

SAND RUN PHARMACY



Hyperkalemia

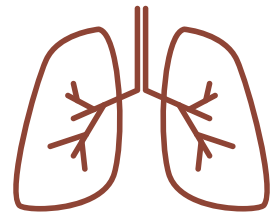
A guide to high potassium levels

Potassium is a mineral and an electrolyte. It helps the muscles work including the muscles to control your heart beat and breathing.

Too much potassium in your blood can damage your heart.

Symptoms of High Potassium

- Changes in mood
- Irregular heartbeat (either too fast or too slow)
- Chest pain
- Shortness of breath
- Heart palpitations
- Nausea, vomiting, diarrhea
- Muscle weakness
- Numbness or tingling in arms, hands, legs or feet



🔍 Eat this NOT that



Foods that are LOWER in potassium Foods that are HIGHER in potassium

- Eggs
- Cabbage, lettuce
- Leeks
- Whole wheat pasta
- Blueberries
- Cucumbers
- White rice
- Watermelon

- Potatoes
- Legumes
- Salmon, tuna, snapper
- Spinach
- Milk, yogurts
- Tomatoes
- Bananas
- Avocados

Tips to lower the amount of potassium in your food

Leaching vegetables can lower the potassium by pulling some potassium (not all) out of it

- Peel and place the vegetable in cold water
- Slice vegetable 1/8 inch thick
- Rinse in warm water for a few seconds
- Soak for a minimum of 2 hours in warm unsalted water
- Rinse under warm water again for a few seconds.
- Cook vegetable with five times the amount of unsalted water to the amount of vegetable. For example, 1 cup of vegetable requires 5 cups of water.

Healthy Foods

D	S	F	F	D	O	A	C	N	T	E	S	H	E
T	E	U	S	A	A	A	P	O	I	C	R	L	L
A	I	A	A	T	P	S	U	M	A	H	P	H	E
E	G	S	N	E	S	P	N	L	H	I	O	C	E
M	G	T	E	S	S	D	H	A	C	A	H	A	I
N	E	E	G	G	S	O	E	S	T	S	S	N	H
A	V	F	N	M	O	L	N	S	A	E	A	I	T
E	C	A	R	R	O	T	S	S	M	E	U	P	O
L	T	A	T	F	R	U	I	T	S	D	Q	S	O
N	V	S	B	E	A	N	S	A	T	S	S	C	M
G	L	I	L	S	A	C	E	L	E	R	Y	C	S
S	E	L	P	P	A	M	P	O	P	C	O	R	N
E	U	K	A	L	E	N	P	U	M	P	K	I	N
O	E	N	U	T	S	K	A	V	S	S	A	O	E

CELERY
SMOOTHIE
SALMON
CHIA SEEDS
BEANS
VEGGIES
POPCORN
EGGS
LEAN MEAT
NUTS
PUMPKIN
KALE
APPLES
DATES
CARROTS
SPINACH
FRUITS
MATCHA
SQUASH
TEA



Hyperkalemia can lead to heart concerns

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