from "acute hemorrhagic pancreatitis" found out that the majority of them had eaten minutes before going to bed. This was a startling finding. However, it wasn't the food that caused nightmares but DEHYDRATION.

Imbibing even with a few drinks of alcohol or just eating immediately before bedtime compound this. An empty stomach will trigger an electrolyte imbalance and other factors that causes a person to dehydrate or lose water.

It is therefore advisable for a person to **take several glasses of water before bedtime** if he had a few or several alcoholic drinks. Avoid eating much before bedtime, but if you cannot avoid it, allow at least two hours for the body to digest the food before hitting the sack and **drink plenty of water**. The most important thing is, never go thirsty when going to bed and be sure you have plenty of water during your 8 hour rest.