



STEP 2: REHYDRATE

TAKE AN INNER SHOWER BY DRINKING ½ - 1 GALLON OF SPRING WATER. ALSO HYDRATE CELLS AND CALM FIGHT-OR-FLIGHT BY CONSUMING ELECTROLYTE MINERALS

Electrolytes are one of the safest and fastest ways to calm anxiety. The reason is electrolytes are the first set of nutrients to be depleted when the body is under the influence of adrenaline dominance. These are the same nutrients lost through sweat during heat exposure, exercise, or athletics. In the extreme, these three situations can also further encourage fight-or-flight creating a viscous cycle.

WHAT ARE ELECTROLYTES?

In nutrition, “electrolyte” refers to essential minerals found in your blood, sweat and urine that carry a positive or negative electric charge. Electrolytes play a vital role in nerve impulse conduction, muscle contraction, muscle relaxation, cellular hydration, and regulation of the body’s internal pH levels. Common electrolytes found in your body include:

- Sodium
- Calcium
- Phosphate
- Potassium
- Magnesium
- Bicarbonate
- Chloride

In the stomach under the influence of high amounts of acid, these minerals are broken down, or metabolized, forming electrolytes with positively or negatively charged elements (ions).

BLOOD TESTS OFTEN MISS CELLULAR DEHYDRATION

People with adrenaline dominance often have significant nutritional deficiencies within their cells despite a standard blood test showing the sodium, calcium, and potassium levels within a normal range. This is because the body’s highest priority is to have its blood contents maintained in balanced and with adequate quantities. This means cells will become “dehydrated” by offering up any excess intracellular nutrients for the benefit of the blood. These sacrifices are necessary but exact a substantial health toll. Consuming regular doses of electrolytes is the fastest way to replenish depleted cells and restore the body’s fluid balance.

ELECTROLYTE IMBALANCES

Electrolyte imbalances are the hallmark of prolonged fight-or-flight and are the source of many functional illnesses. The symptoms of electrolyte deficiency generally happen gradually over time. However, in cases such as excessive heat, extreme exertion, vomiting or diarrhea they can happen rapidly within hours or minutes and include:

- Fatigue
- Headaches
- Fast or irregular heartbeat
- Confusion
- Numbness and tingling
- Convulsions
- Muscle cramping / weakness

MY STORY

My personal experience with electrolyte depletion and its scary signs was the reason I became interested in the natural health field. In college I was a member of the University of Florida baseball team. Most days consisted of two and a half hours of practice under the Florida sun. You can imagine my regular appearance: a fully drenched uniform and skin striped with a farmer's tan. The soaked zebra look was humorous on the outside, but something serious was taking place on the inside. A white salt-stained ring around the base of my ball cap was a sure sign I was losing electrolytes...lots of them.

The gradual loss of these critical minerals took a toll on my physiology. For many nights in a row when I would lie down to sleep, my heart would begin to speed up, slow down, and skip beats. Was I having a heart attack? Was something seriously wrong with me? Uncertainty created its own emotional anxiety, making the problem worse. The frightening symptoms would come and go over the next year, ranging from mild and hardly noticeable to severe at times, seemingly without any connection to my lifestyle.

It turned out I just needed a simple potassium supplement. Within a week all my symptoms vanished and did not return. That was the first time I saw the power of proper nutrition. Now I see it every day with my patients. If you follow the 10 STEPS of the *50 FIX Plan*, I expect you will experience it too.

HOMEMADE ELECTROLYTE DRINK

There are plenty of good electrolyte products on the market these days—especially my customized product, *Core4Powder* (discussed in STEP 5). If you choose one of them, make sure it has at least 300mg of potassium and 150mg of sodium. Also make sure that these are not carbonate forms. Carbonate (or bicarbonate) is extremely alkalizing. And as you learn in STEP 3, acidifying the stomach and digestive tract is the key to mineral absorption and protein digestion. So, we do not want to sabotage this process by using alkalizing substances (I know, many of you have been led to believe you should be following an alkalizing diet. I detail why THIS IS NOT A GOOD IDEA in PART 3: *Alkaline Water and Alkaline Food Myths*).

Making an electrolyte drink at home is quite easy. Here are the basics:

- Sea salt (1/4 tsp) in 12 ounces of water
- Potassium citrate (1/2 tsp) or coconut water (12 ounces)
- Honey or cane sugar (1 tsp) — these aid in mineral absorption. *No additional sugar is necessary in sweetened coconut water.*
- Optionally add lime, ginger and/or herbal tea for flavor.
- Sip up to 24 ounces-worth throughout the day.
- Additionally, remember to drink at least one half of your body weight in ounces of filtered or spring water per day.

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