



Electrolytes Guide

LEARN THE BEST FOODS
AND SUPPLEMENTS TO
KEEP YOUR
ELECTROLYTES IN
BALANCE.

ELECTROLYTES 101

How They Help

Electrolytes are the 'spark plugs' of your body. They carry an electrical charge and play a role in many bodily processes.

Electrolytes help:

- Hydrate your body
- Contract your muscles
- Transmit nerve signals
- Rebuild damaged tissue
- Keep your pH levels balanced
- And sooo much more...

The main electrolytes are:

- Sodium
- Potassium
- Magnesium
- Calcium
- Phosphorus
- Chloride

So when your electrolytes are off balance -- so are YOU.

Symptoms of electrolyte imbalance:

- Muscle weakness
- Muscle cramping or spasms
- Dizziness
- Fatigue
- Headache
- Irregular heartbeat
- Extreme thirst
- Dry mouth

So how do electrolytes get out of whack? Well, when you sweat or pee, you don't just lose water, you lose electrolytes too.

Here are some things that may lead to electrolyte imbalance:

- Spending a lot of time in the sun.
- Extreme or prolonged exercise.
- Illnesses that cause vomiting and diarrhea.
- Certain medications including steroids, diuretics, laxatives, and certain antibiotics.
- Keto diet without supplementation.
- Dehydration.

Luckily, you can bring your electrolytes back in balance with the right foods, supplements and proper hydration.

FOODS HIGH IN ELECTROLYTES

Eat your electrolytes



Spinach



Sweet Potatoes



Bananas



Bean & Lentils



Oranges



Avocados



Broccoli



Almonds



Tomatoes



Watermelon



Kale



Chicken



Turkey



Pickles



Strawberries



Olives

ELECTROLYTE SUPPLMENTS

For an Electrolyte Boost

Most sport and electrolyte drinks are packed with sugar, artificial colors, and other harmful chemicals. Luckily, there are plenty of clean, healthy ways to get an electrolytes boost.



Warm lemon water

Lemon juice contains sodium, calcium, potassium, and magnesium. Drinking warm water with fresh squeezed lemon or 2-3 drops of lemon essential oil first thing in the morning, on an empty stomach, helps flush toxins your body accumulated throughout the night and replenishes your electrolytes.



Coconut water

Coconut water contains a great amount of potassium, sodium, and magnesium. In fact, an 8-oz serving has 390 mg of potassium (as much as a banana). Coconut water does have some natural sugars. So, always opt for organic/nonGMO brands without added sugars.

Amy & Brian



Salt

We get our minerals from the foods we eat but today our soil and foods do not contain as many nutrients so we need to supplement. Adding trace minerals to your spring or distilled water is an great way to replenish minerals and balance your electrolytes.

Minerals



Electrolytes

Young Living Vitality Drops let you hydrate naturally without sugar or artificial colors with the delicious flavor of Grapefruit and Bergamot that takes your water or favorite beverage to the next level. Contains more than 70 naturally occurring ionic trace minerals.

YL Vitality Drops