

# We Love Sweaty People!



By *Lara  
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Do you sweat when you workout? I mean truly get drenched in your own sweat? I know, most people cringe at the thought of it, but I gotta tell you – there's nothing like a puddle of sweat to let the universe know you mean business.

Not only is it physical evidence that you are committed and determined to take control of your health and fitness, but it's also a terrific way to detox (in addition to cooling your body). You'll be helping your lymphatic system out just by increasing the intensity a bit and getting sweaty.

So much of the food we eat is high in sodium, which causes bloating. It makes us retain fluids which is why it's so bad for blood pressure. When you sweat, think about your cells 'wringing out' like a dirty sponge. Although sweating won't get rid of ALL the nasty stuff, it will help tremendously. To keep the cells clean; eat clean, breath clean, get plenty of rest, drink lots of water, and SWEAT. It does the body good (and it's sexy).

It's important to stay hydrated and replace electrolytes after sweating, especially during these hot weather months.

- Add a good quality pre or post workout powder (like Vega) to your water.

- Drink coconut water
- Eat a small banana or a peach after your workout.
- Take magnesium at bedtime. You can now find it with added electrolytes.

Next time you workout, get super sweaty and love every minute of it.



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