



Drinking salt and sweetened beverages is key to combating the symptoms of dehydration. Without enough salt in the blood, your heart can't pump it properly and you feel flushed, anxious, and constipated. You also need an ample amount of water in your body to combat dehydration because your muscles and organs need it to function at optimum efficiency. If you sweat heavily during exercise, it can take a toll on your electrolytes, leaving you more dehydrated and exhausted than if you had started out with an ample amount of fluids. And most people don't get enough salt in their diet, according to the Centers for Disease Control and Prevention. The average intake in the U.S. is 3,400 milligrams of sodium a day for men, and 2,400 milligrams for women. Anywhere from 3,400 milligrams to 9,000 milligrams is considered healthy. Athletes require more sodium than non-athletes, and consuming more than 2,000

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milligrams of sodium a day is associated with a higher risk of death, according to the CDC. Everyone should aim for 2,300 milligrams of sodium a day for optimal hydration. I have already included fruit juice, almond milk, stevia powder, apple sauce, homemade bone broth, and miso paste for sodium in this meal plan, but if you aren't able to add these or other nondairy ingredients to your meals, simply add salt. Of course, you can also make soup, but soups typically have a lot of sodium added to them to thicken them. Keep in mind that you should only use a small amount of salt when you make soup because the soup will naturally draw your blood to the surface of your body, where more salt will be available. This is why you sweat when you workout. The blood flow to your skin brings more salt to your surface and, in some cases, causes your skin to go dry and flaky. When you sweat, your body is releasing the salt that's in your bloodstream. So eat salt and drink plenty of fluids. They're both necessary to keep your muscles and organs running at optimum efficiency! Another great source of sodium is salt-free sea salt.

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## **Simply Shredded 12 Week Shred Pdf 134**

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