Hydration & Electrolytes

Water and electrolytes work together like a river and its boats — water provides the flow, and electrolytes direct that flow into your cells. When you're even mildly dehydrated, metabolism slows, energy dips, and cravings rise. Balanced hydration keeps the system running smoothly and gives your cells the electrical charge they need to work well.

Electrolytes = minerals (sodium, potassium, magnesium) that move electricity through cells.

01 **Mini Teaching**
Even mild dehydration can slow metabolism 5%.

02 **Example**
Water is the river; electrolytes are the boats steering nutrients where they need to go.

03 **Try This Today**
Start your afternoon with a glass of water plus a pinch of sea salt or lemon to replenish natural electrolytes.

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