

ELECTROLYTES

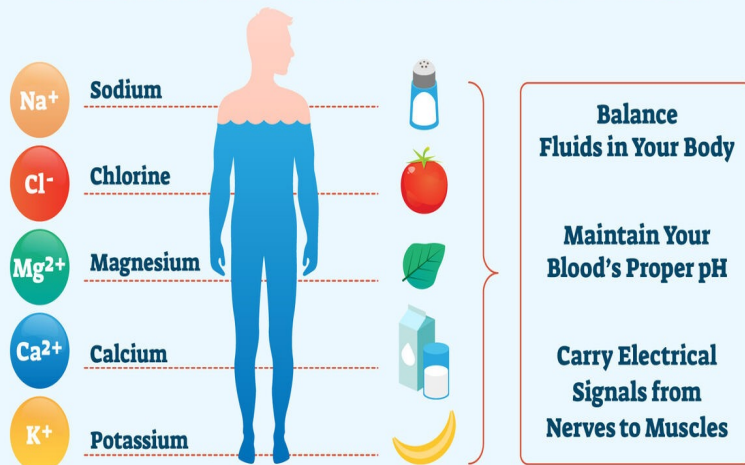
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(REF: Cleveland Clinic, Women's Health, Eating Well)

WHAT are electrolytes?

- Electrolytes are substances that have a natural positive or negative electrical charge when dissolved in water. Our cells use electrolytes to conduct electrical charges, which is how our muscles contract.
- Our body is about 60% water, which means nearly every fluid and cell in our body contains electrolytes. They regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild damaged tissue.
- A diet rich in nutrient-dense foods provides electrolytes for our body's daily needs.
- In some cases, such as leg cramps, taking electrolyte supplements can help.
- Taking electrolytes every day, however, is not necessary unless there is a specific reason, like illness, intense exercise (*your sessions at the gym are routine workouts, nothing extreme*), or a doctor's recommendation.
- ***As always, check with your physician if you have questions***

THE MAIN ELECTROLYTES IN BODY FLUID



Foods that replenish electrolytes:

- Fresh fruit & veggies (leafy greens)
- Beans
- Fatty fish
- Olives
- Bone broth, pickle juice
- Nuts and seeds
- Dark chocolate

For more info on electrolytes, click [HERE](#).

Ingredients for drinks that replenish electrolytes:

- Coconut water (*high in potassium; go for low-sugar brands*)
- Citrus (*lemon, lime, grapefruit*)
- Salt
- Raw honey
- Ginger

If you choose to add a tablet or packet to your water, go for low sugar/ low-calorie (< 2 grams sugar; 20-50 cal) options.

Balance -- no need to overdo it!