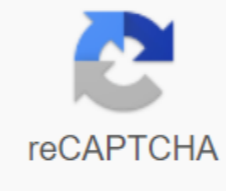




I'm not robot



**Continue**

## Vegetation of humid subtropical climate

The tropics usually bring to mind sandy beaches, colorful birds and bright sunshine. Despite being a tourist destination, the tropics traditionally have not seen the growth that other regions of the world have seen. This may be partly due to the nature of the wet, subtropical climate zone. The economic uses of wet subtropical regions are agriculture, mining and tourism. Subtropical climates usually experience hot, humid summers and cool, mild winters. Subtropical zones are usually between 25 and 40 degrees latitude and are located closer to the poles than their adjacent tropical climates. While summers in humid subtropical areas can be humid and hot, winter months often bring temperatures below about 40-50 degrees Fahrenheit. Due to mild winters, many people find wintering in subtropical places to be more pleasant than in areas where the weather can get below zero degrees Fahrenheit. Year-round rainfall in such an area can normally be between 40 and 65 inches. These regions also tend to experience direct sunlight throughout the year. The wettest subtropical climate is in coastal areas such as those in Brazil and Argentina. However, many inland parts of the United States and China may experience subtropical weather as well. Agriculture is more natural in these climates because of a longer period of growth that lasts about eight months of the year. Agriculture, mining and outsourcing crops are some of the main sources of economic development in many subtropical regions. However, thanks to increased demand for tourist attractions, some subtropical regions have withdrawn from agriculture and mining to focus more on luxury tourism destinations. Since many of the island states of the subtropical region were once owned by larger Western countries, they may not have well-developed agricultural infrastructure. Without access to income from agriculture, tourism has been the only source of income for the huge people in these regions. Due to moisture, much of the vegetation in the humid subtropy consists of small needle trees, shrubs and shrubs. Evergreen trees that can withstand the rainy season and the overall heat are well suited in subtropical climates. Ferns and palm trees are also common in humid subtropical climates. Delicate, broad-leaf plants that require extreme amounts of rain are also thriving in subtropical climates. Crops such as rice and other grains grow very well in such an environment for the same reasons as different trees and plants. The lack of real cold and high humidity allows crops that thrive in a humid environment for a lot of growth. One of the biggest things that draws tourists to subtropical areas is wildlife. Thousands of bird species, reptiles and fish are found in subtropical regions of the world. In 2015, In the United States, deer, mountain lions and alligators can be found. Florida areas are not uncommon to see an American alligator walking on sidewalks, lounging in pools and spending time on golf courses. Alligators are cold-blooded and require a climate such as subtropy to control your body temperature. Another impressive reptile that can be found in subtropics is a python. Some species of python, such as a reticulated python, can grow over 30 feet long, weigh more than 200 pounds and boast the circumference of the phone pole. Due to its coloring and camouflage that the surrounding greenery offers them, pythons and alligators should be considered very dangerous, and only professionals should handle them. As there are many important animal species in subtropical areas, boat trips, air travel and reptile habitats are on demand. Living, working, playing and exercising in a hot and humid environment is not easy. Some people prefer the opposite - a bitter-cold climate - but if it were ideal for living around the clock, air conditioning would never have been invented. When the temperature is high and the humidity makes it feel even hotter, the body is working harder. Your heart rate rises, you sweat out water and essential minerals, your blood becomes thicker and as a result you burn more calories. It's great if you want to lose weight, but in order to avoid dangerous side effects to exert yourself in uncomfortable conditions, you need to give your body supplements. (Plus, it's the rest and recovery process after the effort that really makes the body better than it was before.) Supplementation plays an important role in giving your body the necessary fuel for yourself. Advertising Before we take a look at the best supplements in less-than-ideal outdoor conditions, understand that these food items don't need to be separated. If, for example, you had different pills or drinks for each of the supplements listed, you'd look like a pharmacist taking his job home with him. Many of these supplements appear with various foods and beverages. Now, step outside for cool comfort in your home and discover the supplements you need on the pages ahead. The content of the procedure of the Word electrolyte is often banished about the use of enthusiasts and people who work and play in the heat. Electrolytes are necessary for a number of vital functions in the human body - such as the transmission of signals to the nerves, the massing of muscles and the reaching the water where it must be [source: medical dictionary]. Potassium is one of the most important electrolytes, but when you sweat, potassium is slowly flushed out of your system. Different energy and recovery drinks offer potassium. Bananas are a great, natural source of potassium. Grab one during or after your day's heat – it is also easy to digest. Advertising Chloride is another electrolyte and as such it is necessary for proper body function. Chloride and sodium together create - you thought it - sodium chloride. Sodium chloride is better known than salt. Although