

Leg Cramps:

Leg cramps are not uncommon when starting a strict low-carb diet. It's usually a minor issue if it occurs, but it can sometimes be painful. It's a side effect of the loss of minerals, specifically magnesium, due to increased urination.

Here's how to avoid it:

Drink plenty of fluid and get enough salt. This may reduce loss of magnesium and help prevent leg cramps.

Ensure you are getting adequate amounts of the following electrolytes from the foods you eat and if need be supplemental magnesium and/or sodium.

- 3000-5000 mg/day sodium
- 300-500 mg/day magnesium
- 1000-3500 mg/day potassium

This includes the amounts you get from the foods you eat.

If needed, Here's a suggested dosage from the book *The Art and Science of Low Carbohydrate Living* by Drs. Jeff Volek and Stephen Phinney: Take 3 slow-release magnesium tablets like Slow-Mag or Mag 64 a day for 20 days, then continue taking 1 tablet a day afterwards.

If the steps above are not enough and the problem is bothersome, consider increasing your carb intake somewhat. This should eliminate the problem. The more carbs you eat though, the weaker the impact of the low-carb diet.

See below for recipes for electrolyte

Drinks:

Pre-Workout:

- Add 1-2 punches of Himalayan Pink or sea salt to your water (Himalayan pink salt has extra minerals)

Robb Wolf Elixir:(sip throughout day)

- 1 quart filtered water
- ¼ tsp sea salt (590 mg sodium)
- ¼ tsp salt free substitute (690 mg potassium)

- 1tsp Natural Calm (160 magnesium)
- 2tbsp lemon juice
- Dash of stevia (for taste)

Dr. DiNicolantonio's Pre-workout salt shot:

- 2 oz filtered water
- ½ tsp sea or Himalayan salt
- Squirt of lemon

Drink the “shot” then follow with water until no longer thirsty.

Homemade Electrolyte Drink:

- 5 cups water or herbal tea
- ½ cup lemon or lime juice
- ½ tsp potassium chloride
- ¼ pink Himalayan salt
- 2 tbsp Natural Calm magnesium supplement
- ¼ cup powdered Swerve
- (Optional stevia drops for taste)

Drink with meals(not in empty stomach). Start one cup a day & increase to 2 cups a day.

You can use coconut water instead of water but watch the carb count if you are following LCHF/keto diet.