



brainSHIFT:

The Power of
Hydration

Dr. Romie



Importance of Electrolytes for Hydration

Electrolytes – potassium, sodium, magnesium – are foundational to proper hydration. Yes you can get electrolytes from food(!) but no, most of us are not getting in enough to be hydrated.

Key Electrolytes and How to Get Them:

Potassium: The recommended daily allowance of potassium is about 2500-3500 mg for an adult. To put that in perspective, one banana is at most 400 mg. And supplementing potassium above a few hundred milligrams isn't optimal for your kidneys and overall health.

- **Daily Allowance:** 2500-3500 mg for adults
- **brainSHIFT Tip:** Add one serving of avocado, banana, or citrus fruit daily for adequate potassium.

Sodium: Many of us are avoiding salt and sodium after years of learning about its “harmful” effects. True, too much sodium, especially from poor quality, highly processed foods and beverages is not better. But to be hydrated we need a better balance of potassium and sodium.

- **brainSHIFT Tip:** Add a little himalayan sea salt or kosher salt to lemon water in AM

Proper Hydration and Electrolytes

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Magnesium: Over 70% of the US population doesn't meet the baseline amount of magnesium recommended to prevent disease. Magnesium helps our cells turn off the stress response. And stress affects your ability to properly absorb water. The adrenal glands produce the hormone aldosterone which tells your body how much water to absorb. When we are continually stressed, and the adrenal glands are taxed, this hormone may not be produced in adequate amounts. Adrenal fatigue = low aldosterone = impaired water absorption.

brainSHIFT Tip: Take magnesium glycinate or magnesium threonate as a supplement.

Hydration for Immunity

Step 1:

Track how many fluid ounces you drink daily

(not including alcohol or caffeinated drinks)

Step 2:

Start AM with lemon water

Step 3:

Replace one soda/day with water

Step 4:

Add a magnesium glycinate supplement at night

Step 5:

Add in zinc 30md daily, & vitamin D3 supplements

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⚠️ Reconsider Before You Sip That Sports Drink!

Step away from the sports drinks and electrolyte powders you are about to buy online or already have at home. Most of them have added sugar or non-nutritive sweeteners (aspartame, saccharin, sucralose). They inhibit water & mineral absorption from the gut

Alternatives to Plain Water:

- Start your morning with **lemon juice in water**: 1-2 teaspoon lemon juice in 8oz
- **Coconut Water**
- **Bone Broth**
- **Sliced fruit in water** for flavor, add other flavors like ginger, mint, cucumber

Hydration Biohacks:

- **Indigestion?** Start your morning with lemon water, eat within one hour
- **To aid digestion** while eating drink room temperature or hot water, cold water can slow motility of the gut, blunt digestive enzymes
- **Raised heart rate, anger, blood pressure?** Drink cold water
- **Dehydrated?** Add minerals and pinch of salt to water if sweating, drinking alcohol, flying more than 1 hour.

Dr. Romie's Recommended Brands

Hydration Packets:

- Trace Minerals
- LMNT
- Athletic Greens

Essential for Immunity:

- Vitamin D3 (Check levels; 2,000IU to 10,000 IU daily)
- Magnesium glycinate
- Zinc (30mg daily)
- Vitamin C (natural sources preferred)

Reliable Brands of Supplements:

- Pure Encapsulations
- Metagenics
- Thorne Pharmaceuticals
- Integrative Therapeutics