

**Waterlogged: The Serious Problem Of Overhydration  
In Endurance Sports By Timothy Noakes**

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Tim Noakes, MD is an accomplished endurance runner and researchers dealing with endurance athletes. Waterlogged: The Serious Problem of Overhydration

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WATERLOGGED: THE SERIOUS PROBLEM OF OVERHYDRATION IN ENDURANCE SPORTS  
ISBN Number: 9781450424974 Author: NOAKES T Publisher: HUMAN KINETICS Edition: 1ST - 2012

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