

Name: _____

Date: _____

My root causes are: _____

Step 3: Balance Your Minerals

No matter your symptoms or situation, supporting your minerals is going to be required.

Incorporate electrolytes into your hydration routine.

Start with the **Big 3: Sodium (Na), Potassium (K), Magnesium (Mg)**

- Na's role in digestion: needed for stomach acid production; needed to draw water into the cells (an electrolyte); Helps to control blood volume and blood pressure; Helps to contract & relax muscles; Needed for optimal nerve signaling/communication (nerve impulses)
- K's role in digestion: regulates muscle contractions (the gut is a muscle and needs to contract/release for the migrating motor complex); Improves gut motility; Improves thyroid function; helps with fluid absorption (electrolyte)
- Mg's role in digestion: cofactor in >300 enzyme systems; needed for making protein; improves stomach acid levels; needed for energy production; helps relax gut muscles; regulates muscle and nerve function; natural antacid; helps balance blood sugar; helps regulate blood pressure; supports adrenal gland health and regulation of cortisol release; needed for vitamin D metabolism

Always focus on **Foods 1st!**

- Check the **Nutrients to Focus** on handout for magnesium- and potassium-rich foods (plus serving sizes) to incorporate into your diet.
- If you have low stomach acid, work on also incorporating zinc-rich foods.

Other nutrients to support mineral repletion & balance:

- Copper-rich foods: cacao, citrus, avocados, shellfish, whole grains, nuts and seeds, shiitake mushrooms, leafy greens
- Vitamin A-rich foods: egg yolks, fish, leafy greens, orange and yellow vegetables
- Vitamin B6-rich foods: tuna, salmon, chickpeas, chicken, dark leafy greens, bananas, oranges
- Iodine-rich foods: fish/shellfish, chicken, eggs

Adrenal cocktails: add in one adrenal cocktail per day (ideally between 2-4pm because this is when the adrenal glands are most active)

- See Adrenal Mocktail Recipes handout