



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

HOW TO GET RID OF WATER RETENTION



If you're making a conscious effort to lose weight and the scale isn't showing much progress, you might be baffled by the problem. You're eating properly and working out efficiently, but the scale just won't budge. Water retention might be the root of your problem.

Once you realize that water retention is the culprit of your weight problem, you need to take steps to eliminate the issue.

The bottom line on what causes water retention:

- ✓ A calorie deficit.
- ✓ Doing large amounts of exercise. And particularly large amounts of cardio.
- ✓ Not paying attention to potassium and sodium intake.
- ✓ Not drinking enough water.

HOW TO GET RID OF WATER RETENTION

Once you identify the cause of water retention, you can change your habits to fix your problem.

01. Reduce Sodium Intake

As you know, eating too much sodium in general promotes water retention and large fluctuations in sodium intake does as well.

Thus, by stabilizing your sodium intake at a healthy level, you can drop and stabilize water weight.

02. Raise Your Potassium Intake

The best sources of potassium are the types of foods many people avoid—fruits and vegetables—and hence the widespread problem.

This mineral imbalance contributes to water retention. The bottom line is people with diets very high in sodium and very low in potassium are playing with fire.

HOW TO GET YOUR CORTISOL-AND WATER RETENTION-UNDER CONTROL

- ✓ Cut back on the exercise
- ✓ Make sure you are not in too severe of a calorie deficit
- ✓ Chill out
- ✓ Get more sleep
- ✓ Eat a bunch of food
- ✓ Drink enough water

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