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Signs of Electrolyte Imbalance

Electrolyte and mineral deficiency is prevalent in most people. Here are 5 signs that you might be

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Thank you for respecting the hard work for the author

Medical Disclaimer

Consult with a clinician in your care

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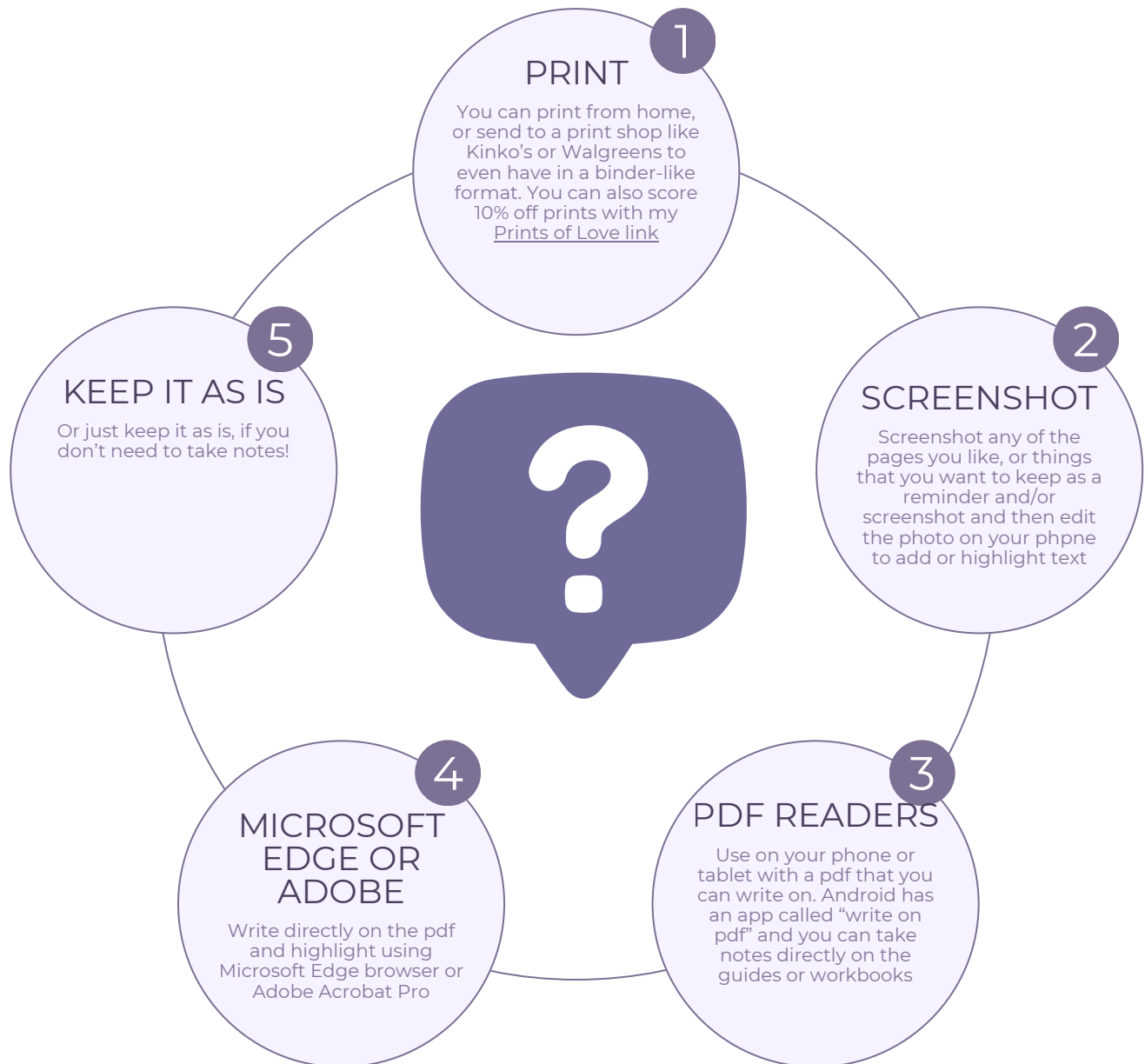
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Ways You Can Use This Guide:

Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



5 Signs of Electrolyte Imbalance

1. You crave sugar, salt, or caffeine.

2. You're always tired, even after rest.

3. You struggle with sleep or wake up at night.

4. You experience mood swings, anxiety, or brain fog.

5. You deal with bloating, constipation, or digestive discomfort.

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BONUS

Here's a sneak peak of the detail you'll get about every electrolyte I have tried and more in my electrolyte guide. Plus my favorite hydration products. Click [here](#) to purchase the full guide

My Favorite Electrolytes

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Saltt by Keto Chow (my personal obsession)

Why I Love It	Massive flavor <u>variety</u> (fruity, <u>chocolatey</u> , and an <u>unflavored</u> that isn't too salty) and it actually tastes good day after day.
Best For	<ul style="list-style-type: none">• People who want flavor variety without sugar spikes• Folks who get flavor fatigue• Daily, long-term use.
Forms	<ul style="list-style-type: none">• Powder packets• Pocket-sized liquid electrolytes (super handy)
Sweetener	<ul style="list-style-type: none">• Stevia in flavored options• <u>Unflavored</u> has none.
Pros	<ul style="list-style-type: none">• Big flavor lineup (<u>Cocoa Loco</u>, <u>Caramel Vibes</u>, <u>Red White & Bam</u> (bomb pop flavor), <u>Clean Slate</u> (unflavored).• Easy to rotate flavors to avoid burnout.• Good “everyday” taste — not aggressively salty.• <u>My referral link gives 10% off on their site.</u>
Cons	The <u>discount</u> is through their site-only (though you can buy on Amazon).
Sara's tip:	<i>Start with the <u>variety pack</u> for the best “bang for your buck” and to find your forever flavors.</i>



Quick Caution

everyone is different

Consult your clinician before starting ANY of these electrolytes, no matter your health status.

Especially,
if you have heart/kidney disease, are on diuretics, or need sodium restriction. An imbalance of any one of these can directly effect both heart and kidneys.

Listen to your body: if something makes symptoms worse, switch it up.

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Staying hydrated isn't just about what you drink — it's about having a container you actually love to use. Plus, temperature matters - I drink way more water when it's cold rather than room temp. Here are my top picks that keep me sipping all day:

Frost Buddy

Is my ABSOLUTE newest obsession! **They combine hydration AND lifestyle**

- Holds a tube of chapstick in the handle
- Carabiner attachment for keys
- Double as an insulator for to-go plastic cups (yes, it keeps Starbucks cold for DAYS).
- Tons of fun designs and styles (of course, they have shiny purple designs)
- Screw-on leak-proof lids
- Small business

Brümate

Brümate was one of my favorites for a long time and they still are, I just like the functionality of Frost Buddy a little better now.

- Gorgeous color options (matte, shimmer, seasonal).
- Screw-on leak-proof lids — no spills in the car or bag (literally had my hot coffee in my carry on and NO issues during travel!)
- Keeps drinks hot or cold for hours.
- Small business
- Get 15% off your FIRST purchase over \$25 with [my link](#)

BONUS: Search Amazon for a water bottle holder in your size for traveling or activities that are nice to be hands free!



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About the Author

What Makes Releaseology Different

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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