

POTS Management

- Plan meals at the beginning of the week so you have a healthy assortment of healthy options on hand.
- Eat regularly and don't skip meals. Avoid processed foods.
- Be sure to hydrate well throughout the day.
- Include healthy amounts of high quality salt and sodium rich foods daily.
- You should consume between 3000-10,000mg of sodium daily. 1 tsp of table salt has 2,325 mg.
- Can start the day with a pinch of salt followed by 1-2 glasses of room temperature water.
- Use celtic sea salt, himalayan pink salt or other high quality salt whenever possible.
- Healthy sodium rich snacks to have on hand: Bieler broth, other chicken and vegetable broth, olives of all kinds, pickles, sardines/anchovies, and healthy salted nuts from Trader Joe's or one of the health food stores.

Keep electrolyte rich products on hand such as Recharge (healthy Gatorade), coconut water, electrolyte supplements or the homemade electrolyte replacement and consume daily; be mindful of increasing electrolytes during warm weather, after exertion or during/after stressful events.

Homemade Electrolyte Replacement:

Will last up to four days in the refrigerator. Drink 1/2 - 1 cup as needed to maintain electrolytes.

Supplies needed:

- 1 quart of liquid, such as herbal tea (hibiscus is good), coconut water, or plain water.
- 1/8 -1/4 tsp Himalayan salt.
- 1 tsp calcium magnesium powder.
- Optional: ¼ cup or more of 100% juice, preferably organic.
- Optional: 1-2 TBSP of sweetener such as honey, maple syrup or stevia.

Instructions:

- Brew tea if using, or slightly warm base liquid.
- Add sea salt and calcium magnesium and mix.
- Optional: Add juice and sweetener and mix or shake well.
- Cool and store in the refrigerator until ready to use.

Bieler Broth - daily:

Supplies needed:

- 1 + cup daily
- 3 stalks of celery
- 3 whole zucchini
- 2 cups of string beans
- 1 cup of (Italian) parsley

Instructions:

- Chop coarsely and cover with water.
- Bring to a simmer and heat until vegetables are soft - 20 minutes or so.
- Use an immersion blender.
- Add sea salt to taste.