

How to Salt Load for Athletic Performance - Cheat Sheet

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From an interview between - James DiNicolantonio, Siim Land
& Dr. Mercola - Joseph Mercola Podcast

Pre-loading salt before exercise:

Put 1/2 teaspoon of salt into 16 to 20 oz of water - I add lemon juice to the mix - it helps the taste and the citric acid helps.

Add 1/2 teaspoon of Glycine powder (Glycine is an amino acid that tastes like sugar)

Glycine helps - it facilitates the sodium being absorbed by the intestine.

Drink the solution over a 30 min time period starting 90 min before exercise

(This is why pickle juice works so quickly for muscle cramps - the acetic acid in the pickle juice releases Glycine and that aborts a muscle cramp)

My Personal Hydration recipe: *especially for hot humid weather*

*Put 1/2 teaspoon of salt in the water bottle. I like to add **Pomegranate Juice (POM)** to my water bottle - 2 to 4oz per 16 to 20 oz of water. This helps the taste*

Chia Seeds 1 tablespoon - can be added to the water bottle also - chia holds water along the intestinal wall helping with hydration. I use 2 water bottles - 1 with Chia for breaks because you have to open the top of the water bottle to drink it and 1 without to drink while riding

*Trace Minerals Research - **Contrace Trace Minerals** (available at Health and Natural Foods stores) - are a liquid trace mineral supplement that contains 90 trace minerals - Magnesium being the primary taken from the Great Salt Lake - they are an excellent source of electrolytes and are alkalizing to the body. I use 20 drops in each water bottle.*

Real Salt or Hymalayan Pink Salt - are my choices for high quality salt.