



# NSIPM & Sano Wellness Center

## Electrolyte Polarity Dynamics

All cells depend on electrical charges to stimulate energy that powers cell functions. Electrolytes are minerals suspended in your body fluids that are capable of conducting an electrical charge. From a western perspective, electrolytes produce electrical charges between and within the cells. From an eastern perspective, this can be loosely referred to the flow of qi, or life force. It is common to have either too many available electrolytes or mineral salts (excess) or not enough of them (deficiency).

Many modern diseases have their origin in an electrolyte imbalance. **Excess mineral salts in particular can destroy tissue, over stimulate the nervous system, and threaten the health of the heart, but the symptoms associated with electrolyte imbalance are simply too numerous to point out in this short definition.**

Digestion, absorption, and assimilation, pH, and adrenal function are some of the more important factors that influence the balance of electrolytes. For example, the body will store excess acidity in the spaces around the cells (the extra cellular matrix). Too much acidity binds up the minerals in the buffering system so they no longer become available to act as the co-factors for thousands of mineral dependent enzyme reactions.

pH imbalances in the extra cellular matrix interferes with the potential energy of the cell. The **electrical potential of the cell needs to be within a certain range** for optimal movement of nutrients into the cell and waste products out of the cell.

### Conditions Related to Electrolyte Imbalances

Hypertension	Hypotension	Edema
Poor circulation	Headaches	Arthritis, joint stiffness
Back pain	High cholesterol	Nerve disorders
Vascular disorders	Bladder problems	Colitis
Stomach disorders	Skin disorders	Reproductive disorders
Hemorrhoids	Cardiac stress	Allergies
Anxiety	Chronic fatigue	Anemia
Immune disorders	Emotional stress	Malnutrition
Weak endocrine system	Heart disease	Mental exhaustion
Hypoglycemia	Weak adrenal function	Weak nervous system
General weakness	Osteoporosis	Kidney weakness

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