



How to increase Sodium and Potassium levels in the blood naturally?

BLOGS

How To Increase Sodium and Potassium Levels In The Blood Naturally?

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Did you know that maintaining balanced sodium and potassium levels is essential for your skin, organ and brain health?

Yes, you heard it right. It impacts so much.

These two electrolytes play a major role in regulating fluid balance, nerve function, and muscle contractions. According to a study by the World Health Organization (WHO), about 1.5 million people die each year due to diseases that are linked to excessive sodium consumption and potassium deficiency.

But don't worry; there are ways to manage these crucial nutrients effectively, even with dietary restrictions like hypertension. There is Salicornia salt, which is considered the **best salt for hypertension** and foods that help to balance low sodium for proper nutrition and boost immunity.

The Role of Sodium and Potassium In Your Body

Before we dive into different approaches to boost your sodium and potassium levels, let's get a quick refresher on why these nutrients are so important.

Sodium helps regulate fluid levels in the body, influences blood pressure, and supports muscle and nerve function. Potassium, on the other hand, works with sodium to maintain proper cell function and nerve signals while helping relax blood vessels to lower blood pressure.

Also Read- [Spices Over Salt: Flavorful Alternatives for Hypertension Diets](#)

So, what happens when these levels dip? Low sodium levels, known as hyponatremia, can cause symptoms like headaches, confusion, and muscle weakness. Meanwhile, hypokalemia, or low potassium levels, causes problems like fatigue, cramps, and even heart palpitations. Yes, the dip in sodium and potassium in our blood is a serious business!

Signs You May Need to Boost Sodium and Potassium Levels

Do you have doubts that you might have low sodium or potassium levels?

Check for some telltale signs in your body and work patterns:

- Fatigue or feeling “run-down”
- Experiencing frequent muscle cramps
- Low blood pressure or dizziness when standing (especially when you try to stand after sitting or in a lying position)
- Unusual cravings for salty foods
- Heart palpitations or irregular heartbeat

If any of these sound familiar, it might be your time to rethink your lifestyle and dietary habits. One thing SaltWise can assure you is that achieving a good balance is easier than you think!

Natural Ways to Increase Sodium Levels

1. Add Salicornia Salt To Your Diet

Have you ever heard of Salicornia plant or Samphire salt?

It is the ancient salty elixir that helped people from all corners of the world maintain a healthy level of sodium and potassium in their bodies. Salicornia salt is derived from Salicornia succulent plant which grows in the salty marshy areas around the coastal regions. This plant is known by various names such as sea asparagus, glasswort, etc.

What's cool about it is that it's not only rich in sodium but also packed with other quintessential minerals that help balance electrolytes such as magnesium, potassium, Vitamins B3, E, A and C, iron and calcium. The best part of Salicornia salt is that it boasts 50% less sodium than your regular salt. So, you can balance your sodium intake while not totally killing it with Salicornia salt. This is also known as the best salt substitute with potassium - so it's like a healthier, more sophisticated vegan salt for every kind of kitchen and meal. Don't forget to try its umami flavor if this is your first time with Salicornia salt.

2. Incorporate More Natural Sodium Sources

Salt isn't the only way to up your sodium intake. There is a huge list of foods that naturally contain sodium and can boost your levels more healthily.

For instance, olives, pickles, and even cottage cheese - these are delicious picks to sneak some extra sodium into your diet. Avoid overloading your bloodstream with processed foods. Just make sure you're opting for versions with minimal additives.

3. Try Broths and Soups

Ever notice how you crave something warm and salty when you're not feeling your best? It's not just the season; there's a reason!

Broths and soups are great for increasing sodium levels, especially when made with nutrient-rich ingredients like bone broth. These liquid solutions not only restore electrolyte balance but also keep you hydrated.

Try a warm bowl of homemade chicken soup seasoned with Salicornia salt for a double win and instant umami kick!

How To Increase Potassium Levels Naturally

1. Opt For Potassium-Rich Foods

Bananas are synonymous with potassium and there are so many other potassium-rich foods you could include in your diet!

Grab leafy greens like spinach, sweet potatoes, avocados, and even pomegranates for that healthy addition. You can also add avocado toast to your morning routine or a sweet potato salad for lunch.

2. Use A Salt Substitute With Potassium

This is one of the easiest hacks out there. Did you know there are salt substitutes that contain potassium?

Salt substitutes with potassium chloride not only help in reducing your sodium intake but also give you a potassium boost. It's a great choice for people with hypertension who are trying to lower their blood pressure and relax their blood pipes.

Check out the Salicornia salt combos—Salicornia green salt and Salicornia white salt—at SaltWise and introduce them to your kitchen for better health!

3. Potassium Supplements - Are They For You?

While getting nutrients from natural food sources is always the best, potassium supplements can be helpful in not all but certain situations. However, always consult your doctor before starting any supplements, especially if you have kidney issues, as excess potassium can be harmful.

Balancing Sodium and Potassium for Hypertension Management

Hypertension or high blood pressure is a serious condition that affects more than half of American adults. If you're one of them, you may have been told to cut back on sodium.

But here's a twist: it's not just about reducing sodium; it's also about increasing potassium.

When potassium levels are high, it helps your body get rid of excess sodium, which in turn can lower blood pressure. Salicornia salt can help you reduce your sodium intake in no time and find a delicate balance between sodium and potassium. This is why it is known as the best salt for hypertension.

Salicornia salt, due to its natural origins and 50% lower sodium concentration is a good option for you.

Also Read- [Green Salt for Heart Health: Protect Your Heart Naturally](#)

Simple Lifestyle Hacks to Improve Electrolyte Balance

Apart from food and seasonings, you also need to take specific steps to make them work faster. Here are some everyday hacks to help you keep those sodium and potassium levels in check:

1. Stay Hydrated, But Don't Overdo It

Drinking too much water can actually dilute your sodium levels, leading to hyponatremia. Drink approximately 8-10 glasses of water per day and consider adding electrolyte-rich drinks, if you're sweating a lot.

2. Go for Magnesium-Rich Foods

Magnesium works alongside potassium and sodium to keep muscles functioning well. Nuts, seeds, and dark chocolate (yes, chocolate!) can help you get enough magnesium.

3. Balance Your Sodium Intake with Potassium

The average American consumes about 3,400 mg of sodium daily, far above the recommended 2,300 mg. But you can balance this by eating potassium-rich foods or Salicornia salt to counteract the effects.

Try the Healthy Salt From The Lap of Seas and Oceans

If you're looking to spice things up (literally) and improve your sodium and potassium levels naturally, give **Salicornia salt** a try and feel the difference within a few days. Not only could it make your meals tastier, but it could also help you manage your blood pressure and overall health more effectively.

Ready to make some changes? Explore the sections of SaltWise and buy your first biggest change today!

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