



The Many Benefits Of Potassium *Part 2*

Recent research has found that women without hypertension consumed the most potassium (nearly 3,200 mg/day) had a 21% reduced risk of stroke. Adequate amounts of potassium are also associated with quicker recovery from exercise and improved muscle strength. As an electrolyte, potassium helps to regulate the fluid balance in your cells and throughout your body. This fluid balance is essential to maintaining life, preventing dehydration at the cellular level and maintaining brain function.

Low levels of potassium have also been linked with high levels of insulin and glucose, associated with metabolic syndrome and type 2 diabetes. These results have been found in several studies, leading researchers to recommend dietary choices that boost potassium levels and reduce the risk of type 2 diabetes.

Sodium/Potassium Ratio Is Key to Strong Muscles and Relaxed Arteries

The key to relaxing your arterial walls and reducing your blood pressure is the sodium-to-potassium ratio. If you eat a lot of processed foods and few fresh vegetables, there's a good chance your sodium-to-potassium ratio is unbalanced. It's generally recommended that you consume five times more potassium than sodium. This ratio is far more important for your health than your overall salt intake and imbalance in this ratio can not only lead to high blood pressure but also contribute to a number of other health problems, including:

- *Kidney stones*
- *Erectile dysfunction*
- *Osteoporosis*
- *Memory decline*
- *Stomach ulcers*
- *Stomach cancer*
- *Cataracts*
- *Rheumatoid arthritis*

Real Food Is the Answer

Getting nutrients from your food instead of supplements is preferable as your food contains more than a single nutrient and in different forms. For instance, potassium found in fruits and vegetables is potassium citrate or potassium malate, while supplements are often potassium chloride. The citrate and malate forms help produce alkali, which may promote bone health and preserve lean muscle mass as you age. Bone loss may lead to brittle bones or even osteoporosis. While potassium in fruits and vegetables may help build bone health, potassium chloride may not. As researcher Dr. Bess Dawson-Hughes from Tufts University explains:

"If you don't have adequate alkali to balance the acid load from the grains and protein in a typical American diet, you lose calcium in the urine and you have bone loss ... When the body has more acid than it is easily able to excrete, bone cells get a signal that the body needs to neutralize the acid with alkali ... And bone is a big alkali reservoir, so the body breaks down some bone to add alkali to the system."

People who were in the neutral range for net acid excretion and have a fairly healthy balance for bone and muscle health, were eating just over eight servings of fruits and vegetables per day along with 5.5 servings of grains. A simple recommendation to increase your alkali (and potassium) is to eat more vegetables and fewer grains and processed foods in general.

Soil Lovers say: Our Choice Is Himalayan Pink Salt, Rich In Naturally-Occurring Trace Minerals Needed For Healthy Bones, Fluid Balance And Overall Health.