

"#1 Supplement to Stack the Odds in Your Favor"

I take this every day. Most often several times a day. When snowboarding or surfing I take extra. I have done this for years. Ask Jessica. She does too.

Why? because it works well. I know because I have taken it regularly, forgotten to take it, stopped taking it and taken it sporadically. Through trial and ERROR I have learned, and remember I am somewhat of a hard head and skeptical when it comes to "magic potions.". I need this stuff. I do so much better when I take it.

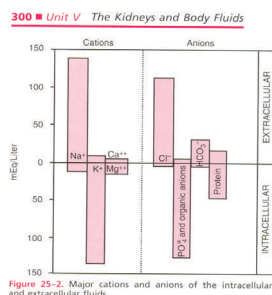
It makes me, It will make you, more resilient to the physical, chemical, and emotional stresses that are out to get the best of us.

I have bottles of the stuff hidden in different places. I have some at home, in the office, in my car, in with my snowboard gear, my surfing gear, at my dad's house at the beach. That makes 6 different bottles getting worked on at one time.

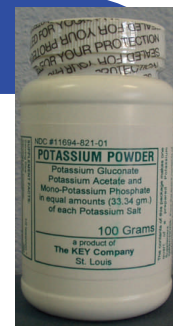
When I travel I might forget an extra pair of underwear, socks, or my toothbrush. I left my snowboard boots at home one day this season, but I was not without my **Potassium.**

Potassium (K⁺) along with **Sodium (Na⁺)** are the **major electrolytes** in your body. Potassium is most abundant inside the cell and Sodium outside the cell.

The osmotic pressure



created and balanced by these electrolytes is what controls the movement of water in and out of your cells. Your body is 70% water. This basic chemistry is real important.



Potassium deficiency inside the cells causes cells to Bloat & Swell.

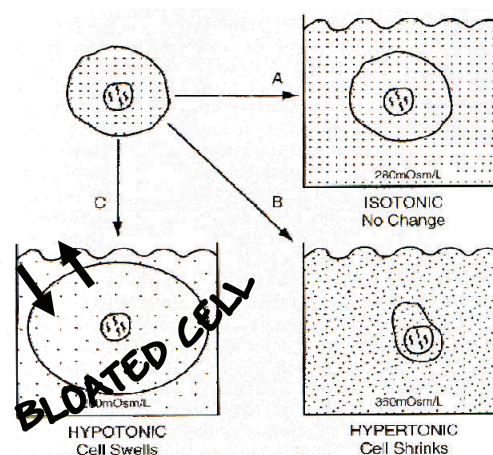
This is bad.

Waste Products have a hard time leaving the cell.

Nutrients have a hard time entering a Bloated Cell.

Potassium deficient cells are sick cells.

Potassium deficient cells don't care whether you are taking over the counter medicine, vitamins, herbs, or drugs the doctor gave you. They won't work well because the cells are stagnant. Movement in and out of the cell is difficult.



The over consumption of sugar is the leading cause of potassium deficiency. Sugar will be pushed into your cells by insulin. Sugar (Gl) piggybacks on Salt (Na⁺) in a co-transport mechanism. Potassium gets ejected from your cells and is excreted in your urine. Your body does **not** have a storage mechanism for potassium like it does for

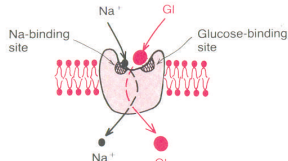


Figure 4-12. Postulated mechanism for sodium co-transport of glucose.

Lets say you are dying of thirst in raft adrift in the ocean, you are not supposed to drink salt water. Common Folklore and wisdom also say you should not drink a coke or a beer. These beverages will cause you to become dehydrated. **How can you drink fluids and become more dehydrated?** No, you do not pee it out. Dehydration takes place in the extra cellular fluids in your body. Too much salt and too much sugar cause potassium deficiency and your cells swell and bloat. The fluids get stuck there inside the cells. The fluid outside the cell is where the dehydration is taking place.

Potassium is found in abundance in Leafy, Green, Raw, Vegetables. Animals that forage on leaves and grasses get lots of Potassium. For them Sodium is in issue. They will lick it off the road in winter and forest rangers leave salt licks in the wilderness. Humans usually get plenty of Salt. (Salt your food to taste & drink water. Restricting Sodium can cause a whole bunch of problems.) It is Potassium that we are lacking. Who is eating enough Leafy, Green, Raw, Vegetables? Who is **not** eating any Sugar? Who is Potassium Deficient?

Who Isn't?

Potassium Builds Muscles

Many greens are bitter because of the potassium in them. Potassium, one of the most alkaline of all elements in the body, is highly important. Consider how plants are built. The greater part of the chlorophyll is potassium. A great part of man is also potassium.

Potassium makes up the muscle structure in the body; man is more muscle than anything else.

Bernarr McFadden, the champion cross-country walker, used to warn me, *"keep your muscles strong, because nothing in the body works well without the muscles working well."* Without muscles, you're not going any place. You don't have a bowel movement without muscles or a heartbeat. You don't have the blood going anywhere without muscles.

There is nothing so swift and beautiful as a deer, nothing so swift and beautiful as any of



the animals that live on the grasses and greens, and potassium gives the grace and beauty to these animals.

Some years ago they conducted an experiment at the university where they ran sodium salt through a heart and found it could only run fifteen minutes, but when they put potassium salt through the heart they found it could beat for three-and a half hours! The heart is a potassium organ.

A goal for better health is to keep the muscle structure clean and clear of any acids that may be stored there. 80% of our body is made of muscle structure. Can you see the volume of potassium that is needed for the proper functioning of this muscle system? Can you see why I recommend liquid chlorophyll as a heart support?

(this article was written by Dr. Bernard Jensen D.C., PH.D., Nutritionist)

Body Signs of Potassium Deficiency

-  Bone and muscle aches, especially lower back.
-  Shooting pains when straightening up after leaning over.
-  Dizziness upon straightening up after leaning over.
-  Morning dull headaches upon arising and when stressed.
-  The body feels heavy, tired and it's an effort to move.
-  Dull, faded-looking hair that lacks sheen and luster.
-  The scalp is itchy. Dandruff, premature hair thinning or balding may occur.
-  The hair is unmanageable, mats, often looks straw-like, is sometimes extremely dry and other times oily.
-  The eyes itch, feel sore and uncomfortable, and appear bloodshot with white matter collecting in the corners.
-  The eyes tire easily and will not focus as they should.
-  Loss of mental alertness and onset of confusion, making decisions difficult. The memory fails, making you forget names and places you should remember.
-  You tire physically and mentally with the slightest effort.
-  You become easily irritable and impatient with your family, friends and loved ones, and even with your business and social acquaintances.
-  You feel nervous, depressed and in a mental fog. You have difficulty getting things done, due to mental and muscle fatigue. The slightest effort can leave you upset and trembling.
-  At times, your hands and feet get chilled, even in warm weather, which is a sign of potassium deficiency.

   
Potassium is the key mineral in the constellation of minerals; it's so important to every living thing that without it there would be no life. Raw apple cider vinegar is a rich source of potassium.