

DOC NO. 08 · HEALTH CONCEPT

Salt + Water

The single most overlooked variable in low-carb eating — and the daily targets, recipes, and symptoms that close the loop.

08

DOC HUB

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PROTOCOL

High-Protein · Low-Carb

EDITION

01



HEALTH CONCEPT

Salt + Water

Low-carb eating is a diuretic. Insulin drops, the kidneys release water, and sodium goes with it. The plan only works if you replace what you flush.

THE DAILY BASELINE

Numbers that hold the plan up

MINERAL	DAILY TARGET	WHERE IT COMES FROM
Water	3 liters	Plain water, sparkling water, black coffee, unsweetened tea
Sodium	3,000–5,000 mg	Pinch of sea salt at every meal — yes, that much
Potassium	3,500 mg	Avocado (700 mg/half), broccoli, ribeye, salmon
Magnesium	400 mg	300 mg from food + 100 mg supplement before bed

HOMEMADE ELECTROLYTE

The morning glass

Stir into 16 oz of cold water before breakfast every morning:

- ½ tsp fine sea salt (about 1,150 mg sodium)
- ■ tsp NoSalt or LiteSalt (about 350 mg potassium)
- Juice of half a lemon (50 mg potassium, vitamin C, palatable acid)
- Optional: ¼ tsp cream of tartar (an additional 240 mg potassium)

WHAT BAD HYDRATION FEELS LIKE

Read the symptoms

Headache, fog, light dizziness. Sodium first. Pinch of salt + 8 oz water; reassess in 15 minutes.

Muscle cramping, twitching. Magnesium and potassium. Half avocado + magnesium glycinate.

Heart-rate spike standing up. Volume — drink 16 oz water with ¼ tsp salt; sit until it passes.

Constipation. Water and magnesium. Most people on low-carb under-drink for the first week.

Bad sleep, restless legs. Magnesium glycinate 200–400 mg, 60 minutes before bed.