

# Are You Doing Electrolytes Properly?

If we want to look, feel and function at our best - we **MUST** optimize our daily electrolyte intake strategy.



## OUR MUSCLES

Electrolytes tell muscles our how much to contract or relax - they regulate muscle function. A depletion in one or multiple electrolytes will always promote issues with our muscles.

## OUR BRAIN & NERVOUS SYSTEM

Our nervous system, the body's master control system, is basically a giant electrical system (*electro-lytes / electric-al system - get it?*) Electrolytes play a major role in how well, or how poorly, this system is able to regulate our body. Nervous system regulation of our heart and blood pressure is just one of the many reasons to get smart, and be proactive, when it comes to our electrolyte replenishment strategy.

## HYDRATION & ELECTROLYTES

Dehydration is typically thought of as too little water, but should more accurately be thought of as an **imbalance between water and electrolytes**. Some people "feel dehydrated" despite drinking plenty of water simply due to electrolyte deficiency.

- Too little (or) too much water + electrolyte deficiency = poor bodily function
- Optimal water intake + optimal electrolyte balance = optimal bodily function

## COMMON SYMPTOMS

Chronic tension, muscle cramping or weakness, fatigue, sleep or digestive problems, heart and blood pressure problems, nerve disorders, increased pain or sensitivity, etc.

## WE DO NOT RECOMMEND: GATORADE, LIQUID IV, OR SIMILAR PRODUCTS

Most products contain too much sugar and other synthetic ingredients compared to healthier options. Put simply... you want a very low sugar, very high quality, full spectrum electrolyte powder that you can conveniently and routinely combine with water.

## OUR RECOMMENDATION

Our top recommendation is Ultima Replenisher. It is made with healthy ingredients: vegan, non-GMO, gluten-free, zero calorie, zero sugar, paleo-friendly, keto-friendly. It tastes great! Plenty of flavors to choose from. The best place to get it is on their website: [UltimaReplenisher.com](http://UltimaReplenisher.com). Scan the QR code here to check it out. We consume it 5-7 days per week. You should too!



*Every man, woman, and child should be maximizing nervous system function via electrolytes and wellness-based chiropractic care. It's a no-brainer!*

Please share this knowledge with your friends & family. After all... if you don't, who will?