large amounts of salt are unhealthy, it cannot and should not be avoided. This may seem counterintuitive, but salt actually helps you stay hydrated. It helps your body to take on water that will help you with intense conditions or help you rehydrate after exertion. After days of a heavy workout in the sun or even an extended holiday in humid climates, it's not only safe to increase your salt intake, but recommended [source: McDonald]. Advertising It's complicated. Vitamin D is an important part of the immune system. It also builds strong bones and as a result is especially important for women and aging adults hoping to prevent osteoporosis. It's not easy to find in food, but it's produced by spending time in the sun. Sunscreen, however -- which is designed to protect you from too much sun exposure -- also reduces the amount of vitamin D produced. That's why vitamin D supplements are so beneficial. You don't want skin cancer, and you don't want brittle bones and a weakened immune system, so what you want is a vitamin D supplement form [source: Powell]. Advertising Without regeneration, your body would become weaker and weaker, leading to your premature death. Heat, humidity and even movement would be things to avoid at all costs. Enter amino acids. Amino acids help the body to improve itself. They're going to rebuild your muscles and make you even stronger than you were before. Supplementing your diet with amino acids to help you endure difficult conditions and heavy workouts and improve your physical health, strength and endurance. Advertising Your body needs fuel to provide you with the energy to endure difficult days and difficult conditions. An excellent source of readily available fuel is a form of complex carbohydrates. Maltodextrin is one of those carbs. You can just give your body some sugar, but this kind of fuel burns off quickly and it often leads to this disruption of the stomach, which at worst causes you to cleanse and eliminate the fluids and nutrients you vitally need. Maltodextrin is commonly found in energy drinks, and especially in products specifically designed for long-term use [source: Hammer Nutrition]. Advertising Marathoners call it hitting the wall - a point where the body and mind fade to such an extent that it feels like you've run into an imaginary block of bricks. This happens when the body runs lows of glycogen, a blood sugar that feeds the brain. As hot and humid weather emphasizes your body to a greater extent, you can run out of glycogen much faster. Glucose supplements - which are available in various forms, including portable packages of flavored, pudding-like substance -- get your body and mind back on track. This will help you reach the finish line regardless of whether this endpoint is a real line or just a factory job completion. Advertising Imagine taking a long ride on a Florida trail in the middle of summer. In front you can see the taco stand selling the steak taco. The idea of ingesting a protein when it's outdoor muggy is not pleasant, but you definitely need to have protein fuel. Without it, the body begins to cannibalize itself - that is, it becomes a muscle source [source: Hammer Nutrition]. Luckily, you don't have to make steak or kidney beans in your pockets, and you don't have to stop at the taco stand. Protein supplements come in a variety of forms - including refreshing liquids. Advertising A long day in the sun can make you very tired and sore. Not only are you exhausted, your muscles are likely to be inflamed. Omega-3s will help. These fatty acids have received a lot of press in recent years to restore their powers. They relieve inflamed muscles and are believed to fight cancer and even alleviate depression [source: Edwards]. Fish is a great source for Omega-3s, but if you weren't interested in that steak taco then the fish taco is probably worse. The rest of the simple, Omega-3 fatty acids come in pill form and are available in over-the-counter pharmacies everywhere. Advertising marriage between chlorides - which we mentioned earlier - and sodium result in what we usually call salt. Without sodium, your body can become dangerously unstable. It sounds unnatural for ingesting sodium when all you want is water. But consuming large amounts of water without sodium can cause hyponatremia - also known as water intoxication. Sodium, which is available in many sports drinks and powders, is often too common in Western foods. But in the days before, during and after going out in hot, humid conditions, it can actually be quite useful [source: McDonald]. Advertising More than half the contents of cells in the body consist of water. If your water consumption is too low, your energy level will drop. Without it, you're going to die. Water is so important for enduring hot and humid weather that it seems wrong to call it a supplement. It seems to be a better word. However, chronic dehydration is extremely common, especially in the most intense environments, so supplementation would be an improvement. Adults need about 67.6 ounces (2 liters) of water per day. Muggy weather, the requirements go up. You can easily assess if your body needs more water by studying the color of your urine. If that's clear, then you're treating your body right [source: Edwards]. Regularly popping fish oil supplement was once considered beneficial for cardiovascular health. Challenges to the 2018 meta-study Provided. Bernhardt, Gale. Breaking code sweat rates. Active.com. (May 9, 2012) Renee, M.B.S. Water – Super Addition. (May 9, 2012) Tona, Dr. Center for Integrative Medicine. 2011 (9 May 2012) free dictionary. Electrolyte supplements. (May 9, 2012) SupplementsHammer Nutrition. Top 10, June 2011. (May 9, 2012) amp;amp;OMI=&amp;AMI=/Harrison, Alex Spc. Hot summer months mean watching diet, exercise, supplements. U.S. Army. 30 May 2007 (9 May 2012) Alex, M.M.D. Sodium: more details. PowerBar, can't you do that? (9 May 2012)

