

What Are The Benefits Of Potassium?

Dr. Alex Jimenez D.C.

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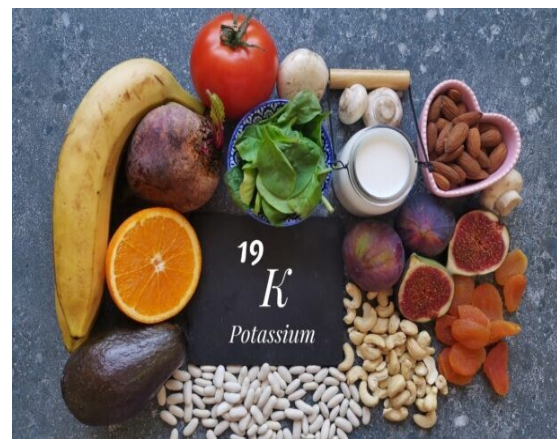
What Is Potassium?



As more and more people start to keep track of their health, many often try to figure out what foods contain the right amount of vitamins and supplements to benefit their bodies and support the vital organs and the body's gene levels. Many fruits and vegetables have a chock-full of vitamins and minerals that the body needs for energy and to prevent chronic issues from affecting the body. Today's article looks at the most beneficial mineral the body needs, potassium, its benefits, and what kind of foods have potassium for the body.

We refer our patients to certified providers that consolidate many available treatments for many individuals suffering from low potassium levels affecting a person's body and correlating to chronic conditions that can cause overlapping risk profiles. We encourage each patient by referring them to associated medical providers based on their diagnosis when it is appropriate.

We understand that education is a fantastic way when asking our providers intricate questions at the patient's request and understanding. Dr. Jimenez, D.C., only utilizes this information as an educational service. Disclaimer

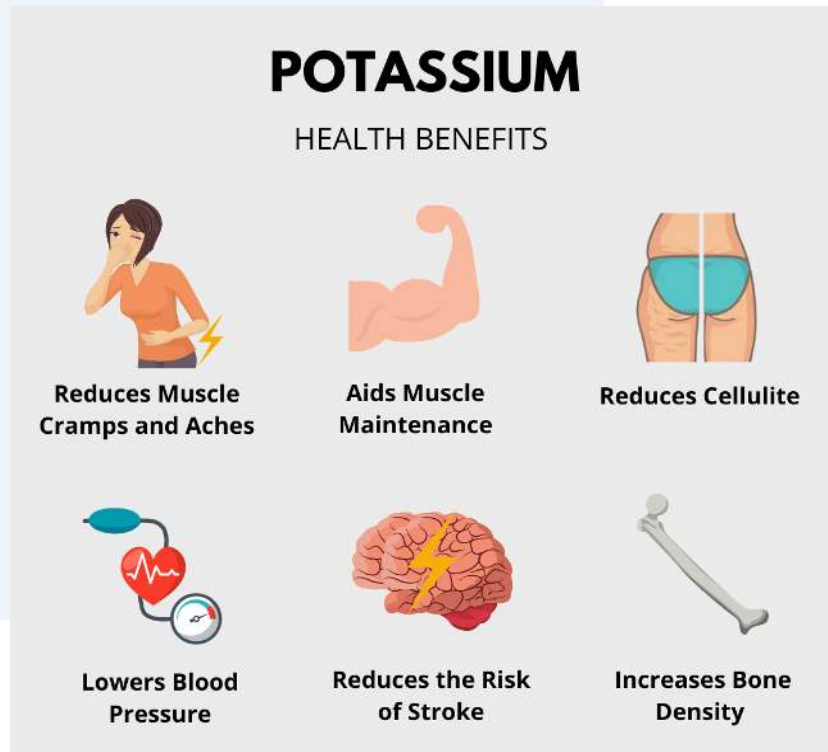


Have you been experiencing muscle cramps and aches throughout your entire body? What about feeling tired constantly or experiencing low energy? Or have you noticed that your blood pressure is elevated? Many of these chronic issues are correlated with low levels of potassium in the body. Studies reveal that potassium is an essential mineral that the human body needs to function properly. Potassium is important since it is an electrolyte to replenish the body when a person sweats. Many athletic people need to fill their bodies with electrolytes after an intense workout session to ensure that the extracellular and intracellular compartments are hydrated. Additional studies also mentioned that potassium is one of the shortfall nutrients that many people often forget because of the adequate intake that needs to be met for the body to have the recommended amount of potassium to function throughout the entire day. However, incorporating different types of food that have potassium can provide the recommended amount that the individual needs and provide beneficial results.



