



Balancing Nutrition

Tu cuerpo en Equilibrio

Improving balance between Potassium & Sodium:

Avoid:

- Processed food (rich in sodium)
- Table salt

Consume:

- Himalayan salt or Celtic salt as substitute to table salt- gives all complexity to balance each other and enriches your body with minerals and electrolytes.
- Foods rich in potassium such as vegetables from the cruciferous family, sweet potatoes, avocados, spinach, beans...

Do:

- Take care to drink plenty of water to help your body excrete sodium
- Eat foods rich in Potassium, such as: green leaves 🥬, cruciferous, avocados 🥑, beans, spinach, sweet potato 🍠
- Aerobic movement to help your body with liquid balance, for the same reason.