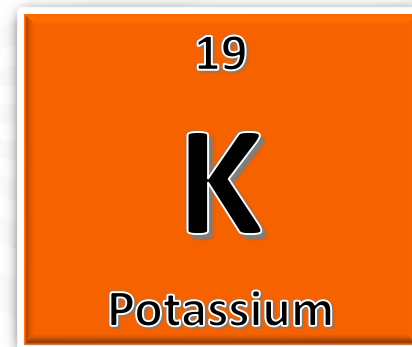




THE FASTING PODCAST **WOW**: EPISODE 131 – Toxins-Fasting Connection

EPISODE 132: Potassium & Fasting

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



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What About Potassium?

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Potassium

- Potassium is element 19 on the periodic table of elements
- It is considered to be 1 of the most important minerals in the body, residing inside the cells where it doesn't typically show up on blood test
- It is an "essential" mineral, not made in body, from food, drink, suppl's
- One of the 4 key alkaline minerals, it needs to be in balance, especially with sodium for the sodium potassium pump – key electrolytes (electrically charged in solution) aiding fluid balance others calcium/mg
- If you burn any plant to ash, put the ash in a pot of water & stir, skim it off and let the water evaporate, what remains is a white residue at the bottom known as pot ash. It has been used for making soap, glass, fertilizers, bleach, etc. In 1807, a new element was discovered in this "vegetable alkali." They called it pot ashium—potassium. This origination emphasizes that the most concentrated source in our diet is **plants**.
- Adults may target 4700 mg/day, much higher than other minerals
- Benefits: muscle/nerve support, reg heartbeat, fluid & pH balance, cognitive/mood supp, avoid cramps, reg bm, synth protein/metab carbs



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Fasting Considerations

- In intermittent fasting and especially prolonged fasting, potassium intake can be lessened
- Potassium & other minerals do NOT break a pure water fast
- During a fast, kidneys expel the extra waters because insulin levels low and with it, minerals like mg, sodium, potassium are also expelled
- If you are already low in potassium levels, which many people are deficient yet unaware because it doesn't show up on a blood test, then it's important to watch for signs of deficiency during fasting
- One doctor (Fung) that has run a fasting/weight/blood sugar clinic for years claims that electrolyte balancing has not been a significant problem with patients doing intermittent fasting





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Signs, Risks, Foods

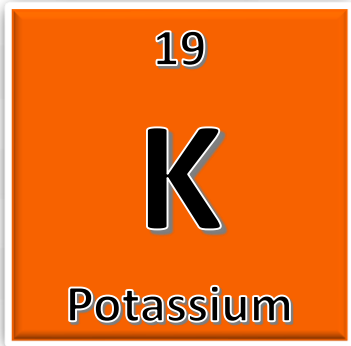


- Possible deficiency signs: muscle cramping, irregular heartbeat, brain fog, memory loss, weak bones, kidney stones, high blood pressure, adrenal fatigue, alcoholism, constipation, apathy, nervousness, acne
- At risk or contributors to deficiency: diet low in veggies and fruits, processed food diet, high sugar intake, high levels of stress, excessive workouts/overtraining, poor digestion (heartburn/gas/bloating...)
- Foods high in potassium (organic): swiss chard, lima beans, acorn squash, spinach, avocados, sweet potatoes, wild-caught salmon, pomegranate, coconut water, white beans, bananas, sardines, unsalted dry roasted almonds, Brazil nuts, bok choy, beets, brussel sprouts, broccoli, cantaloupe, tomatoes, kiwi, figs, apricots, lentils, potato skins, wheat germ
- **TOO MUCH POTASSIUM (hyperkalemia)** – danger also – possible signs” fatigue, weakness, chest pain, irregular heartbeat, numbness, tingling, nausea, vomiting. Risk factors: kidney disease, Addison disease, type 1 diabetes, excess potassium supplements & Rx ACE inhib, beta blockers...



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Ways to Get Potassium



- Organic food as discussed – doesn't result in too much like below may
- Herbs – barley grass, blessed thistle, parsley, peppermint, sage
- High quality supplements, noting that many deficient in potassium also deficient in magnesium
- Pink sea salt has some of each electrolyte and may be sprinkled into drinking water without tasting it, but not nearly enough potassium for daily needs – remember the sodium potassium pump our cells have
- Episode 46 My Favorite Supplement Ever (potassium-based from 1922)



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Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