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The Benefits Of Potassium



When it comes to the body and potassium, there are many beneficial factors that this essential mineral can provide. Research studies have revealed that increasing their potassium intake with healthy, nutritious foods can benefit body health. Some of the beneficial properties that potassium can provide include the following:

- Lowering blood pressure
- Reduce the progression of renal disease
- Decrease the risk of osteoporosis
- Manages hypercalciuria
- Prevent diabetes development

All these chronic issues that can affect the body are correlated with low potassium levels. When the body doesn't have the right amount of vitamins and supplements to help prevent these issues, it can lead to pain-like symptoms associated with the muscles, joints, and vital organs. So when pain specialists like chiropractors or functional medicine doctors thoroughly examine patients and ask questions to determine if the patient's body has low potassium levels. When the body has low potassium levels, studies reveal that chronic issues like hypertension and elevated glucose levels could potentially lead to the development of cardiovascular problems associated with chest pain and diabetes. When these overlapping issues affect the body, it is known as somato-visceral pain. Somato-visceral pain is when the affected organs are causing problems to the body's muscles and causing referred pain in different locations.

03

An Overview Of Potassium

Biomedical physiologist expert Alex Jimenez is going to be going over potassium. He mentions that potassium is a cation that is positively charged. So potassium is important for a few different reasons. It helps us regulate our heartbeat. It helps us regulate how our muscle and nervous tissue work, and it's important for synthesizing protein and metabolizing carbohydrates. The recommended daily amount of potassium is 4.7 grams for the U.S. and 3.5 for the U.K. So, an average of three and a half grams. When we think about potassium and what foods are high in potassium, what's the first that comes to mind? The banana, right? A banana only has 420 or 422 milligrams of potassium. So to get our daily amount of potassium, that's going to require us to eat eight and a half bananas. I don't know anybody eating eight and a half bananas unless you're a monkey.

So let's look at other foods high in potassium to help counterbalance the nutritional amount instead of just eating eight and a half bananas. Some foods high in potassium are dried fruits, specifically dried apricots and raisins, which have about 250 milligrams per half-cup serving.

— Alex Jimenez, Biomedical Physiologist Expert



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Foods That Are High In Potassium

It is easy to incorporate potassium into a person's daily habits. Many pain specialists like chiropractors work with associated medical providers like nutritionists and physical therapists to restore the body, prevent chronic conditions from progressing further, and reduce muscle and joint pain. Everybody knows that bananas are one of the more known fruits with potassium; however, eating bananas alone can be tiresome. So many fruits and vegetables have higher potassium levels and can help replenish the body's electrolytes. Some of the nutritious foods that have potassium include:

- Banana
- Avocado
- Sweet Potatoes
- Spinach
- Dried Fruits (Apricots, Raisins, Peaches, Prunes)

Now eating potassium-riched foods can help the body's intra- and extracellular water intake but combined with treatments and exercises can prevent chronic issues associated with muscle and joint pain. When people utilize these healthy habits in their daily lives, they can start to feel better and function throughout the day.



Trying to be healthier should not be difficult and can begin small with the right motivation. Incorporating a healthy diet combined with exercises and therapy treatments can restore the body to its healthier version and prevent overlapping issues affecting the muscles, joints, vital organs, and gene levels. Eating whole, nutritional foods filled with potassium can help restore lost electrolytes and help prevent chronic disorders from progressing further in the body to avoid muscle and joint pain.

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