

# Electrolytes

New research shows that the current FDA-recommended daily amounts of sodium are far lower than what our bodies crave. In fact, the current level of recommended sodium intake may in fact be injurious to most people. Not to mention that when you embark on a low carb diet and moving more, your body will naturally be losing a lot of salt—especially initially.

Author of *Art and Science of Low Carb*, Dr. Stephen Phinney recommends 3000-5000 mg of sodium per day and 2000-3000 mg of potassium per day.

Lyle McDonald, author of *The Ketogenic Diet*, recommends even higher levels with target amounts (including what you get from food) set at:

- 5000-7000 mg/day sodium
- 300-500 mg/day magnesium
- 1000-3500 mg/day potassium

I recommend aiming for levels closer to the latter.

*Note: If you're very physically active or if the weather is hot and you're sweating a lot, you'll want to shoot for the higher end of these ranges.*

Be sure to start gradually and ramp up to these levels over the course of a few days. You should take these in throughout the day, not guzzle it all down at once. If you notice any loose stools, dial it back for a day and then slowly ramp back up.

You should be taking each mineral in a form that's the easiest for your body to absorb:

- Sodium: sodium chloride
- Magnesium: choose magnesium citrate, glycinate or threonate.  
*\*\*\*Avoid magnesium oxide—it's been known to upset stomachs and cause frequent bathroom trips.*
- Potassium: Potassium chloride or potassium citrate.

## How to supplement:

You should be drinking an adequate amount of electrolyte supplements everyday. I'd recommend sipping on these drinks all day rather than guzzling a bunch at once—it keeps you more even keel and easier on your taste buds! Depending on your preference, a combination of any of the following electrolyte supplement options will do the job:

**Electrolyte elixir:**

Here's a quick electrolyte recipe I make at home. Note: if I'm heading to work out, I'll double the sodium in this recipe but I've adapted to this over time. Don't go too aggressive on this or you may it can lead to very loose stools.

Makes: 1 quart

- 1 quart water
- ¼ tsp sea salt (590 mg sodium)
- ¼ tsp salt free salt substitute (690 mg potassium)
- 1 tsp Natural Calm (160 mg magnesium)
- 2 TBSP lemon juice (I typically just squeeze 1 whole lemon)
- Dash of stevia (to taste) (I typically do not use any stevia)

**Pre-workout salt shot:**

Mix the following ingredients and take it like a shot! Follow with water until you're not thirsty. Continue to drink water throughout your workout or day.

- 2 oz of water
- ½ tsp salt
- Squirt of lemon juice (to taste)

**Drink pickle juice**

Pickle juice contains sodium and some potassium. It also contains vinegar which has been shown to help regulate blood sugar and improve gut health.

**Drink bone broth with added salt**

Keep in mind the added salt can help with your sodium intake but you'll still need to pay attention to your magnesium and potassium intake.

**Drink bouillon**

Mix a cube of bouillon with a teaspoon of No Salt, then a magnesium pill.